

PERSONAL SAFETY CURRICULUM WORKSHEETS

To our dedicated parents, caregivers, and educators:

- These worksheets are meant to enhance the lessons in the curriculum - they are also meant to be **fun**! Feel free to work on them over and over again - *repetition helps us remember things!*
- We know that everybody has different skill levels and abilities, so you may choose to skip some of these worksheets.
- You may also hang some of them on the wall or refrigerator to reinforce the lessons.
(Did we mention that repetition helps us remember things?)
- You know your child/student better than anyone, so feel free to adjust these worksheets and lessons as needed.

If you are unable to print or prefer not to, you can view the worksheets on-line and complete the exercises on a separate piece of paper or by discussing (no pen or pencil required!).

*If you do print the worksheets, please save all so you do not have to reprint - we will be reusing many for review!

(Cover them with clear packing tape so you can fill them in with a dry erase marker, wipe off, and fill them in again and again!)



My feelings

Think about a time when you have felt each feeling.
Which feeling did you enjoy?
Which didn't you like?



"I love this! Things are good!" 



"I want to be alone and cry." 



"I want to yell or hit a pillow!" 



"I am stressed! I don't feel safe." 



"I didn't expect that! Wow!" 



"This makes my stomach hurt. Yuck!" 

READING BODY LANGUAGE (PT. I)!

LOOK AT THE PEOPLE BELOW AND HOW THEIR BODIES TELL US HOW THEY FEEL!
SEE IF YOU CAN COPY THEIR BODY LANGUAGE!



Smile
Thumbs up
Relaxed body

Could be happy, excited,
determined, relaxed.



Raised eyebrows
Frown
Scratching head

Could be worried,
forgetful, uncertain.



Lowered eyebrows
Frown
Hand out, blocking

Could be angry, irritated,
fed up. (Saying “no!”)

How can we tell if they are feeling something good or something bad?

READING BODY LANGUAGE (PT. II)!

LOOK AT THE PEOPLE BELOW AND HOW THEIR BODIES TELL US HOW THEY FEEL!
SEE IF YOU CAN COPY THEIR BODY LANGUAGE!



Wide eyes

Frown

Holding plunger far away

Could be disgusted,
scared, surprised.



Wide eyes

Raised eyebrows

Open mouth

Hands near head

Could be scared, surprised.



Raised eyebrows

Curled mouth

Sweating

Body held tightly

Could be scared, nervous.

How can we tell if they are feeling something good or something bad?

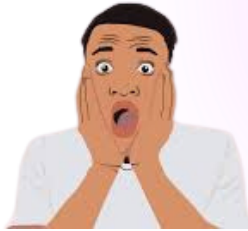
What is This Feeling?

Draw a line from the drawing to the kind of feeling (good feeling or bad feeling).

As a bonus, figure out the *actual* feeling they could be, well, feeling from the list below. (There can be more than one right answer!)



GOOD



BAD



Happy

Silly

Proud

Sad

Excited

Amazed

Angry

Fearful/Afraid

Brave

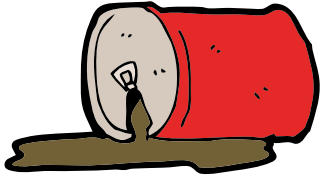
Calm



THAT MAKES ME FEEL...PT. I

CIRCLE THE FEELING YOU WOULD FEEL!

(THERE IS NO WRONG ANSWER - THIS IS ABOUT YOU!)



Spilling a soda



Would you feel:

Angry

or

calm?



Breaking a vase

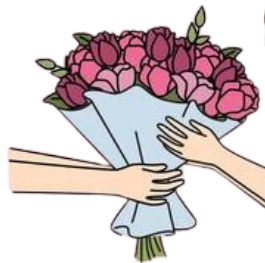


Would you feel:

Upset

or

proud?



Getting flowers



Would you feel:

Shy

or

happy?



Trying out for a play



Would you feel:

Confident

or

nervous?



Discuss why you would
feel this way!



THAT MAKES ME FEEL... PT. II

CIRCLE THE FEELING YOU WOULD FEEL!
(THERE IS NO WRONG ANSWER - THIS IS ABOUT YOU!)



6



Being hit by a water balloon



Would you feel:

Upset

or

delighted?



Cheating at a game



Would you feel:

Energized

or

guilty?



Someone jumping out and yelling "Boo!"

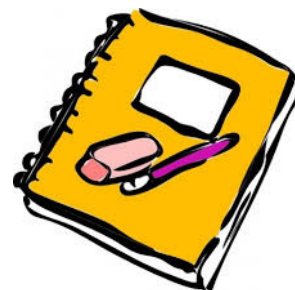


Would you feel:

Grouchy

or

surprised?



Taking a hard math test

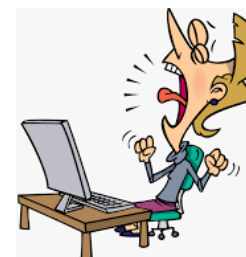


Would you feel:

Strong

or

frustrated?



Discuss why you would feel this way!

RELATIONSHIPS

Who are the people in our world?
Can you point out people in your world who belong in each category?



YOU

You are your most important relationship!

You can do or say anything to you!

You should love yourself most of all!



FAMILY AND FRIENDS

These are probably people you know best.

Family and friends take care of each other.

