

SAFE @ LAST

Empowering Schools

Protecting Children



# FILIP BOOK

FEATURES:

DANGEROUS  
EQUATION  
AND  
SAFE @ LAST  
FRIDGE FACTS



think  
FAST  
review

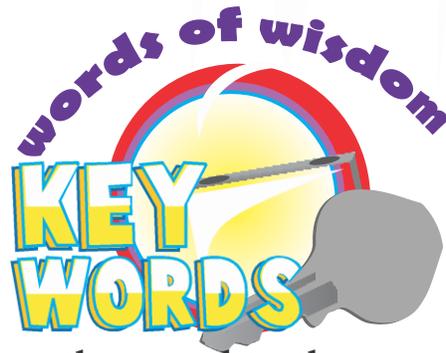
AND

what did  
YOU  
learn?

AND



# SESSION 1



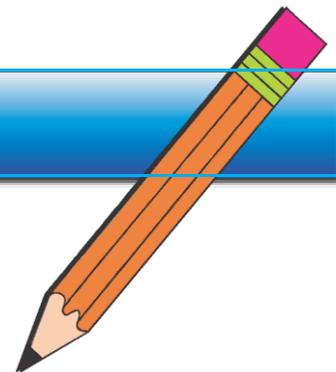
Draw a line from the word to the correct definition.

## WORD BANK

- 1. RESPECT**
- 2. AGGRESSIVENESS**
- 3. REFUSAL SKILLS**
- 4. PASSIVENESS**
- 5. ASSERTIVENESS**

## DEFINITIONS

- A. Not standing up for yourself (often results in getting hurt or not getting your needs met)
- B. Ways of saying no
- C. Standing up for yourself without hurting others
- D. Getting what you want for yourself by hurting others
- E. Recognizing the rights and individual differences of others and treating them how you wish to be treated.



# *How I show RESPECT to Friends, Parents, and Teachers*

List ways that you show respect to your friends, respect to your teachers, and respect to your parents/guardians and other people in your family.

<b>FRIENDS</b>	<b>PARENTS GUARDIANS FAMILY</b>	<b>TEACHERS</b>

# ASSERTIVENESS

## QUIZ

Directions: Complete the multiple choice questions below.

1. Being assertive means:
  - a. standing up for yourself
  - b. doing whatever it takes to get what you want
  - c. keeping quiet and not asking for what you need
2. When Jasmine tells Anna to please stop making negative comments about her clothes, Jasmine is being:
  - a. aggressive
  - b. passive
  - c. assertive
3. "Get out of my face!" screams Savannah as she pushes John away. This is an example of:
  - a. passive behavior
  - b. aggressive behavior
  - c. assertive behavior
4. Damian asks Kris to give him back his basketball and tells him he has a game to go to. Kris says "no", and Damian walks away. Damian is being:
  - a. passive
  - b. assertive
  - c. aggressive
5. Being assertive is:
  - a. a way to avoid confrontation and sometimes hard to do
  - b. respecting others and yourself
  - c. both A and B



# HELP WANTED

Type in your advice to these two people on how to handle their situations. Explain how they are currently acting (passively or aggressively) and give examples of their behaviors to support your point of view. Next, let them know how to act assertively and what they should do if this still does not solve the problem.

Dear Assertive Advisor,

In class I sit in front of a boy named Sam who is constantly distracting me, whispering rude things, and tapping my chair with his pencil. I've been ignoring him because I thought he would stop, and I don't like to call attention to myself. What can I do to get him to stop?

- Frustrated in 5th

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Dear Assertive Advisor,

I can't stand it any more! I'm on the basketball team and every time we play a certain team, this kid, #42, always holds my jersey while the ref isn't looking and talks trash about me. The other day, I lost it and pushed him and got a foul. I'm about to do something worse. Help!

- Pushed Too Far

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write your advice to these two people on how to handle their situations. Explain how they are currently acting (passively or aggressively) and give examples of their behaviors to support your point of view. Next, let them know how to act assertively and what they should do if this still does not solve the problem.

Dear Assertive Advisor,

I feel like my teacher is always getting on to me about not getting my work done. I try to tell her the kids around me are distracting me but she never listens. The other day I was doing my work when Sam ripped up my paper and threw it away when the teacher was out of the room. I wanted to punch him!

- Can't Take It Anymore

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Dear Assertive Advisor,

Some kids in my neighborhood have started sneaking out at night and breaking and stealing people's property. They keep trying to get me to sneak out too, but I don't want to get in trouble. Now they all laugh and make fun of me and tell me I'm a baby.

