

Dear Parent/Caregiver:

The documents in This attachment cover a range of topics. The presentation that your child(ren) heard touched on these topics, but an hour gives us just enough time to introduce some of these concepts and get the conversation started. Please read through this packet and discuss with your child/family. Each document are labeled, and you will find some are specifically for parents. The bottom right-hand corner specifies for which grades the document is intended, but you as the parent are the expert for what is right and appropriate for your child's age and maturity level.

Thank you for making your child's safety a priority!



Is My Relationship Healthy?

All relationships should be healthy - regardless of who is in the relationship.

Following are two lists of relationship characteristics; Healthy vs. Unhealthy. Think about a family, friend or dating relationship in your life. Compare both lists, checking off the statements that are true about this relationship you are evaluating. Which traits make you feel happy? Which make you feel down? How does your relationship measure up? Do you think your relationship is a healthy one?

Healthy

You and this person...

- Treat each other with respect and dignity.
- Trust and support each other.
- Are gentle and kind with one another.
- Respect each others' boundaries.
- Always feel safe together.
- Give each other some privacy; texts, phone calls, journals, etc. are considered private.
- Usually have fun together.
- Are both liked by the other's friends and family.
- Feel free to talk openly and honestly with one another.
- Calmly settle disagreements and apologize when wrong.
- Encourage each other's interests - sports, dance, travel, etc.
- Feel comfortable making decisions, both together and independently.
- Feel free to spend time with friends outside your relationship.
- Like one another's friends and enjoy spending time with them.
- Support one another's goals in life, i.e. education, job, etc.
- Build each other up.
- Treat each other as equals, in a balanced relationship.
- Are proud to be with the other person.
- Allow each other space, when you need it.
- Both accept responsibility for own actions.
- Encourage and support one another seeing and spending time with friends and family.

Unhealthy

One (or both) of you...

- Shows a lack of respect and trust.
- Is extremely jealous and accuses the other person of cheating.
- Excessively texts or calls; needing to know where the other person is at all times.
- Acts very controlling and possessive.
- Ignores or withholds affection as a way to punish the other.
- Embarrasses or humiliates the other.
- Makes all the decisions about what the two of you do.
- Has an explosive temper and frequently yells at the other person.
- Isolates his/her partner from family or friends
- Constantly puts the other person down.
- Makes verbal threats, or is physically or emotionally abusive.
- Blames the other person for own behavior.
- Tries to limit or prevent the other from spending time with friends or family.
- Does not respect boundaries; Goes through the other person's belongings without permission.
- Is not liked by the other person's friends or family.
- Makes decisions for the other, like what clothes to wear or how to act.
- Has hit, pushed, grabbed or otherwise physically hurt the other.
- Discourages or criticizes the other person's outside interests.

All relationships should be healthy.

If you determine there is an unhealthy relationship in your life, obtain help from a parent, teacher, school counselor or other professional or helpline.



My Relationship: Healthy or Unhealthy?

This worksheet is intended to help you think about relationships in your life. Whether a friendship or a dating relationship, **think about a person** and ask yourself the following questions about your relationship with them. Based on the Authority Lure Newscast and Class Discussion, is it a healthy relationship, or an unhealthy relationship?

Three things I really like about this person:

1. _____
2. _____
3. _____

Three things I dislike about this person:

1. _____
2. _____
3. _____

Can I talk openly with this person about anything?

Does this person call or text me excessively? Do they always want to know where I am?

Does this person trust me? Do I trust them?

Does this person encourage me to have other friends, or discourage me from having other friends?

How does this person interact with their family? Their friends? Is it healthy?

Do we both have equal decision-making power in our relationship?

How do we handle disagreements or conflicts? Is it healthy?

Three things *this person likes to do* without me are:

1. _____
2. _____
3. _____

Three things *I enjoy doing* without this person are:

1. _____
2. _____
3. _____

Does this person respect my boundaries? Do I respect theirs?

Has this person ever gone through my belongings without my permission? Have I gone through theirs?

Has this person ever hit or harmed me in any way?

In general, do I feel better about myself or worse about myself since I began this relationship?

Breaking Up A Dating Relationship

Just as dating relationships need to be healthy and respectful, breaking up a dating relationship should be done with kindness and respect. Ending a relationship is usually difficult for both people. Below are some suggestions to help you with a break up. And remember, you both have a right to end the relationship any time you want.

Remember the good times!

Although you are breaking up with your dating partner, try to remember some of the positive parts of your relationship. We all grow from our experiences, so keep the positive experiences in mind for future relationships. This will help to ensure healthy and happy relationships throughout your dating years.

