

SAFE @ LAST

Empowering Schools

Protecting Children



# FALL BOOK

FEATURES:

what did  
**YOU**  
learn?

think  
**FAST**  
review

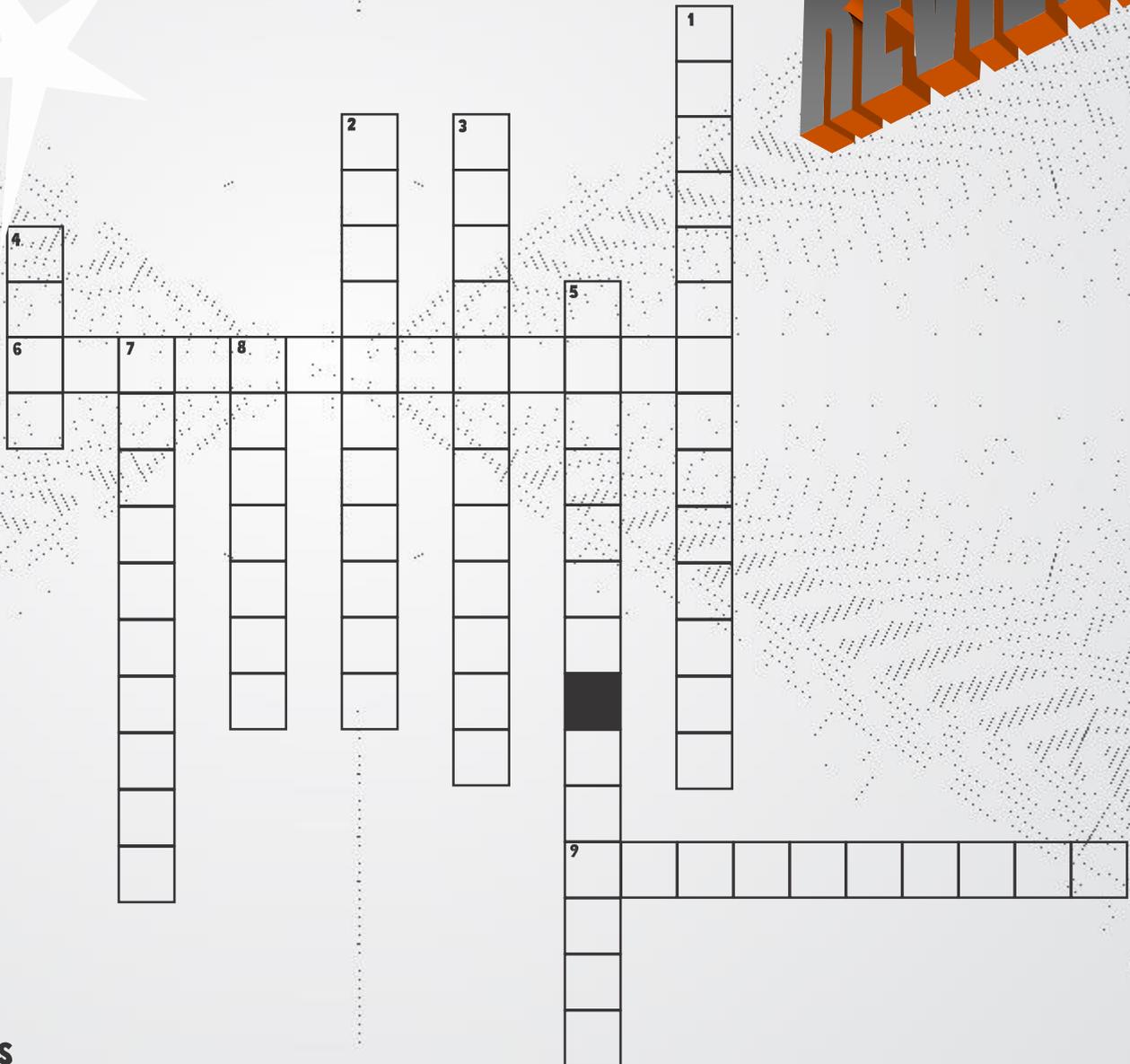
**THINK**  
**OUTSIDE**  
**THE BOX**





# PERSONAL SAFETY

# REVIEW



## ACROSS

- 6. Standing up for yourself without hurting others
- 9. Makes you feel like you have to do something that you do not want to do