These are the people we talk and listen to most.



ACQUAINTANCES

You have seen them before, but don't know them well.

You don't hang out or call or text

You may say "hi" or wave, but don't have private conversations.

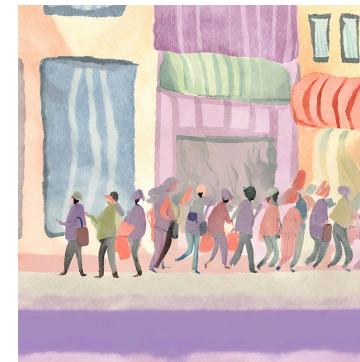


HELPERS

They are friendly and know you well, but you don't know much about them.

You do not hang out or call or text - they only help you.

They mostly talk about "business" with you.



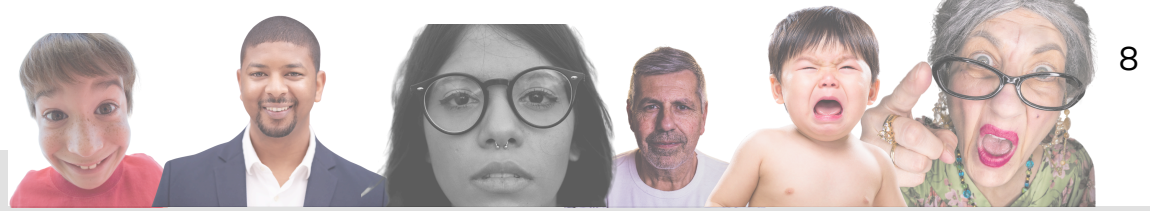
STRANGERS

You may never have seen them before.

You have never been introduced.

You know nothing about each other.

How Do I Greet...?



Draw a line to all of the appropriate ways you might behave within different relationships. (More than one for each!)

Discuss why a behavior is or isn't appropriate!

Caregiver

Mail Carrier

Lady in grocery store

Best friend

Kid at school

Therapist

High-five



Kiss on
the cheek



“Hello”



Say/do
nothing



Hug



Wave



Shake hands



What is Appropriate in Different Relationships?

9

Underline the things that would be appropriate in each relationship. Discuss why you chose your answers!

Caregiver

Acquaintance

HELLO, I'M

Doctor

Teacher

Hugging hello

Telling secrets

Calling in middle of night

Asking for advice

Greeting with, "Yo!"

Being seen in underwear

Inviting to your house

Telling a funny joke

Texting a funny joke

Showing a hurt toe

Hugging hello

Telling secrets

Calling in middle of night

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Being seen in underwear

Inviting to your house

Telling a funny joke

Texting a funny joke

Showing a hurt toe

These are my relationships!



FIGURING OUT OUR BOUNDARIES

How does my body feel when this is happening?

- Am I shaky?
- Am I smiling?
- Does my stomach hurt?
- Am I able to breathe easily?

What are my emotions telling me?

- Do I want to move away from them?
- Do I feel at ease?

EMOTIONS VALUES



Think of things you care about:

- How do you want your body treated?
- How do you want your emotions treated?
- How do you want to be spoken to?
- What makes you feel deeply?

Pay attention to your thoughts after spending time with someone.

- Does this person listen to me?
- Do they change what they are doing when I ask them to?
- What would make me feel better about spending time with them?

THOUGHTS ASK OTHERS



Ask close friends and family what their boundaries are.

- How did they figure them out?
- How do they communicate them?

Putting Boundaries in Their Place!

Cut out the words on this page.

Place the words that describe things you want a boundary around (want to protect) behind the fence! Place the words that describe things you don't need a boundary around (things that are ok for others to say, do, or touch) outside the fence!

Remember: there is no right or wrong, just what is right or wrong for YOU!

11a

Sitting too close
to me

Talking loudly
near me

Touching my face

Telling me a lie

Touching my hands

Telling me your problems
and not listening to mine

Telling scary
stories

Sharing my food

Borrowing money from
me all the time

Smoking/vaping
near me

Tickling me

Asking me to tell a
secret

Yelling at me

Wanting me to return
a text right away

Saying mean things
to me

Calling late at night

Asking me to keep a
secret

Splashing me with
water

Asking me to lie

Inviting others
when we plan to
hang out

Putting Boundaries in Their Place!

Place the words from page 9a that describe things you want a boundary around (want to protect) behind the fence on the grass! Place the words that describe things you don't need to have a boundary around (things that are ok for others to say, do, or touch) outside the fence!

Remember: there is no right or wrong, just what is right or wrong for YOU!

11b

PLACE BOUNDARIES ON THIS SIDE OF THE
FENCE!



THINGS THAT ARE OK: THIS SIDE OF THE FENCE!

Putting Boundaries in Their Place!

Now write your own!

Think up some boundaries to put behind the fence and some things that are not boundaries to put outside the fence! Discuss why you placed each there!

Remember: there is no right or wrong, just what is right or wrong for YOU!

11c



Even

MORE

Boundaries!

List the boundaries that matter the most to you.
Hang this list on your wall or refrigerator to remind you to
speak up about your boundaries!



Verbal and Non-Verbal Communication

Teachers: Say or act out each word or phrase.

Students: When it is spoken/verbal, yell or write, “verbal!” When it is non-verbal, wave your hands in the air (a form of non-verbal communication!)