Steps for Ending a Healthy Relationship:

1. What am I going to say?

Think through your reasons for breaking up. Be certain you are making a decision based on your feelings and needs, and not as a way of controlling or manipulating the other person.

What are your reasons for ending the relationship?

Practice what you will say. Give your partner specific reasons for breaking up. It's best to be clear and honest, but kind. Be firm; don't give your partner false hope that you might get back together.

2. When and where am I going to talk with my partner?

Break up in-person. Don't do it through a text, a friend or social media. Find a semi-private place to talk with your partner. Keep in mind he/she may become upset and even cry, so choose a place where other friends won't be around. Everyone reacts differently, so be prepared for your partner to just leave or to want to talk. Your partner may try to talk you into staying in the relationship, but remember, you have the right to end it.

3. Try to be friends in the end.

Try to still be friends, but don't be surprised if your ex-partner does not want to be friends right away. If you can't be friends, you can still respect the relationship you had and be polite when you see one another. It's important not to bad mouth your ex-partner. In time, you will probably be friends again.

Steps for Ending an Unhealthy Relationship:

1. If your partner has ever been abusive or threatened violence even once, let a trusted adult know you plan to break it off. If you feel safe breaking up in person, ask a trusted adult to accompany you.

2. When and where am I going to talk with my partner?

If you feel unsafe, break up by text or phone. If you feel safe breaking up in-person, meet in a public place and bring along a Trusted Adult. Stay within vision and ear shot of your Trusted Adult and others. Everyone reacts differently, so be prepared for your partner to just leave, to become angry or upset or to want to talk. Your partner may try to talk you into staying in the relationship, but remember, you have the right to end it.

3. Expect Respect.

You deserve to feel safe and respected in all relationships. To stay strong to your personal safety, write a list of reasons why you broke things off and refer to it when needed. (For help with an abusive relationship, text LOVEIS to 22522, call 1-866-331-9474 or visit loveisrespect.org/for-yourself/contact-us/)



Setting Personal Boundaries

Personal boundaries are limits we set to take care of, and protect, ourselves.
They are based upon what we decide are acceptable and safe ways for others to behave around us.

Personal boundaries are formed in part by having clear personal values. An important part of respecting yourself and others is understanding and honoring these boundaries and each other's values.

In doing so, each person remains an individual in the relationship and does not change what they believe based on the other person. Each relationship in our life has a different set of boundaries.

Five Key Guidelines to use when setting personal boundaries:

- 1. Know you have a right to set personal boundaries.**
Set clear limits and expect others to respect them.
- 2. Put Yourself First.**
*Be kind and respectful to others, but always put yourself first, especially when faced with aggressive or abusive behaviors.
Recognize that your feelings and safety are the most important.*
- 3. Recognize that you know yourself best.**
*Don't let other people make decisions for you.
You decide what is right for you.*
- 4. Learn to say no, and stick to it.**
*Don't let others pressure you into actions you don't want to take.
If something doesn't feel right for you, **then don't do it.***
- 5. Be clear about what actions and behaviors are acceptable, and not acceptable, to you.**
*Let people know when they've done or said something unacceptable to you.
If touched without consent, pull back immediately to make it clear a personal boundary has been crossed.*

Tips for Parents on Sexting & Teens

The best tech safety policy is education,
communication, supervision and trust.



Make behavioral expectations clear to teens.

Have frequent discussions about the responsibilities and privileges associated with using technology.

Be familiar with technology teens are using.

Texting, social media sites, apps, image sharing, chatting, gaming & game systems.

Become familiar with texting acronyms.

NAZ = Name/address/zip code, CTN=Can't Talk Now, TDTM=Talk Dirty To Me, 1174 = You're invited to a wild party, NIFC=Nude In Front of the Camera, pron=porn, 420=marijuana, 8=oral sex, zerg=to gang up on someone. For more translations, visit teenluresprevention.com/parents

Supervise teens online and electronically.

Let teens know you are monitoring them, because you love them and care about their future. Don't rely entirely on parental control software; teens can quickly bypass these.

Google Search your child's name in quotations: "Jane Doe"

You may be surprised what you find.

If you think your youngster is Sexting...

Monitor his/her electronic devices, including game systems. Check Messages (*sent/received*), Images (*Photos/videos; camera, shared and albums*) and photo sharing apps.

Pics don't stay private.

Once sent, they can't be retrieved, they can be forwarded to many other people, and they can not be erased. Discuss the importance of not giving in to peer pressure to sext, no matter how tempting it is to be "liked."

Think before Forwarding.

If a teen forwards a nude pic of a minor, he/she becomes the original sender of child pornography, which is against the law. While the majority of teens are not arrested for sexting, it is criminal behavior.