## DOWN

- 1. Getting what you want by hurting others
- 2. Not standing up for yourself (often results in getting hurt or not getting your needs met)
- 3. The positive or negative results of a choice or action
- 4. A measurable outcome you set for yourself can be short- or long-term
- 5. Ways of saying no
- 7. Data collected about people or situations usually presented as a percentage or ratio
- 8. Recognizing the rights and individual differences of others and treating them how you wish to be treated

# SESSION 1

words of wisdom



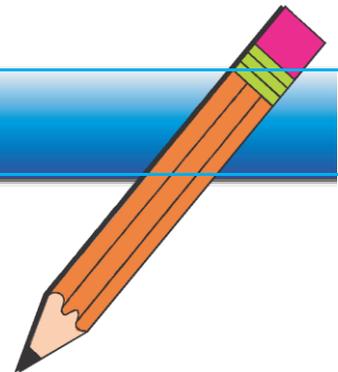
Draw a line from the word to the correct definition.

## WORD BANK

## DEFINITIONS

- 1. RESPECT**
- 2. BOUNDARIES**
- 3. CYBERSTALKER**
- 4. CHAT ROOM**
- 5. FALSE IDENTITY**
- 6. LURKER**

- A. A place on the Internet where individuals can talk publicly or privately
- B. Social and personal rules that help to keep people safe
- C. Recognizing the rights and individual differences of others and treating them how you wish to be treated
- D. Used by cyber stalkers to gain the trust of people using the Internet: can include pretending to be a different age or having the same interests as you
- E. Someone who seeks to gain intimate personal knowledge about another person through the Internet without the other person's consent or after being told to stop communication
- F. A person who enters a chat room just to gather information about the people in the room: sometimes you may not even realize they're there



# Respect: You Have To Give It To Get It

While everyone wants to be respected, what comes through online may not feel as if that respect is being received or given. There are a several reasons this may be happening, and there are things you can do to have a more consistent, respectful online experience.

If you don't feel respected online, here are a few questions to consider:

1. **Do you respect yourself online?**

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2. **Have you positioned yourself to be respected?** Does your profile and photo show you as someone to respect and do you show respect through your comments?

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3. **Do you show respect for others?**

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4. **Are you kind?**

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5. **Are people disrespecting your privacy?** Do you actually know what your friends and family consider ok to share vs. disrespectful? \_\_\_\_\_

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6. **If someone doesn't act respectfully towards you, why keep them as a contact?**

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7. **Do you really know who is disrespecting you?** Remember, not everyone is who they pretend to be when online.

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# PLAY IT SAFE ONLINE:

## INTERNET SAFETY TIPS

- There's a big difference between Internet conversations and real friendships with trusted friends.
- People may lie to you about their age, name, interests, and location and assume a false identity.
- The rules for answering the phone when you're home alone also apply when you're online. In other words, don't ever give out personal information.
- Sometimes people in chat rooms lurk there to just gather information about the participants.
- It's possible for someone you meet online to mirror your interests in order to build your trust for harmful reasons.
- Avoid being on the Internet for long periods of time or late at night.
- If anyone says anything to you online that makes you uncomfortable, tell your parents or a trusted adult immediately.
- Avoid sending your picture or meeting anyone without your parents' or guardians' knowledge.

### FACT:

Not all people in chat rooms are dangerous; there are many other young people like you. Use caution though: on the Internet there's no way to tell the difference.

# CHAT ROOM CHATTER!

## Who Do You Think You're Talking To?

**sk8rguy93:** wazup?

**happybunnyrox:** hey, not much, u?

**sk8rguy93:** same here. not doin homework LOLZ

**happybunnyrox:** ug, yeah, dont mention homework. i gotta ton. ☹

**sk8rguy93:** oh yeah? what grade r u in?

**happybunnyrox:** 6th, u?

**sk8rguy93:** 8th. i'm from Salt Lake City. where do u live?

**happybunnyrox:** miami

**sk8rguy93:** wow, that's awesome!! do u live on the beach?

**happybunnyrox:** lol... nooooo. i live with my mom in an apartment in the middle of the city.

**sk8rguy93:** coolness. i live with my mom too and our dog Redford.

**happybunnyrox:** i wish i could have a dog. mom wont let me though. so what r u up to since it's not homework??

**sk8rguy93:** playing a game on my computer. it's all i ever do, lol! ☺

**happybunnyrox:** oh come on, it cant be all u like?

**sk8rguy93:** i'm pretty good at soccer, and i play drums in a band me and my friends are trying to get started.

and of course i luv skating!!

