

SAFE @ LAST

Empowering Schools

Protecting Children



FLIP BOOK

FEATURES:

CREATIVE
COMIC

AND

think
FAST
review

PLUS!



THINK
OUTSIDE
THE BOX

AND

DETAIL
DETECTIVE



SESSION 1



Draw a line from the word to the correct definition.

WORD BANK

DEFINITIONS

1. ASSERTIVE

2. AGGRESSIVE

3. SELF-RESPECT

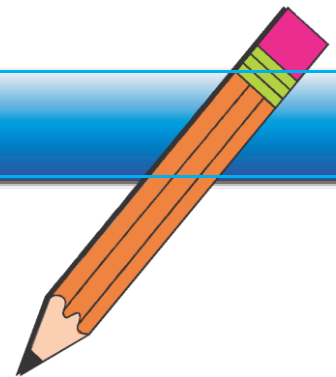
4. PASSIVE

A. Standing up for yourself by hurting others

B. Not standing up for yourself

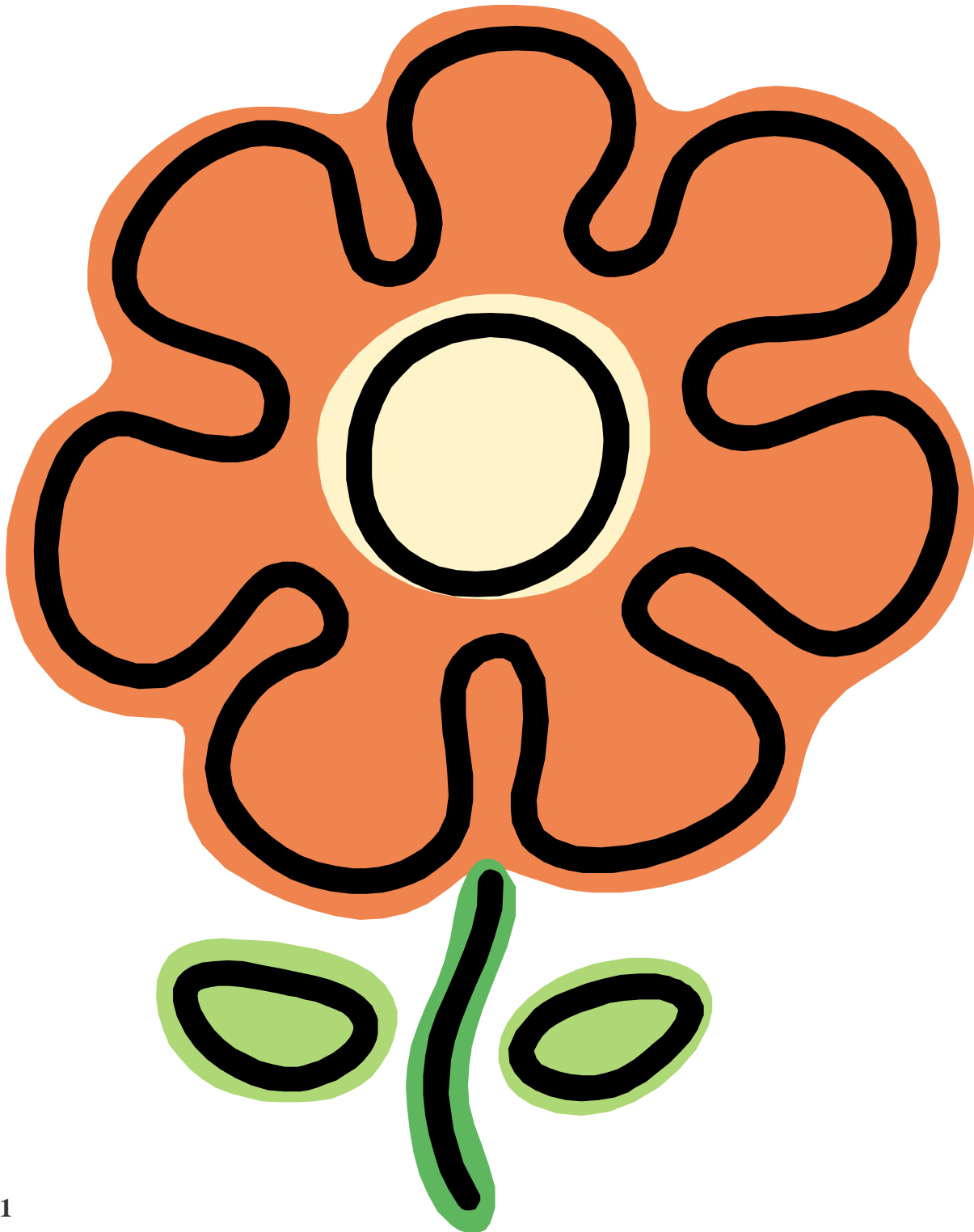
C. Standing up for yourself without hurting others