- Just want to be friends

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# What can YOU do?

## REFUSAL SKILLS

Sometimes being assertive means saying no to someone you respect or look up to. There are many ways to be assertive and say no to a situation that doesn't feel right. Pick the one that works best for you. Read the examples below and type in three examples of your own in the spaces provided.

"No, thanks. That can really mess you up."

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

"No, thanks. You know someone did that last week and got kicked out of school."

"That's not cool. You can count me out."

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

"Thanks, man, but I can't. I've got a game tomorrow."

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# SESSION 1 REVIEW



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

**ANSWER BOX**

REFUSAL SKILLS

PASSIVENESS

ASSERTIVENESS

AGGRESSIVENESS

RESPECT

**ACROSS**

4. Standing up for yourself without hurting others

**DOWN**

1. Ways to say no

2. Getting what you want by hurting others

3. Not standing up for yourself (often results in getting hurt or not getting your needs met)

5. Recognizing the rights and individual differences of others and treating them how you wish to be treated

# SESSION 2



Draw a line from the word to the correct definition.

## WORD BANK

## DEFINITIONS

**1. GOALS**

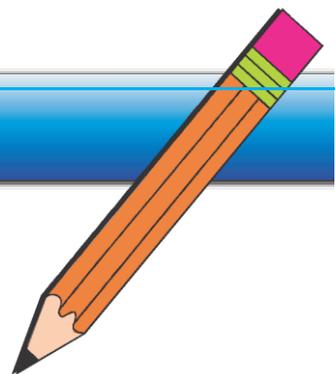
A. The positive or negative results of a choice or action

**2. CONSEQUENCES**

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

**3. PEER PRESSURE**

C. A measurable outcome you set for yourself; can be short- or long-term



# EYE ON THE FUTURE

Think about your future. What are your hopes and dreams? Who would you like to become? What are some things you'd like to do or places you'd like to go? Starting at the star, write as many personal goals as you can. Begin with your short-term goals – what are things you want to do today, this month, or this year? Turn your paper as you go, and write in circles that get bigger and bigger as you write your long-term goals. No punctuation, no rules, no wrong answers – just list all the things you want to accomplish.



# PEER PRESSURE

## Positive Peer Pressure

- Avoiding acting in a negative way
- Participating in a group sporting or social activity
- Developing new skills with a group of their friends
- Working on a school project together

## Negative Peer Pressure

- Pressure to try drugs including alcohol or cigarettes
- Illegal behaviors such as shoplifting
- Cheating on tests, copying assignments or letting others copy their work
- Skipping school for the day to do something else with friends
- Pressure to dress a certain way that doesn't feel comfortable or appropriate
- Pressure to not be friends with certain people or to ignore or not include certain people in social situations.

## Why Kids Give in to PEER PRESSURE

- They want to fit in
- They want to be liked
- They don't want to be made fun of
- They are curious to try something new

## Ways to Say NO to Peer Pressure

- 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."

## Ways to Deal with Peer Pressure

- Stay away from peers who pressure you to do things that seem wrong or dangerous.
- Learn how to say "no," and practice how to avoid or get out of situations which feel unsafe or uncomfortable. Use the refusal skills.
- Spend time with other kids who resist peer pressure. It helps to have at least one friend who is also willing to say "no."
- If you have problems with peer pressure, talk to a grown up you trust, like a parent, teacher or school counselor.

# WHAT WOULD YOU DO?

Read the following scenario, and then circle the choice you would make. At the end, write in your own choice.

You and your friends go to a movie and buy tickets for a G-rated show. Once inside, one of your friends suggests that you sneak into an R-rated movie instead. What do you do?

Go to the R-rated movie. You don't like being called a baby and you don't want to see the G-rated movie alone. Plus, the R-rated movie looks like it may be good.

After sneaking in, you find out the movie was sold out. The movie usher has to go around and check all tickets to make sure no one snuck in. What do you do?

Excuse yourself by saying you have to go to the restroom.

You are alone because your friends were caught in the R-rated movie and were kicked out of the theater. What do you do?

Your ticket gets checked and you get kicked out of the movie theater for sneaking into an R-rated show.

Your parents pick you up and are mad. They ground you and then ask why you would sneak into an R-rated movie and lie to them about what movie you're going to see. What do you do?

Go to the G-rated movie. That is the movie you purchased the ticket for. Plus, that's the movie you told your parents you were going to see.

Your friends laugh at you and call you a baby. They say you will always do things by yourself because you are a baby and not cool like them. What do you do?

Decide to sneak into the R-rated movie. You don't want to be a baby with no friends.