**happybunnyrox:** cool... my last boyfriend was in a band, but he was the guitar player, i think.

**sk8rguy93:** oh yeah? u seein anyone now?

**happybunnyrox:** nope, u?

**sk8rguy93:** lol... noooo way.

**happybunnyrox:** lol... y not?

**sk8rguy93:** the gurls at my school are all too snobby. i'm more of a sk8r punk, ya know? black hair, tall, skinny... not into that whole prep scene if u get me.

**happybunnyrox:** yeah, i feel that. u should move to Miami :-p i luv punk sk8rs \*wink\*

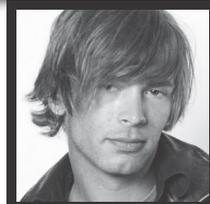
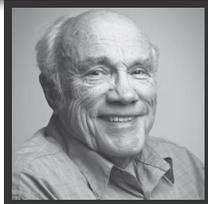
**sk8rguy93:** oh yeah? might just have to do that sometime. hey, i gotta go, talk later!

**happybunnyrox:** sure, cool! i'll be around.

Circle the characteristics below that you know about *SktrGuy93* based on the chat room dialogue.

male	tall short	has glasses	is in the chess club
red hair	blonde hair	plays soccer	plays video games
blue eyes	black hair	student council president	likes to dance
lives in Salt Lake City	plays baseball	brown eyes	lives with dad
is in a band	in 8th grade	plays football	female
skinny	in 10th grade	plays basketball	likes hip-hop
lives with mom	has braces	plays the tuba	has a part-time job
likes dogs			

Circle the picture that best fits *Sk8rGuy93* based on what you know.



# iSAFETY!

Don't Give Yourself Away!

Facebook

## About

### Work and Education



Love my school's team: The Rockets!



Eastwood – NEXT YEAR!!

### Relationship

My amazing friends ~~ Jordan T., Amanda M., Lightning, and my BFF – Claire C.!!

### Likes

Reading Fantasy Books, Swimming, and Riding my bike in Olympic Park, Soccer for my school on Thursday nights, Science and math ~hate social studies~, talking on the phone or hanging out online. Love music, going to concerts, reading, and shopping!! Swimming – practice at Aquatic Center Mondays and Wednesdays and have meets on Saturdays. Love dancing and tons of other things!!!

### Living

In Atlanta with my mom, dad, older sister, and 3 dogs

### Basic Information

Birthday I'm 13 - That's all you need to know

Gender Girl and I'm tall with brown hair and brown eyes – See my pic!

Interested In Boyz!!!!

Relationship Status Single

### Contact Information

Mobile Phones PM me if you want it

Address W.45<sup>th</sup> Street Atlanta, GA

## Cyberstalkers: Who Is Really Looking At Your Account?

A 12-year-old Washington girl was sentenced on Wednesday to probation and community service for a cyberstalking incident in which she and another 11-year-old girl doctored a classmate's Facebook account with explicit photos and solicitations for sex. The 12-year-old, who pleaded guilty and whose name has not been released, was charged with Cyberstalking and Computer Trespass First Degree. She was sentenced to six months of probation and 20 hours of community service, along with mandatory adult supervision of all computer usage, according to the King County Prosecuting Attorney's Office.

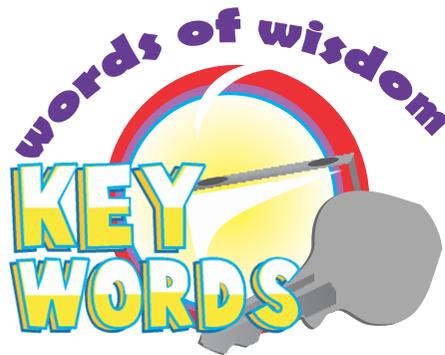
The incident occurred on March 18 after students were let out early from school. From around 11 a.m. to around 5:30 p.m., the Facebook page was hacked into by two classmates and former friends, one of whom knew the password due to a previous login. A photo of the victim was posted, and a knife and blood aimed at her head along with a set of horns were doctored into the picture. The word "slut" was written across the bottom, and an image of condoms hanging on a clothes wire was also posted. The girls then reportedly sent out messages to people the girl's Facebook chat asking for sexual favors and posted sexually explicit comments on other users' walls.