Discuss your answers!

Say: “No, thank you”

Act: Big yawn and stretch

Act: Hold nose, scrunch face

Say: “Hello”

Act: Rub both arms from the cold

Act: Thumbs-up

Act: Hold hand up, as in “stop”

Act: Mimic texting

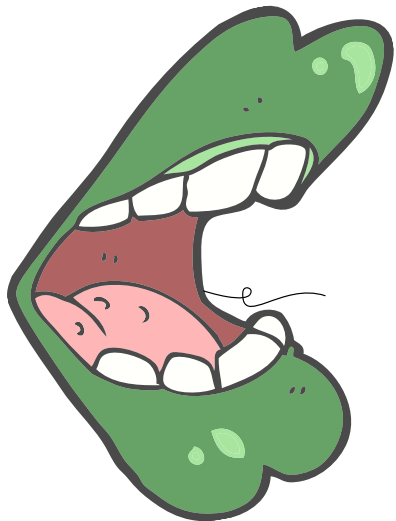
Say: “Good job!”

Act: Big smile

Say: “Oops!”

Say: “Please stop”

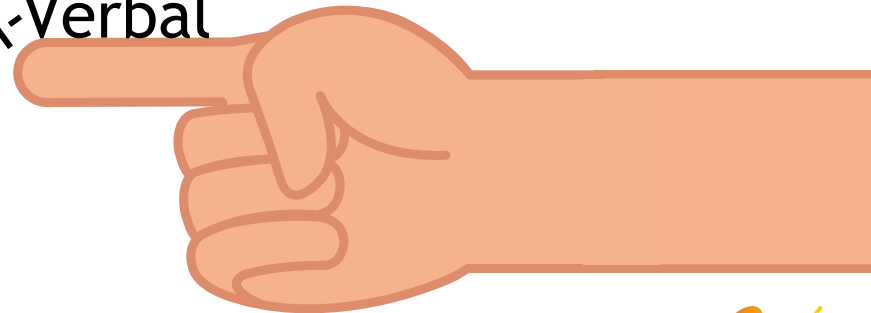
Sing: “Happy Birthday”



Verbal



Non-Verbal



TYPES OF “VOICES” IN VERBAL COMMUNICATION

14

Read about the three types of voices and discuss why each might or might not be effective!



Aggressive

Loud
Critical
Too strong

Look at this woman. Would you listen to her boundaries if she told you them in an aggressive voice?
Why or why not?



Passive

Quiet
Unsure
No eye contact

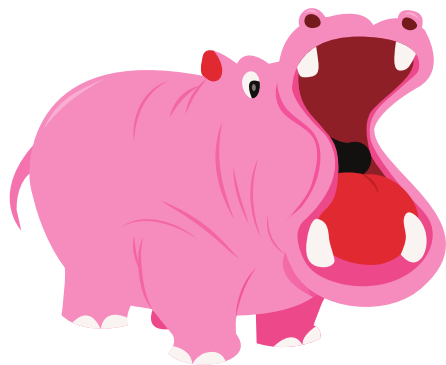
Look at this man. Would you listen to his boundaries if he told you them in a passive voice?
Why or why not?



ASSERTIVE

Firm
Confident
Good eye contact

Look at this person. Would you listen to their boundaries if they told you them in an assertive voice?
Why or why not?



How to Talk About Boundaries With Verbal Communication

Try these out... and practice!



“Please don’t...

touch my back.”

splash me.”

sit that close to me.”

use those words with me.”

call me after 10 o’clock.”

“I’m not comfortable...

holding hands.”

with loud noises.”

in a large crowd.”

lending money to friends.”

working without pay.”

“Is it ok if I...

call you on the phone?”

bring my dog around you?”

share your pencil?”

sit with you?”

play my music out loud?”

“Should I...

knock before entering?”

give you time alone?”

step back a bit?”

text instead of call?”

invite others along?”

You never have to apologize for how you feel (so no need for “I’m sorry...”), but “please” and “thank you” are always a nice touch!

Once you tell someone your boundaries, you probably won’t have to tell them more than once again - it’s very effective!

Asking someone their boundaries helps them communicate how they feel! (They will also get used to asking others - including you!)

Find out their boundaries and you’ll never get it wrong!

Active Listening

Do you see what makes this good communication?

Is this furry guy practicing active listening?
Why or why not?

Is this feathery guy practicing active listening?
Why or why not?

(Active listening)

(Assertive communication)

Eye contact

Closed mouth
(no talking, just listening!)

Pleasant expression

Gestures

Facing listener

Facing speaker

Leaning in

Is this furry guy practicing active listening?
Why or why not?

Is this furry guy practicing active listening?
Why or why not?

Reading Body Language



Are they...

Standing/sitting close to you?

Looking you in the eyes?

Smiling or reflecting your expression?

Nodding as you speak?

Relaxed? (shoulders down, face calm)

Facing you with their whole body?

They are probably interested!



Are they...

Standing/sitting farther away?

Looking around/at the ground/phone?

Expressionless?

Appearing not to hear you?

Tense, fidgeting, or slumped?

Facing partially away, like they are preparing to leave?

They may not be interested!

What Does My Body Language Say?

Circle the word that best describes what the person's body language is telling you!
Why do you think so??