Images and blogs have future consequences.

They are available for the entire world to see and share. This includes parents, relatives, school officials, law enforcement, college admissions departments and current and future employers.

Use teachable moments.

Local and national news stories about Internet and electronic crimes provide opportunities to discuss these issues. Help your teen establish digital boundaries to encourage healthy and respectful communications.



Tips For Pics



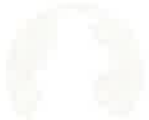
Our online and electronic actions contribute to the real-life impression we make on others.



Once sent, messages and images cannot be taken back.



We should not let peer pressure force us into doing things we know are wrong, even if it's "just for fun."



Sending inappropriate images threatens our reputation, privacy and future education and employment opportunities.



Pictures and video are part of our online footprint that follows us far into the future.



Use a professional email address for application forms.



Suggestive addresses like *partygurl@gmail.com* or *orviperdude@msn.com* give the wrong impression to potential employers and institutions of higher education.



Nothing posted or sent is private, and it stays online - forever.



e-Safety Pact



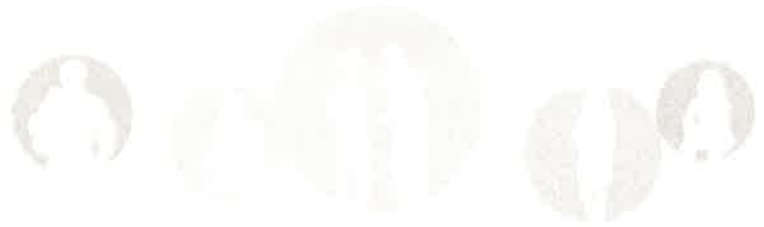
1. I WILL use technology responsibly, treating others with respect.
2. I WILL pause, and think twice, before posting anything online.
3. I WILL send or post only kind and respectful messages.
4. I WILL always use my true identity, and discourage and report use of false profiles.
5. I WILL send or post only appropriate images to people I know.
6. I WILL ask permission before posting or tagging images of friends.
7. I WILL respect a person's decision to not have their picture or video posted or shared.
8. I WILL NOT share images with people I don't personally know.
9. I WILL NOT give out personal information about myself or others.
10. I WILL keep my passwords private, even from my friends.
11. I WILL NOT discuss private family matters online; I'll talk to a friend or trusted adult instead.
12. I WILL NOT respond to inappropriate/threatening messages. I WILL report them to an adult.
13. I WILL get permission from my parents before registering on a website, entering a contest or using a gift card online.
14. I WILL NOT meet an online friend in-person unless I:
 - a. Get permission from my parents or guardian(s),
 - b. Bring my parent(s) or another trusted adultAND
 - c. Meet the person in a public place.
15. I WILL review this Pact periodically as a reminder to be use technology responsibly. If I make a mistake and misuse technology, I will apologize and recommit to this Pact.

Teen's Signature

Parent's Signature

Date

Date



Teen Digital Safety Tips for Parents

The best tech safety policy between parents and teens is education, communication, supervision and trust. Set clear expectations of responsible digital behavior and communicate these to your teen.

- 📶 Become informed and familiar with all technology your teen is using: texting, chatting, online gaming, social networking and digital cameras on phones and other devices.
- 📶 It is not sufficient to situate computers and electronic devices in high visibility areas of the home. Today's youngsters have internet access from many sources, including phones, tablets, gaming systems, friends' devices and public Wifi.
- 📶 Supervise and interact with your teen online and electronically. Become familiar with chat/texting acronyms. (See Box to the right.)
- 📶 The most common online/electronic threats to youngsters are peer-to-peer: cyberbullying, textual harassment and sexting.
- 📶 Stress to teenagers the importance of telling you or another trusted adult about any threatening or inappropriate messages or images. Save all evidence and report these immediately to your local police and www.cybertipline.com.
- 📶 If your youngster is taking risks online, find out why. What is happening in their life to cause such behavior? Consider obtaining professional help/counseling, if needed.
- 📶 Via social networking sites, gaming and webcams, the online offender may expose teenagers to adult content and even convince teens to share intimate images of themselves.

- 📶 If you have installed parental controls on your teen's electronics, don't be surprised if your teen or their friends are able to quickly bypass them.
- 📶 Online predators become a serious threat if (1) they succeed in learning a teen's full name, phone number or address or (2) they manage to arrange a private, in-person meeting with the teenager.

Sample Text Acronyms

NAZ = Name, Address & Zip Code

RU/18 = Are you 18 years old?

WYRN = What's Your Real Name?

