



Point 1: Setting Boundaries

- Boundaries are physical and emotional limits that define one person as separate from another or from others. Boundaries promote and preserve physical and emotional personal space in our relationships. Boundaries give each person a clear sense of self and a framework for how to function in relation to others. Boundaries bring order to our lives and empower each of us to determine how others will interact with us.
- Boundaries are a way of treating our own body with respect and demanding that same respect to us from others
- If you are uncomfortable with the way some touches or speaks to you, it is your right to let them know and establish your boundaries. You are always free to say no.
- If someone continues to disrespect your boundaries, don't remain silent—tell them no loud enough for other to hear. Physically push them away while saying no. Tell a trusted adult.

Point 2: Trusting Your Gut feeling

- If something does not feel right about a situation with you or with a friend, trust your gut
 - Indicators: - This is a secret, don't tell anyone. If you tell someone it won't be good. A sense of feeling stuck after information is shared with you or your experience something.
- Don't remain silent, tell a parent or a trusted adult

Point 3: Have at least 3 Trusted Adults

- Identify adults in your life who can be trusted. It is best to have at least three trusted adults in case one of those adults is compromised and you are not able to turn to them when a situation arises. It is also important to have trusted adults who are not family members
 - Parents, teachers, youth ministers, pastors, family friends, relatives
- If your gut is feeling off about a situation or you have experienced something in which you feel stuck or hurt, don't stay silent, tell a trusted adult.
 - If that adult does not do anything about the situation, do not give up, tell the next adult. You have the right to get help for yourself or your friends.

Point 4: There are People out there who do not have your best interest in mind

- *There are adults and other teens that do you have your best interest in mind and will pursue, groom, and abuse teens.*
 - Trust your gut
 - Set boundaries
 - If boundaries are not respected, be vocal, tell a trusted adult, make a scene
 - Boyfriends/Girlfriends should respect your boundaries as well
 - If you feel pressured or threatened by a boyfriend/girlfriend to do something that you are not comfortable with—you do not have to do it
 - You are free to tell them no
 - Tell a trusted adult
 - If you are or have been abused by an adult or peer, it is not your fault. You have the right to be heard, to get help, and for the person who hurt you to be held responsible. Seek a trusted adult.
- *Cyberbullying is not okay*
 - If you would not say something to a person's face, you should not be saying it online
 - If you are receiving harmful/hateful messages from peers, tell a trusted adult
 - Do not delete the message, show a trusted adult, keep seeking help, you have the right to be heard and feel safe
 - Take a screen shot of the message on your phone if it comes through an app in which the message is "automatically delete" or disappears shortly after the message is received.

- Remember that you are good and you have done nothing in which warrants being treated in harmful/hurtful manner from your peers. Do not be ashamed to share harmful messages with a trusted adult.
- *There are predators online who are not out for your good*
 - Any person can take on another persona online
 - They can change their age- adults saying they are teenagers
 - They can adjust their interests to your interest, and not have your best interest in mind
 - Never share personal information with anyone online that you have not personally meet and know
 - Never tell a person your age, what school you go to, your address, your birthday
 - Never agree to meet up with a person you meet online
 - Virtual friends cannot be treated the same as in-person friends
 - Never send pictures of yourself to someone who you have never meet
 - Avoid all websites in which you are not of the required age. By lying about your age and entering these sites, you are opening yourself up to predators who are looking for vulnerable teens who are seeking affirmation. They will tell you what you want to hear with hopes that they will get from you what they want—which is not for your best interest.
 - This includes:
 - dating apps
 - Online games that are age restricted
 - Online forums for adults (18 or 21+)