Bored / Curious



Disgusted / Interested



Happy to see you / Anxious to leave



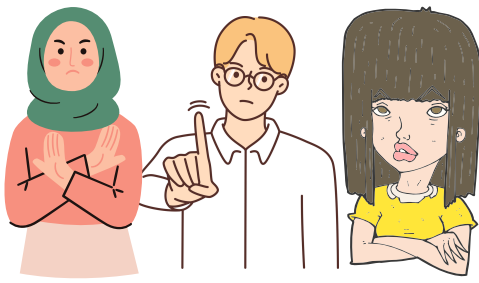
Distracted / Listening to you



Wanting to help you / Thinking about something else



Enjoying you / Enjoying music
(This one is a challenge!)



The Rejection Files

Everybody says “no” at some point.
Here’s how to say it (and take it) best!



When I reject someone, I <u>will</u> :	When I reject someone, I will <u>not</u> :	When I am rejected, I <u>will</u> :	When I am rejected, I will <u>not</u> :
Be kind	Laugh	Accept their answer	Keep asking them
Say something nice about them	Tell others about the rejection	Stay calm	Get loud or emotional
Keep it simple	Talk to them about who I would rather do something with	Be proud of having tried	Say mean things about them behind their back
Be clear and direct	Make them believe my answer will change	Talk to close friends or family about my feelings	Take it personally (I’m still great!)
Treat them the way I want to be treated	Feel guilty (I have to do what’s right for me!)	Think about my great qualities	Blame them - they have to do what’s right for them!
Understand that they may feel bad	Take too long discussing it - “no” means no!	Remember that bad feelings don’t last forever!	Get discouraged. Someone else could say “yes!”

Boundary BINGO



Practicing asking, telling, and respecting boundaries has never been so fun!

- First, hand out dry-erase markers.
- Then, print and cut out the dots and enough boards for however many players there will be (up to 6!).
- Next, cover the boards with tape and draw an **X** over the center space, “Boundaries!” with a dry-erase marker.
- After this, print and cut out the dots on the following page. Cover those with tape, as well, so they do not tear.
- The Bingomaster who runs the game should mix the dots up in a hat or bowl then pull one out, reading the words aloud with eye contact and a strong voice or acting out the phrases in “().”
- If the phrase appears on your board, draw an **X** over it. (20f is a non-verbal card for non-readers.) *Remember, not all phrases appear on every board.
- Then, follow with the next dot.
- The first person to get five across, up-and-down, or diagonal WINS!
The more you practice, the better you get at asking, telling, and respecting boundaries!

"Is it ok if I sit here?"

"Do you mind if I hold your hand?"

(Notice if someone is wincing from noise)

"Can you please close the shades a bit?"

"Do you want to hold hands?"

"I won't do it again!"

(Notice if someone is stepping away)

"Am I talking too loudly?"

"I need to be where it's a little quieter"

"Can I take 10 minutes of your time?"

(Feel if someone is pulling away from a hug or handhold)

"Can you please step away a bit?"

"May I enter your room?"

(Notice if someone is inching their chair away)

"Can I complain to you about school?"

(Smile and nod in understanding)

"No problem!"

"Do you want to see a scary picture?"

"I'm sorry if I made you uncomfortable."

"Are you comfortable with this?"

"Thanks for telling me!"

"Do you want to be alone?"

"I'm not comfortable with that"

"Is it ok if I do this?"

"I understand!"

"Am I sitting too close?"

"I don't like getting wet."

"Thanks for respecting my boundary."

"I don't like hugs, but I'll high-five!"

"I'd rather not"

"I don't like that."

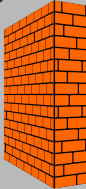
"Please don't do that."

"I'm sorry I forgot that boundary."

"No."

"Can I take 10 minutes of your time?"	"I don't like that."	"Are you comfortable with this?"	"I don't like hugs, but I'll high-five!"	(Notice if someone is inching their chair away)
"Can you please step away a bit?"	"I'd rather not"	"No problem!"	"Is it ok if I sit here?"	"I don't like getting wet."
"Thanks for telling me!"	"I'm not comfortable with that"	Boundaries! 	"Thanks for respecting my boundary."	"Do you mind if I hold your hand?"
(Notice if someone is wincing from noise)	"I understand!"	"No."	"I'm sorry if I made you uncomfortable."	(Smile and nod in understanding)
"I'm sorry I forgot that boundary."	"Do you want to see a scary picture?"	"Am I talking too loudly?"	"I won't do it again!"	"May I enter your room?"

"I don't like getting wet."	"I'm sorry if I made you uncomfortable."	"Thanks for respecting my boundary."	"No problem!"	"Am I talking too loudly?"
"Am I sitting too close?"	"Do you want to hold hands?"	(Feel if someone is pulling away from a hug or handhold)	"Do you want to see a scary picture?"	"Can you please close the shades a bit?"
(Notice if someone is inching their chair away)	(Smile and nod in understanding)	Boundaries! 	"Can I take 10 minutes of your time?"	"I don't like hugs, but I'll high-five!"
"I'm not comfortable with that"	"I understand!"	"I need to be where it's a little quieter"	"Is it ok if I sit here?"	"Thanks for telling me!"
"Do you mind if I hold your hand?"	(Notice if someone is wincing from noise)	"Thanks for respecting my boundary."	"No."	"Can I complain to you about school?"