TDTM = Talk Dirty to Me

LMIRL = Let's Meet in Real Life

1174 = U r invited to a wild party

Pron = Porn

420 = Marijuana

Slice = 1/8 of an ounce of marijuana

- 📶 Young people are most at risk online when they have sexual conversations with people they don't know, send inappropriate images of themselves or agree to an in-person meeting.
- 📶 High-quality parenting relationships and open communication can reduce the risk that teens will meet online friends privately and in-person.
- 📶 Keep Digital Safety in perspective: the most likely abusers are someone the teen knows in real life; friend, dating partner, family member, relative or family friends.



Sexual Harassment

What is it?

Sexual harassment is unwanted sexual behavior. It may take different forms, including:

- **Physical contact**, like grabbing, pinching, touching your breast or butt or other body parts, or kissing you against your will;
- **Sexual comments**, like name-calling (slut, whore, fag), starting rumors about you, making sexual jokes at your expense, or making sexual gestures at or about you;
- **Sexual propositions**, like repeatedly asking you out when you have said no, or asking you for sex;
- **Unwanted communication**, like texts, phone calls, letters, or e-mails. These can be mean, nasty, or threatening, or they can seem flattering or nice but still make you uncomfortable.

These are only examples; there may be other forms of behavior that are not listed here but still can be considered sexual harassment.

Both the harasser and the victim can be either male or female, and they do not have to be the opposite sex. The harasser can be another teenager or an adult. (NOTE: An adult flirting with a minor is not normal or appropriate behavior.)

Some flirting between teenagers is normal and healthy, but sometimes it can be hard to tell the difference between flirting and sexual harassment. The lists below can help you figure it out.

Flirting

- Flirting is welcome attention.
- Flirting goes both ways.
- Flirting makes you feel flattered or attractive.
- Flirting makes you feel in control.
- Flirting makes you feel good about yourself.
- Flirting is legal in school.

Harassment

- Sexual harassment is not wanted.
- Sexual harassment is one-sided.
- Sexual harassment makes you feel put down or ugly.
- Sexual harassment makes you feel powerless.
- Sexual harassment makes you feel bad or dirty.
- Sexual harassment is a violation of school rules and state/federal laws.

If you think you are flirting with someone, **but they do not respond the way you want them to**, consider this...

- ⇒ If the person does not seem happy with your attention,
- ⇒ if you flirt but they do not flirt back,
- ⇒ if you make a sexual joke and they do not laugh,
- ⇒ if the person seems to be avoiding you...

...you might be making them uncomfortable. The **bottom line** is that **if the person receiving your sexual or romantic attention doesn't want it and you continue, that's harassment and you should stop what you are doing.**







Gaming Safety Tips for Teens

Online gaming is a fun way to connect with friends and other gamers throughout the world.

To keep online gaming safe:
Protect your personal information and passwords.
Use private settings. Report harassment & cyberbullying.



-  **Make Passwords Long & Strong:** Use a strong password for your gaming accounts. Make certain your password has at least eight characters and uses numbers, letters, and symbols. Always keep passwords private.
-  **Keep Personal Information Private:** Never reveal your full name, address, phone number, gender, age, or other private information. Keep your user name neutral. Use an avatar instead of an actual picture of yourself.
-  **Don't Accept Downloads from People You Don't Know:** This includes cheat programs that may claim to help you perform better in a game, but could actually be carrying malware. Stay informed about malware.
-  **Report Harassment & Cyberbullying:** Know how to block and/or report another player if they make you feel uneasy. Keep a record of what the other player says, and don't engage them in conversation.

Research (5) additional Gaming Safety Tips for Teens.

1. _____

2. _____

3. _____

4. _____

5. _____

Human Trafficking: Lured into Modern Day Slavery?

This handout is designed to help determine if someone you know has possibly been forced, manipulated or coerced into human sex trafficking.

If you suspect that someone you know is being trafficked, ask yourself the questions below.

(Any gender of youth can be lured into the world of human sex trafficking. For the sake of simplicity, the questions below are posed with the pronoun "she.")

Signs of Teen Trafficking:

- Does she have a new older partner who is very controlling or that she doesn't want you to meet?
- Does she show up with new clothing, cash or lavish gifts like pieces of jewelry she cannot afford?
- Has she dropped out of sports, clubs or activities she used to love?
- Does she skip school often? Have her grades dropped? Has she stopped hanging out with old friends?
- Is she constantly on her cell phone and won't tell you with whom she's chatting?
- Does she disappear for periods of time and refuse to tell you where she was?
- Is she inconsistent when describing and recounting events?
- Does she have injuries or signs of physical abuse (that she may be reluctant to explain)?
- Does she have a new tattoo that she won't discuss or does not have personal meaning to her?