Your dad's best friend is in the R-rated movie and asks how you got in there. You lie and say your parents know where you are. He decides to call your dad and check. What do you do?

Tell them NO again about sneaking into the R-rated movie. Then state consequences about sneaking in.

After stating reasons why you don't want to sneak into the R-rated movie, another friend decides not to go too. Then a couple of others decide it doesn't seem like a good idea. What do you do?



# SESSION 3

words of wisdom



Draw a line from the word to the correct definition.

## WORD BANK

## DEFINITIONS

**1. INTIMIDATE**

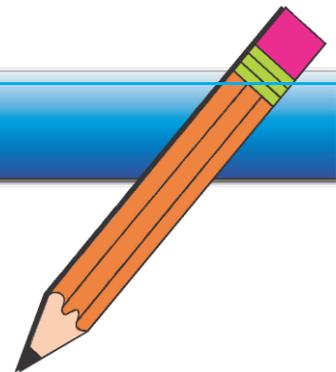
A. A grown-up who helps keep you safe and healthy and respects your personal boundaries

**2. SAFE TOUCH**

B. Telling safe adults about a problem

**3. DISCLOSURE**

C. Makes you feel like you have to do something that you do not want to do



# SECRETS CHECKLIST

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

Type three safe and three unsafe secrets in the spaces below. Use the Secret Checklist to help you. Remember that just one check on the checklist makes a secret unsafe.

## LIST 2 SAFE SECRETS

1. Example: Learning how to do a magic trick but not sharing with anyone because you want to surprise them by doing it.

2. \_\_\_\_\_

3. \_\_\_\_\_

## LIST 2 UNSAFE SECRETS

1. Example: Someone gives you a present but tells you that you can't tell anyone about it.

2. \_\_\_\_\_

3. \_\_\_\_\_

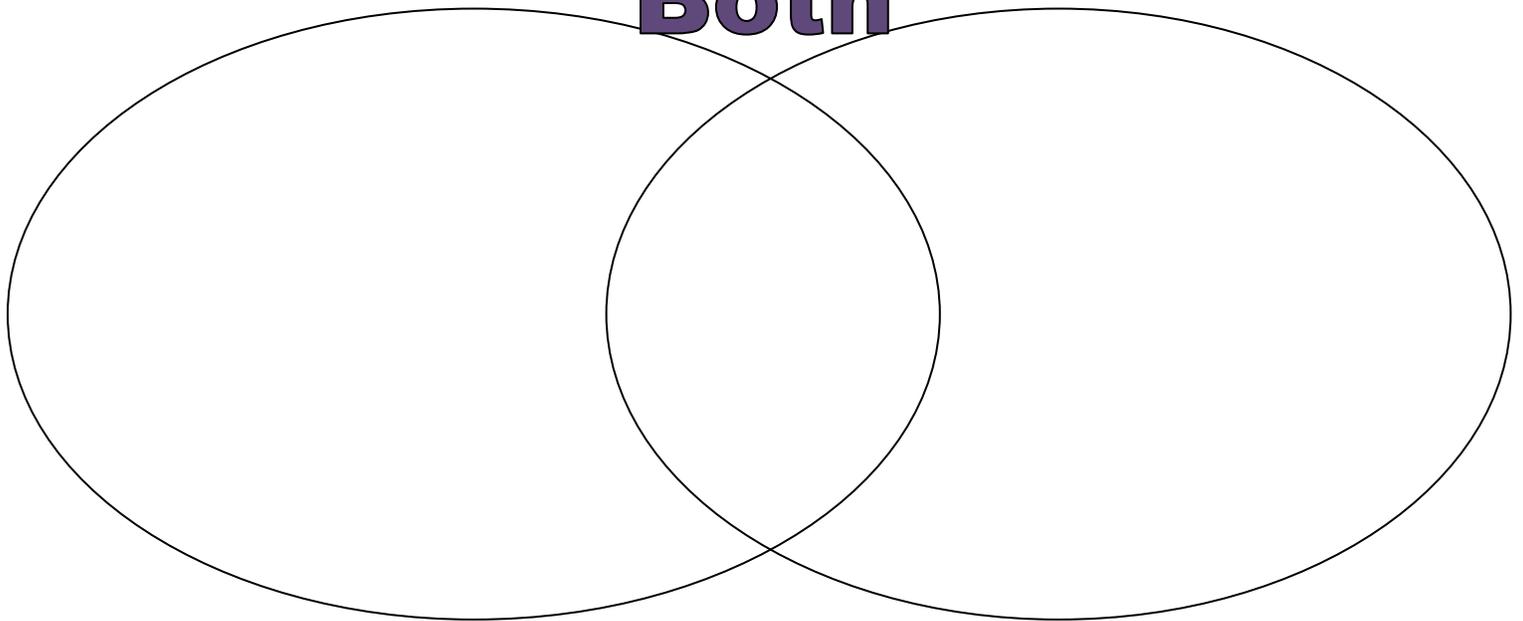
# HOW CAN I TELL THE DIFFERENCE?