Information Excerpted from <http://abcnews.go.com/Technology/12-year-sentenced-washington-cyberstalking-case/story?id=14072315&page=2>

**NEVER GIVE YOUR PASSWORD  
OUT TO ANYONE!! EVEN IF THEY  
ARE YOUR BEST FRIEND!**



# SESSION 2



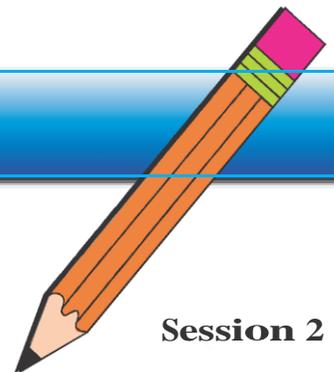
Draw a line from the word to the correct definition.

## WORD BANK

## DEFINITIONS

- 1. HARASSMENT**
- 2. FLIRTING**
- 3. ASSERTIVE RESPONSE**
- 4. AGGRESSIVE RESPONSE**
- 5. PASSIVE RESPONSE**

- A. Communicating your feelings or wishes in a way that hurts another person emotionally or physically
- B. Communicating your feelings or wishes in a way that does not hurt another person
- C. Bothering or disturbing someone repeatedly
- D. Wanted verbal, written, or physical attention that makes the receiver feel good
- E. Not communicating your feelings or wishes by standing up for yourself: may lead to being hurt emotionally or physically



# HARASSMENT VS. FLIRTING

WHEN CAN PLAYING AROUND GET YOU IN TROUBLE?

Compare and contrast harassment and flirting by putting the phrases below into the correct box.

**FLIRTING**

**HARASSMENT**

unwanted verbal, written, or physical	comfortable	good	against the law	not against the law
frustrated	wanted verbal, written, or physical	angry	uncomfortable	
can be through email, text messaging, notes, phone, or in person	involves two people			



Label \_\_\_\_\_ as \_\_\_\_\_: "Friendly Flirting"  
(for flirting) \_\_\_\_\_ (for harassment).

HAVE YOUR TEACHER  
PRINT OUT THIS PAGE  
FOR YOU TO COMPLETE.

TITLE:

Ugh, I wish he  
would just leave  
me alone!

Show how the same situation could be an example of flirting, depending on how the receiver feels and acts. Draw what happens next, and label it with your own title.

TITLE:

**FACT:** 76% of boys and 85% of girls report experiencing sexual harassment.  
(American Association of University Women, 1998)

Source: "Hostile Hallways: The AAUW Survey on Sexual Harassment In America's Schools." 1993. Murdock, Kathryn Wells and David Kysilko. Sexual Harassment in Schools: What It Is, What To Do. 1996. National Association of State Boards of Education. 13 June, 2007. [www.nasbe.org/Educational\\_Issues/Reports/Sexual%20Harass.pdf](http://www.nasbe.org/Educational_Issues/Reports/Sexual%20Harass.pdf)

# what can **YOU** do?

There may be times when someone at school harasses you. It is important to try using an assertive response to stop this behavior. If, after several attempts, the behavior does not change, or if you feel you are in danger, you should tell a safe person right away.

## BEING ASSERTIVE

### **S** TAND TALL

Remember to look the person right in the eyes, and use confident body language.

### **S** TRONG VOICE

Tell the person to stop in a strong and serious voice.

### **S** AY IT AGAIN

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

There are many ways to say "no" to harassment.

Type in three different three different ways you can tell someone to stop.

Three speech bubble outlines arranged horizontally, each containing three horizontal lines for writing.

List three safe people you could tell if you or someone else is harassed.

Three horizontal lines for writing the names of safe people.

# SESSION 2 REVIEW



Using the pen tool, find and circle the words in the word bank below.