(Notice if someone is stepping away)	"Am I sitting too close?"	"Do you want to hold hands?"	"I don't like getting wet."	"Do you want to see a scary picture?"
(Feel if someone is pulling away from a hug or handhold)	"I'm sorry I forgot that boundary."	"Can I complain to you about school?"	"Is it ok if I sit here?"	"I won't do it again!"
"Are you comfortable with this?"	"Please don't do that."	Boundaries! 	"Can I take 10 minutes of your time?"	"I'd rather not"
"Am I talking too loudly?"	"Is it ok if I do this?"	"Can you please step away a bit?"	"I'm sorry if I made you uncomfortable."	(Smile and nod in understanding)
"Thanks for telling me!"	"No."	"May I enter your room?"	"Thanks for respecting my boundary."	"I don't like hugs, but I'll high-five!"

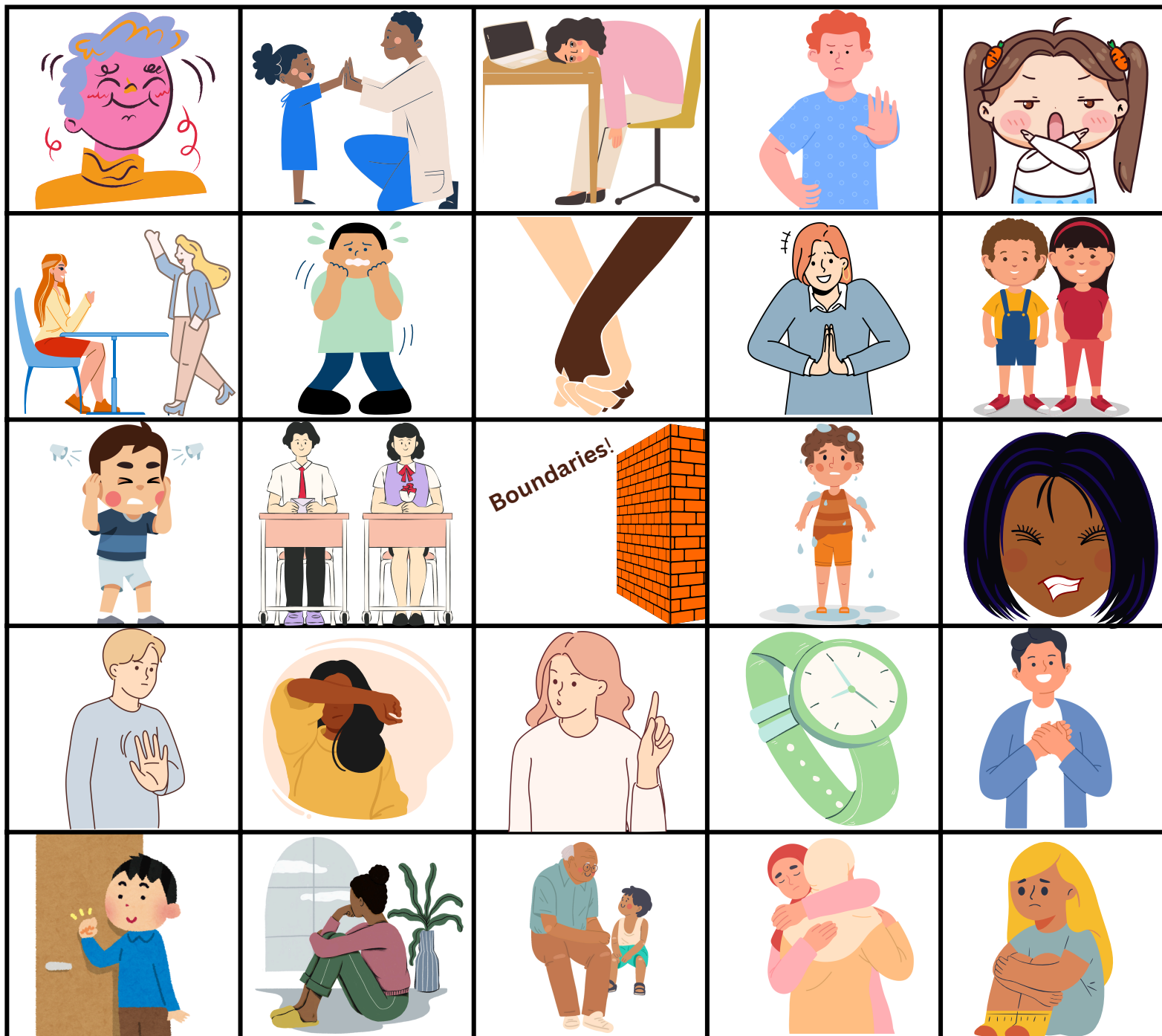
"I won't do it again!"	"I'm not comfortable with that"	"I'm sorry I forgot that boundary."	"I'd rather not"	"Am I sitting too close?"
"Can you please close the shades a bit?"	"Am I talking too loudly?"	(Notice if someone is inching their chair away)	"No problem!"	"Do you want to hold hands?"
"May I enter your room?"	"I don't like getting wet."	Boundaries! 	"Thanks for respecting my boundary."	(Smile and nod in understanding)
"Thanks for telling me!"	"I don't like that."	"Can I complain to you about school?"	"Is it ok if I sit here?"	"I don't like hugs, but I'll high-five!"
(Notice if someone is wincing from noise)	"Can I take 10 minutes of your time?"	"Do you want to be alone?"	"No."	"Is it ok if I do this?"