Use the words and phrases at the bottom that give examples for safe and unsafe adults. Read the examples and then list them in the correct box at the top of the page. Some characteristics can be applied to safe and unsafe adults. Put those characteristics in the middle of the circle under both.

**Safe Adults**

**Both**

**Unsafe Adults**



## Word Box

Value responsibility	Controlling	Keep us safe	Can go to for help
Wants us to keep secrets	Makes me feel happy	Stranger	Nice
Wants to keep unsafe secrets	Trust	Enjoy spending time together	
Can make you feel scared	Keep you safe and healthy	Not respecting boundaries	
Respects personal boundaries	Adult	Makes me feel confused	

# what can YOU do?

## DISCLOSURE

Before people tell a safe adult and get help, they may have many different feelings about the unsafe touch or situation. In the spaces below, type in the feelings that go with the facial expressions.

### IT IS COMMON FOR THEM TO FEEL



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

## WHAT ARE THEY THINKING?

The way to get help is to tell someone, so why DON'T people disclose?  
Type in what people may be thinking that prevents them from disclosing.

Why DO people disclose?  
Type in what people may be thinking when they do decide to disclose.



**YOU CAN SEE WHY PEOPLE FEEL SO CONFUSED WITH ALL OF THESE THOUGHTS GOING THROUGH THEIR HEADS!**

## WHAT SHOULD I SAY?

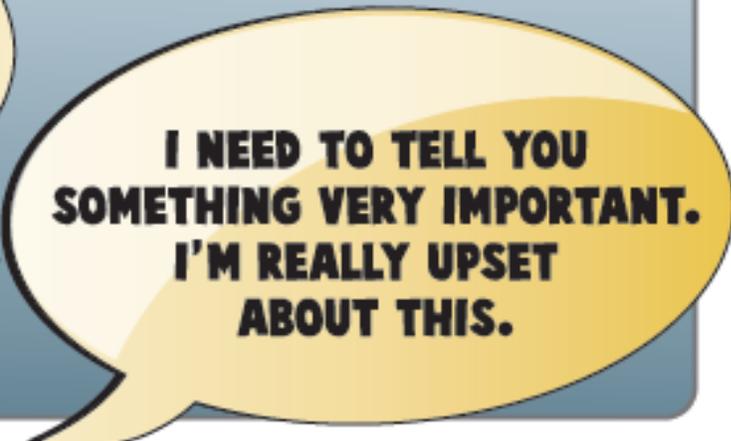
When you do decide to tell a safe adult, there are some important things to remember. Adults cannot read your mind. You will have to make sure that you tell them all the important details so they can help you.

If you have trouble starting you might say,



**CAN I TALK TO YOU?  
IT'S REALLY IMPORTANT.**

**OR**



**I NEED TO TELL YOU  
SOMETHING VERY IMPORTANT.  
I'M REALLY UPSET  
ABOUT THIS.**

These words should signal adults to listen to you. Once you have their attention, remember to use all the W's of disclosure.

**W** **HO WAS INVOLVED?**  
**W** **HAT HAPPENED?**  
**W** **HEN DID IT HAPPEN?**  
**W** **HERE WERE YOU WHEN IT HAPPENED?**  
**W** **RITE IT DOWN!**

# Our Family Safety Plan

## Our Names

Adults:

Children:

## Safe People to call if there is TROUBLE

Safe Person	Phone Number

**Safe Place – Has more than one exit and has no objects that can be used as weapons**

List Safe Places in Your Home and near Your Home

Safe Places In Your Home	Safe Places Near Your Home

How do I get out of the house if there is trouble?

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List things you should not do if there is trouble:

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Kids in our family understand that we should NOT try to stop a fight between adults.

Kids in our family understand that when adults in our house fight, IT IS NOT OUR FAULT.

When someone is afraid or hurt, the kids in our family can call 911.

When we call 911, we will:

- Describe what is happening.

- Tell our address. Our address is

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- Tell our phone number. Our phone number is

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- Stay on the phone to answer questions.

Here are some other things our family does to stay safe:

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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**In order to stay safe, be careful who you tell about your family safety plan!**



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.

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