D. Recognizing positive things about yourself and taking care of yourself



All About You Flower

Draw a picture of you inside the flower. On each leaf and petal, write or draw talents you have.



BEING ASSERTIVE



TAND TALL

Remember to look the person right in the eyes.

TRONG VOICE

Say NO in a strong and serious voice.

AY IT AGAIN

If the person does not listen the first time, say it again.



Drag the words below to the matching picture.

A. AGGRESSIVE

B. PASSIVE

C. ASSERTIVE



1.



2.



3.

SESSION 1 REVIEW

Directions: For each question circle the best assertive response.



1. A bully tells you he wants your lunch. What do you do?
 - a. Hit him.
 - b. Stand tall, say no, and tell a teacher.
 - c. Give it to him.
2. You are at the park and a woman asks you to help her find her dog. What do you do?
 - a. Go with her.
 - b. Say no with a firm voice.
 - c. Throw sand in her face.
3. A friend asks you to help her cheat on tomorrow's math test. What do you do?
 - a. Help her cheat on the test.
 - b. Say no, but offer to help her study tonight.
 - c. Call her a name and tell her to get lost.
4. If someone keeps asking you to do something that you know is not safe, what would you do?
 - a. Do it anyway, even though it's not right.
 - b. Keep saying "no".
 - c. Walk up to them and push them.



SESSION 2



Draw a line from the word to the correct definition.

WORD BANK

DEFINITIONS

1. SAFE SECRET

2. UNSAFE SECRET

3. CHOICES

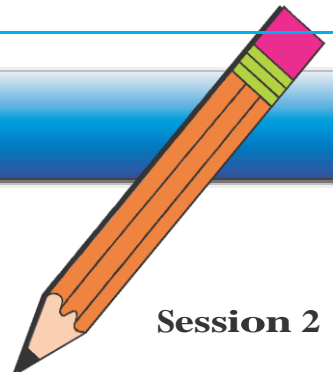
4. PEER PRESSURE

A. Choosing one thing over another

B. A forever secret that could hurt someone

C. A secret that is not forever and couldn't hurt anyone

D. Pressure by your friends to take a certain action, to think a certain way, or to do something to be like everyone else



SECRETS CHECKLIST

Drag the words from the word bank to fill in the blanks.

Can someone get in _____ ?

Can someone get _____ ?

How does it make you _____ ?
-If it feels bad, trust your feelings.

Is it _____ ?
-A secret that can never be told is not a safe secret.

WORD BANK

- A. **FOREVER** B. **TROUBLE**
C. **HURT** D. **FEEL**

**THINK
OUTSIDE
THE BOX**

USE THE SECRETS CHECKLIST!

One of your friends at school tells you he wants to show you a knife he has in his bag, but that you can't tell anyone about it. Using the pen tool, complete the checklist below to decide if this secret is safe or unsafe.