J O J P G P I X D Y X U Z E E  
E T R O W G V R L S X I I T V  
B V I E F Z Y D O W U L J E I  
V U I I S S D G B L M V T Q T  
P Q X S L P P T O Q Q X G N R  
S Y T X S Z E Z F B H N Y B E  
Q P J Y T E D C E K I V P V S  
J G S W S L R W T T K D G J S  
P A S S I V E G R I K O L J A  
Q Z Z P C B A I G Q S H T Q I  
S Z R D O P L M C A Z U T B A  
B H Q U J F N U G R X Z S N C  
O X C U I L L I G B T J R N F  
T N E M S S A R A H N Q Q A T  
J O J Q D E B B J Z F C A C D

**WORD BANK**

**AGGRESSIVE  
HARASSMENT**

**ASSERTIVE  
PASSIVE**

**FLIRTING  
RESPECT**

# SESSION 3

words of wisdom



Draw a line from the word to the correct definition.

## WORD BANK

## DEFINITIONS

**1. GROOMER**

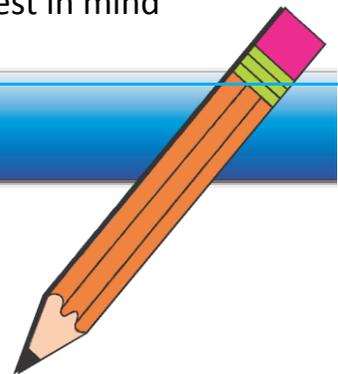
A. Unwanted touches that make you feel confused, angry, or uncomfortable

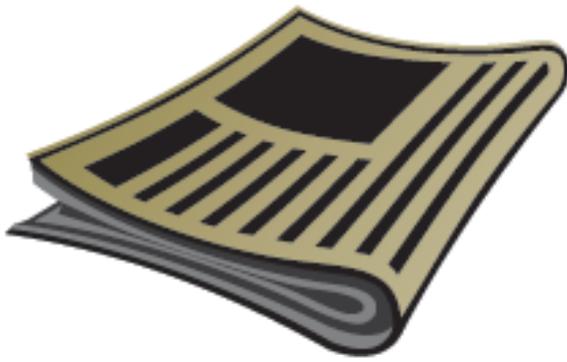
**2. UNSAFE TOUCH**

B. The type of secret that you are forced to keep; one that may have a threat or bribe attached to it; one that makes you feel upset, uncomfortable, or afraid

**3. UNSAFE SECRET**

C. An adult who uses gifts and time to try to earn your trust for selfish reasons; at one time, he or she may have even been considered a safe person, but through actions taken, it is obvious that he or she does not have your best interest in mind





# HELP WANTED

Read the scenarios below and type in what you think the person should do in each situation. Make sure to include all of the steps he or she should take to get out of the situation.

I have a secret friendship with Conner - the Middle School Youth Pastor at my church. Conner is 22 years old, and he is so cute and fun! He gave me a bracelet to thank me for helping him out after youth group. He told me I'm very pretty, and asked me not to tell anyone about the gift. I don't care that I'm only 12... You have to swear not to tell anyone, okay?

-Jenee

I really like my uncle. Whenever I have a problem he's always there. But last week when I needed \$50 for a video game, my uncle said he'd wrestle me for it. I said okay, but then he asked me to take off my shirt to see how strong I was. When I did that, he took off his shirt too... I felt uncomfortable with that, so I decided to leave. My uncle said I should keep the wrestling idea a secret, and gave me the money. I feel strange about the whole situation. What should I do?

-Michael

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**FACT:** 1 out of 4 girls and 1 out of 6 boys will experience some form of sexual abuse before the age of 18.

Centers for Disease Control and Prevention (2005)

Source: "Briere, J. and D.M. Wiot. "Prevalence and Psychological Sequence of Self-Reported Childhood Physical and Sexual Abuse in General Population" Child Abuse and Neglect. 27.10 (2003). 13 June, 2007. <<http://www.stopitnow.com/comquest.html>>

# Groomers:

## WHEN SAFE ADULTS BECOME UNSAFE

In both of the previous situations, adults used their established relationships with children to influence them in an unsafe way. They already knew the young people and abused their positions of power and trust. When safe people become unsafe, they are called “groomers.” They “groom” or prepare young people to do the things they want and keep unsafe secrets. This can make the young person feel especially bad, as he or she is confused when a good relationship turns bad.