"Do you want to see a scary picture?"	"I don't like hugs, but I'll high-five!"	(Notice if someone is stepping away)	"I'm not comfortable with that"	"I understand!"
(Feel if someone is pulling away from a hug or handhold)	"Am I sitting too close?"	"Thanks for telling me!"	"Can I take 10 minutes of your time?"	"I'd rather not"
"Can you please close the shades a bit?"	"Can you please step away a bit?"	Boundaries! 	"Is it ok if I do this?"	"I need to be where it's a little quieter"
"No."	"Do you want to be alone?"	"I'm sorry if I made you uncomfortable."	(Notice if someone is wincing from noise)	"I won't do it again!"
(Smile and nod in understanding)	"Do you want to hold hands?"	"Please don't do that."	(Notice if someone is inching their chair away)	"Are you comfortable with this?"

"Am I sitting too close?"	"Can you please close the shades a bit?"	"Do you want to be alone?"	"No."	"I don't like hugs, but I'll high-five!"
"I don't like that."	"Do you mind if I hold your hand?"	"No problem!"	"May I enter your room?"	"Can I take 10 minutes of your time?"
"I understand!"	(Feel if someone is pulling away from a hug or handhold)	Boundaries! 	"Please don't do that."	"Do you want to hold hands?"
"I'm sorry I forgot that boundary."	(Notice if someone is stepping away)	"Can I complain to you about school?"	"Can you please step away a bit?"	"I'm sorry if I made you uncomfortable."
"Thanks for respecting my boundary."	"Is it ok if I do this?"	"I won't do it again!"	"I need to be where it's a little quieter"	"I'd rather not"

For students who do not read, here is a non-verbal card!
Place an **X** on a picture that describes what the dot says.

(There can be more than one picture that works for each dot - use your imagination!)



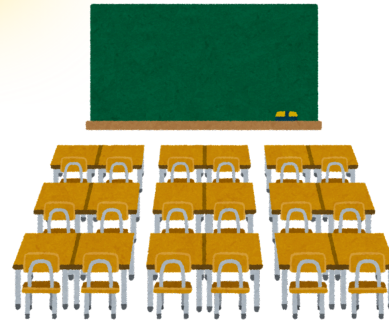
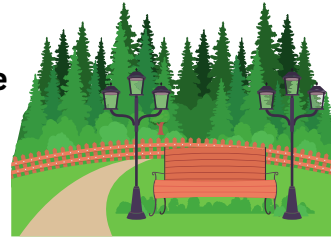
WHAT ARE PUBLIC AND PRIVATE?

21

You are not alone
You can see others and they can see you
Anyone can walk in without knocking
It is a space for everyone!



Outdoors is
public! (People
can see you!)



School is public
(even if the classroom is empty!)



If your social media is
set to "public," anyone
can see your posts!

Lots of people here!

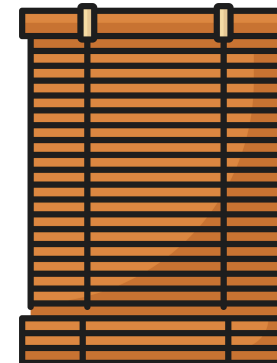
You are alone
No one else can see you
No one can walk in without knocking
It is your own space!



The bath or shower
is private
while you're in it



Your own bedroom is private!



Keep the blinds or curtains closed for privacy!



You should keep your
social media private!
(More on that in Lesson 4!)

PUBLIC, PRIVATE, AND SEMI-PRIVATE

CUT OUT THE WORDS BELOW AND PLACE ONE ON EACH OF THE SPACES ON 22B, 22C, AND 22D, ACCORDING TO WHETHER THE PLACE IS PUBLIC, PRIVATE, OR A LITTLE OF BOTH – THEN DISCUSS!

Public	Private	Semi-Private
Public	Private	Semi-Private
Public	Private	Semi-Private
Public	Private	Semi-Private
Public	Private	Semi-Private

PUBLIC, PRIVATE, AND SEMI-PRIVATE

PLACE "PUBLIC," "PRIVATE," OR "SEMI-PRIVATE" CUT-OUTS WHERE THEY BELONG ON EACH OF THE SPACES BELOW, ACCORDING TO WHETHER THE PLACE IS PUBLIC, PRIVATE, OR A LITTLE OF BOTH – THEN DISCUSS!



Train



Bedroom



Hotel room



School/community
dance

PUBLIC, PRIVATE, AND SEMI-PRIVATE

PLACE “PUBLIC,” “PRIVATE,” OR “SEMI-PRIVATE” CUT-OUTS WHERE THEY BELONG ON EACH OF THE SPACES BELOW, ACCORDING TO WHETHER THE PLACE IS PUBLIC, PRIVATE, OR A LITTLE OF BOTH – THEN DISCUSS!