SECRETS CHECKLIST

- Can someone get in trouble?
- Can someone get hurt?
- Does it make you feel bad?
- Is it forever?

*If any of the above boxes are checked, it is an unsafe secret.

How to Make the BEST CHOICE



Example

CHOICE	CONSEQUENCE
Choose to watch TV instead of doing homework	Grades will drop

Now complete the consequences for the choices given.

CHOICE	CONSEQUENCE
Watching a scary movie before bed	
Eating 6 cupcakes	
Taking money from your grandmother's wallet	

what can **YOU** do?

Peer Pressure

Peer pressure is pressure by your friends take a certain action, to think a certain way or do something to be like everyone else

When You Say NO, You Still Want To:

- Keep Your Friends
- Stay Out Of Trouble
- Have Fun

Ways To Say NO:

- Ask Questions like “Why Do You Want To Do That?”
- Tell the Consequences. “If I don’t do my homework, my grades will slip and I will get in trouble.”
- Suggest an alternative. “Instead of stealing money, let’s find ways to make money. Maybe we could mow lawns.”



SESSION 2 REVIEW

A BAD SITUATION...

A friend tells you that he's going to another friend's house after school to look at his dad's gun. He asks you not to tell anyone. Explain to him what the consequences might be. Type your answer in the space below.

CONSEQUENCES: _____

Using the pen tool, complete the checklist below to decide if this secret is safe or unsafe.

SECRETS CHECKLIST

- Can someone get in trouble?
- Can someone get hurt?
- Does it make you feel bad?
- Is it forever?

WHAT SHOULD YOU DO AFTER HE TELLS YOU ABOUT HIS PLAN?

Type your answer in the space below.

SESSION 3



Draw a line from the word to the correct definition.

WORD BANK

DEFINITIONS

1. DISCLOSURE

2. UNSAFE TOUCH

3. SAFE TOUCH

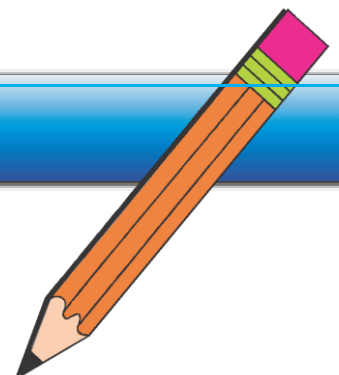
4. SAFE PERSON

A. A wanted touch that makes you feel happy and safe and is not a secret

B. An unwanted touch that makes you feel confused, scared, angry or uncomfortable

C. A grown-up who helps keep you safe and healthy and respects your personal boundaries

D. Telling safe adults about a problem



HOW DO SAFE AND UNSAFE TOUCHES MAKE YOU FEEL?

Drag the words in the word bank to the box where they belong.

SAFE TOUCHES MAKE YOU FEEL:

UNSAFE TOUCHES MAKE YOU FEEL:

WORD BANK

HAPPY GOOD SAD UNCOMFORTABLE
COMFORTABLE CONFUSED SCARED
ANGRY SAFE SICK LOVED

WORD BANK

**THINK
OUTSIDE
THE BOX**

List the 5 W's of Disclosure

1.

4.

2.