If the answer to most of these questions is **Yes**, it could possibly be a sign the teen is being trafficked. Consider sharing your concerns with a trusted adult who can further assess if the teen needs help.

Note: According to federal law, any minor under the age of 18 engaging in commercial sex is a victim of sex trafficking, regardless of the presence of force, fraud or coercion.

Prevention Tips for Teens:

Seven things teens can do to avoid the Trafficking Lure:

1. Seek help for problems at home.
2. Know the lures used by sex traffickers.
3. Know the difference between healthy and unhealthy relationships.
4. Listen to instincts about people & situations. When in doubt, ask for a trusted adult's opinion.
5. Be protective of personal information and images on social media.
6. Instead of running away, call 1-800-RUNAWAY or Text 66008.
7. Keep a clear head at all times; avoid drugs and alcohol.

Helplines for Teens:

- ▶ **National Runaway Safeline**, 1-800-786-2929 (1-800-RUNAWAY) | Text 66008

Call if you are a teenager who is thinking of running from home, if you have a friend who has run and is looking for help, or if you are a runaway ready to go home.

- ▶ **National Human Trafficking Resource Center**, Anyone who suspects or observes a person or group who may be victims of sex trafficking can call or text:

Call 1-888-373-7888 from anywhere in the U.S. for help in over 200 languages, 24 hrs/day/7 days a week.
Text "HELP" or "INFO" to 233733 (BeFree), Hours of Operation: 3:00 pm - 11:00 pm EST

(The National Human Trafficking Resource Center is operated by Polaris. They are not a government entity, law enforcement, or immigration authority. Funding is provided by the US Department of Health and Human Services and other private donors and supporters.)



Helplines for Teens...

Everyone needs a helping hand at some point in their life.

Should you or a friend need someone to talk to, the following resources exist solely to help improve your current situation, and your life.

Help is just a text, click or phone call away:

- ▶ **National Teen Dating Abuse Helpline, (For anonymous advice):**
If you think you may be in an abusive relationship, you can call to talk with someone about it.
Text: LOVEIS TO 22522 | Chat Online 24/7/365: loveisrespect.org
Call: 1-866-331-9474
- ▶ **TEEN LINE, 1-800-852-8336 (1-800-TLC-TEEN) 6-10pm PST, 7 days a week:**
Call if you have a problem or just want to talk with another teen who understands issues like abuse, anxiety, depression, divorce, bullying, gangs, gender identity, homelessness, pregnancy, relationships, sexuality, violence, substance abuse, self harm, and suicide. No issue is too small, too large or too shocking.
Text: TEEN to 839863 (5:30-9:30pm PST) | teenlineonline.org (chat, message board, blog)
- ▶ **RAINN National Sexual Violence Hotline, 1-800-656-4673 (HOPE)**
RAINN has over 1100 trained volunteers on duty to help victims at crisis centers across the U.S.
<https://ohl.rainn.org/online> - Live help for Sexual Assault Victims & their families. Free. Confidential. Secure.
- ▶ **National Runaway Safeline, 1-800-786-2929 (1-800-RUNAWAY) or Text 66008.**
Call if you are a teenager who is thinking of running from home, if you have a friend who has run and is looking for help, or if you are a runaway ready to go home.
- ▶ **National Human Trafficking Resource Center, 1-888-373-7888, 24 hours a day/7 days a week.**
Text "HELP" or "INFO" to 233733 (BeFree), Hours of Operation: 3:00pm - 11:00pm EST
- ▶ **National Suicide Prevention Lifeline, 1-800-273-TALK (8255) Available 24 hrs a day, 7 days a week.**
If you, or someone you know, is having thoughts of suicide, call to be connected to an available local certified crisis center.
- ▶ **Childhelp National Child Abuse Hotline, 1-800-422-4453 (4 A CHILD)**
Available 24 hours a day, 7 days a week.
For help or questions about child abuse or child neglect.
- ▶ **National Hotline to Report a Missing Child, 1-800-843-5678 (1-800-THE-LOST®)**
Call if you have information about a missing child or suspected child sexual exploitation.
- ▶ **National Domestic Violence Hotline, 1-800-799-7233 (SAFE)**
Available 24 hours a day, 365 days a year. There are no fees, no names, no judgment. Just help.

It is NEVER too late to tell about physical or sexual abuse, even if it's been kept secret for years.

Important Local Phone Numbers:

Police Department: _____
School Counselor: _____
Medical Doctor: _____
Victim's Advocate: _____
Social Services: _____

If ever in immediate danger, call 911.
...if you need someone to talk to.