### FACT:

Offenders are more likely to be relatives or someone the victim knows.

(Ferguson, Lynskey & Horwood, 1996)

### FACT:

It is against the law for an adult to touch your private body parts or to ask you to touch theirs.

(TN Pub. L. 37-1-602, TN Pub. L. 39-13-501, TN Pub. L. 39-13-503)

### FACT:

Telling an adult you trust about unsafe touching is a very important step in getting help.

#### Safe People Characteristics

#### Unsafe People Characteristics

Sources: Fergusson, D.M., M.T. Lynskey and L.J. Horwood. “Childhood Sexual Abuse and Psychiatric Disorder in Young Adulthood...” Journal of the American Academy of Child and Adolescent Psychiatry 35.10 (1996): 1355-64., TN Pub. L. 37-1-602, TN Pub. L. 39-13-501, TN Pub. L. 39-13-503

# UNSAFE TOUCHING: FEELINGS AND BEHAVIORS

There are many confusing feelings associated with unsafe touches. People will do extraordinary things to make these difficult feelings go away. Read the list below and type in two more feelings or behaviors that might result from unsafe touching.

- **GUILT**
- **SHAME**
- **FEELING DIFFERENT OR ALONE**
- *Sadness*
- *confusion*
- *anger*
- *fear*
- **HATE**
- *DEPRESSION*
- *being a loner*
- *EATING DISORDER*
- **TURNING TO VIOLENCE**
- **DEVELOPING ANXIETIES**
- **USING DRUGS AND/OR ALCOHOL**
- *TRYING TO FIND LOVE WITH OTHERS*
- **ACTING OUT AT SCHOOL AND AT HOME**
- \_\_\_\_\_
- \_\_\_\_\_

# SESSION 3 REVIEW



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

ANSWER BOX
UNSAFE SECRET
GROOMER
UNSAFE TOUCH

**1**

**2**

**ACROSS**

2. Unwanted touch that makes you feel confused, angry or uncomfortable

**DOWN**

1. An adult who uses gifts and time to try to earn your trust for selfish reasons; he or she may have even been considered a safe person

2. The type of secret that you are forced to keep; one that may have a threat or bribe attached to it; one that makes you feel upset, uncomfortable, or afraid

# SESSION 4

words of wisdom



Draw a line from the word to the correct definition.

## WORD BANK

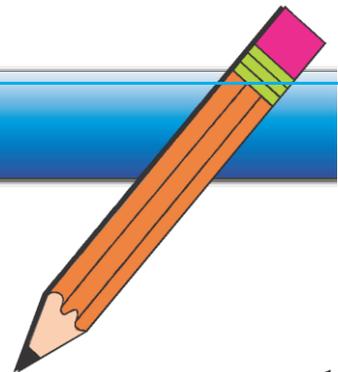
## DEFINITIONS

**1. DISCLOSURE**

A. Telling a safe person about an unsafe secret or situation that affects you or someone else

**2. SAFE PERSON**

B. An adult you can trust; someone who will listen to you and provide help; an adult who always has your best interest in mind



# SECRETS CHECKLIST

There are times when a friend, family member, or someone else you know may tell you a secret that is unsafe and expect you to keep it forever. Although it may be difficult, if the secret does not pass the checklist test, you should tell a safe person right away.

## 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 are checked, it's an unsafe secret.

# what can YOU do?

## DISCLOSURE

If you have an unsafe secret, you might struggle with whether you should keep or tell this secret.

Remember, it is never too late to tell.

Secrets about touching can be extremely hard to tell if you have been threatened, bribed, or feel responsible.

You must always remember it is **never your fault**, and you are not alone.

There are people who will listen to you and believe you.

You must tell a safe person and keep telling until someone listens.

### **FACT:**

Abusers go on to abuse others if they are not stopped.

Source: "Statistics, Prevalence and Consequences of Child Sexual Abuse" 13 June, 2007. <[http://www.darkness2light.org/KnowAbout/statistics\\_2.asp](http://www.darkness2light.org/KnowAbout/statistics_2.asp)>



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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