Grocery
store



Doctor's office



Home
bathroom

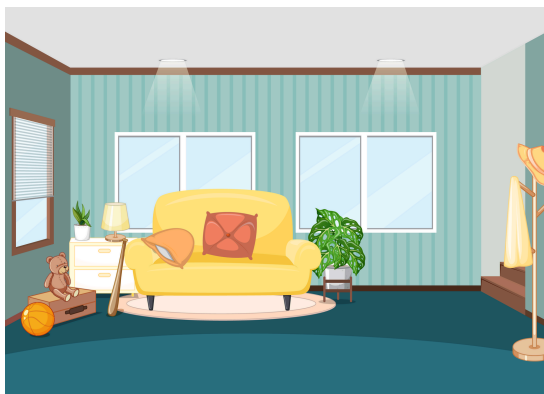


Shared
bedroom

PUBLIC, PRIVATE, AND SEMI-PRIVATE

****THESE ARE AN EXTRA CHALLENGE!****

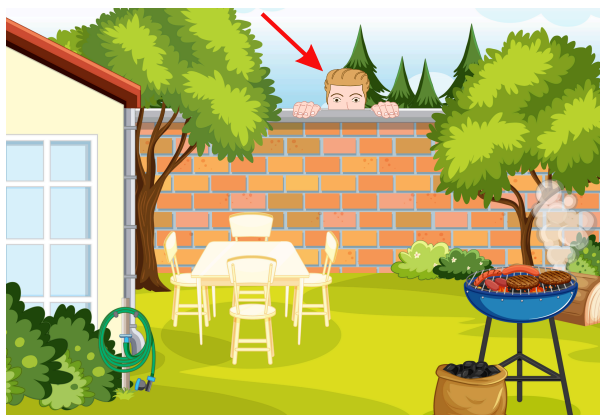
THINK ABOUT IF SOMEONE MIGHT SEE OR HEAR YOU! IF ANYONE CAN, IT'S NOT PRIVATE!!



Living room



Bathroom
stall



Backyard
(think about the
neighbor
peeking
over the fence!)



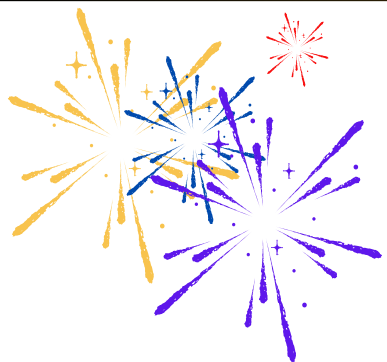
Car
(Is it parked on
the street, on
your driveway,
or in the garage?)