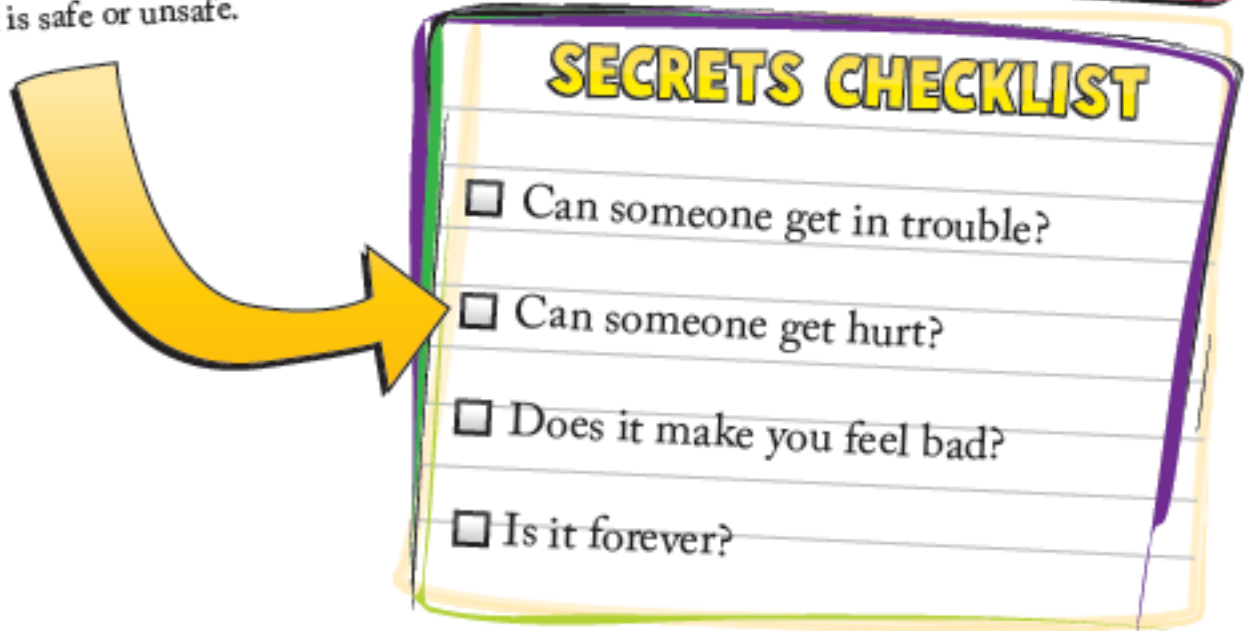
5.

3.

SAFE OR UNSAFE?

A babysitter tells you that she has a treat for you, but first you have to play a game where you touch each others' private parts. She tells you that you can never tell anyone about the game. Using the pen tool, complete the Secrets Checklist to decide if this secret is safe or unsafe.

A touching secret is **NEVER** a safe secret. Even if you made a promise never to tell, you should **ALWAYS** tell a secret about unsafe touching.



WHAT DO YOU DO?

Type your answers in the space below.

WHAT WOULD YOU SAY TO THE BABYSITTER?

WHAT WOULD YOU DO NEXT?

LIST 3 PEOPLE YOU COULD TELL:

1. _____
2. _____
3. _____

SESSION 3 REVIEW



U
N

F

S

C

Look at the answers in the answer box.
Then type in the missing letters to complete the crossword.

WORD BANK

PASSIVE FICTION SELF RESPECT
AGGRESSIVE SAFE PEOPLE FACT
UNSAFE SECRET SAFE SECRET
DISCLOSURE UNSAFE TOUCH

'S A F E T O U C H

'P S S V

S

'A S 'S E R T I V E

E

'D I C L S R

'A G R S S

'S F S C T

R

H

P

E

'F I T N

T

L

Across:

- Wanted touch that makes you feel happy and safe and is not secret
- Not standing up for yourself
- Standing up for yourself without hurting others
- Telling safe adults about a problem
- Standing up for yourself by hurting others
- A secret that is not forever and can't hurt anyone
- Things that happen in the movies, on TV, in stories, or in video games that are not real or true

Down:

- A forever secret than can hurt someone
- Unwanted touch that makes you feel confused, scared, angry or uncomfortable
- A thing that happens in the real world
- Adults you can go to for help
- Recognizing positive things about yourself and taking care of yourself



SAC is one of the most advanced agencies in the country for treating survivors of abuse. The Center's programs include counseling victims and providing educational safety programs such as the SAFE@LAST Personal Safety Program.



Nashville Office:
101 French Landing Drive
Nashville, TN 37228
Phone: 615.259.9055