Wall Hangers

**Please knock
before you enter!**

**Please knock
before you enter!**

Wall Hangers



**Please ask
before entering!**



**Please ask
before entering!**

Wall Hangers



Please do
not disturb



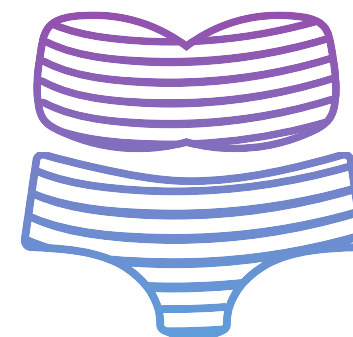
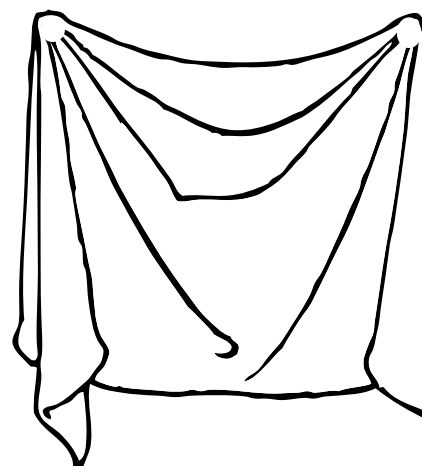
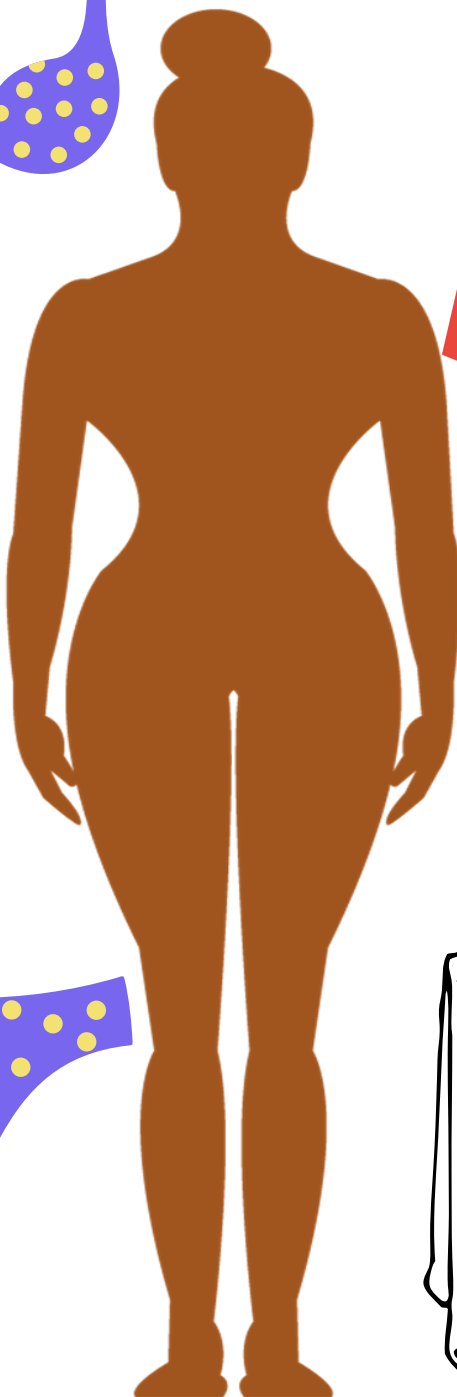
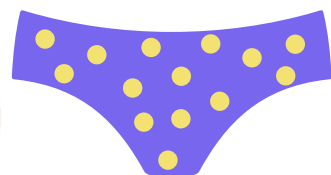
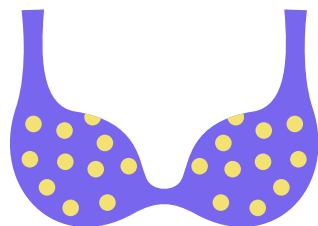
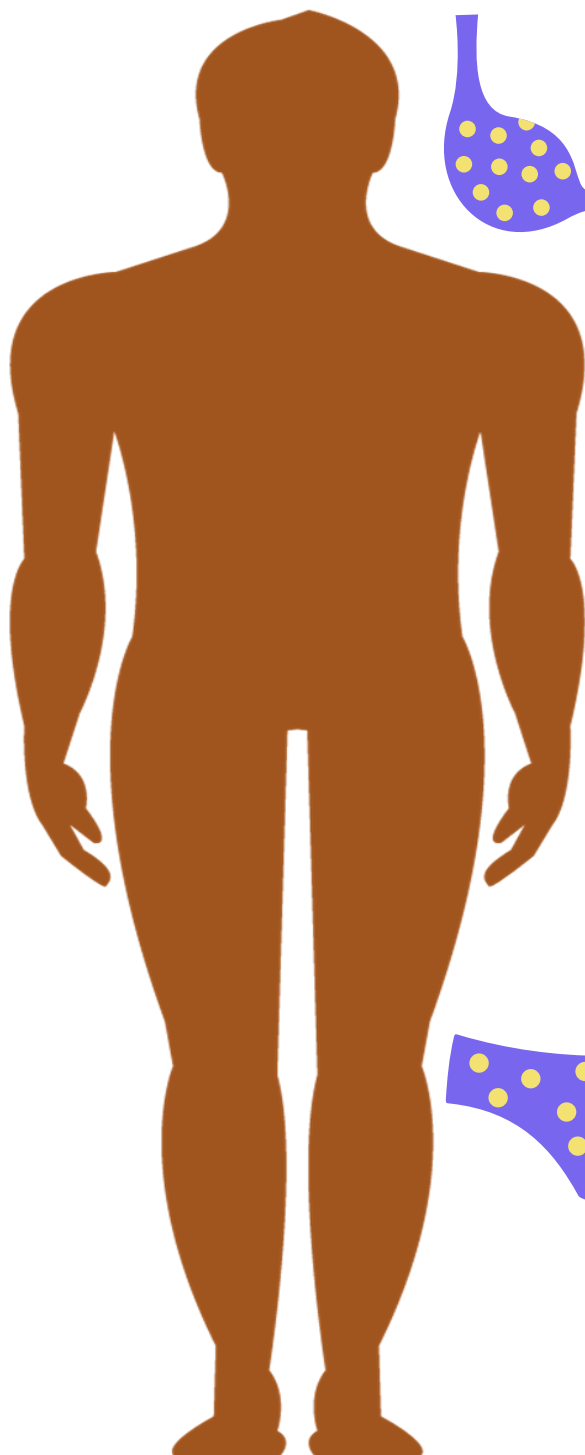
Please do
not disturb

The Parts I Keep Private

Cut out the bathing suits and coverups, then place over the body parts we keep covered in public and semi-private!



24



WHERE CAN I WEAR THIS?

Check off all the places in which it is **appropriate** to wear each set of clothes. Discuss!
Then, write down more clothing options that are **appropriate** to wear in your home.

Check which apply

Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>
Public	<input type="checkbox"/>	Private	<input type="checkbox"/>	Home	<input type="checkbox"/>

Underwear or boxer shorts alone?

Underwear/panties alone?

An undershirt with underwear/panties/boxer shorts alone?

A bra with underwear/panties/boxer shorts alone?

A shirt with underwear/boxer shorts/panties?

Pants or a skirt and no shirt?

Pants or a skirt and an undershirt alone?

Pants or a skirt and a bra alone?

Pants or a skirt and a shirt, no socks?

Pants or a skirt and a shirt, with socks?

Pants or a skirt and a shirt, with shoes?

Pants or a skirt and a dressy shirt or a dress, with shoes?

Pants or a skirt and a shirt or a dress, with shoes and a coat?

In semi-private places at home, it is appropriate to wear:





Where do I...?

Draw a line from the activity to the appropriate place to do the activity! Discuss your answers...

Get dressed in the morning

Hug a family member

Do my work

Brush my teeth

Eat a sandwich

Take off my clothes

Blow my nose

Spit out my food

Tie my shoes

Sleep

Scratch my belly button

Enjoy a big stretch

Talk to a friend

Scratch my arm

Go to the bathroom

Scream an inappropriate word

Laugh loudly

PUBLIC



Private



THE MIGHTY FIVE

The five rules for always staying appropriate!

Locate each, then write them below.

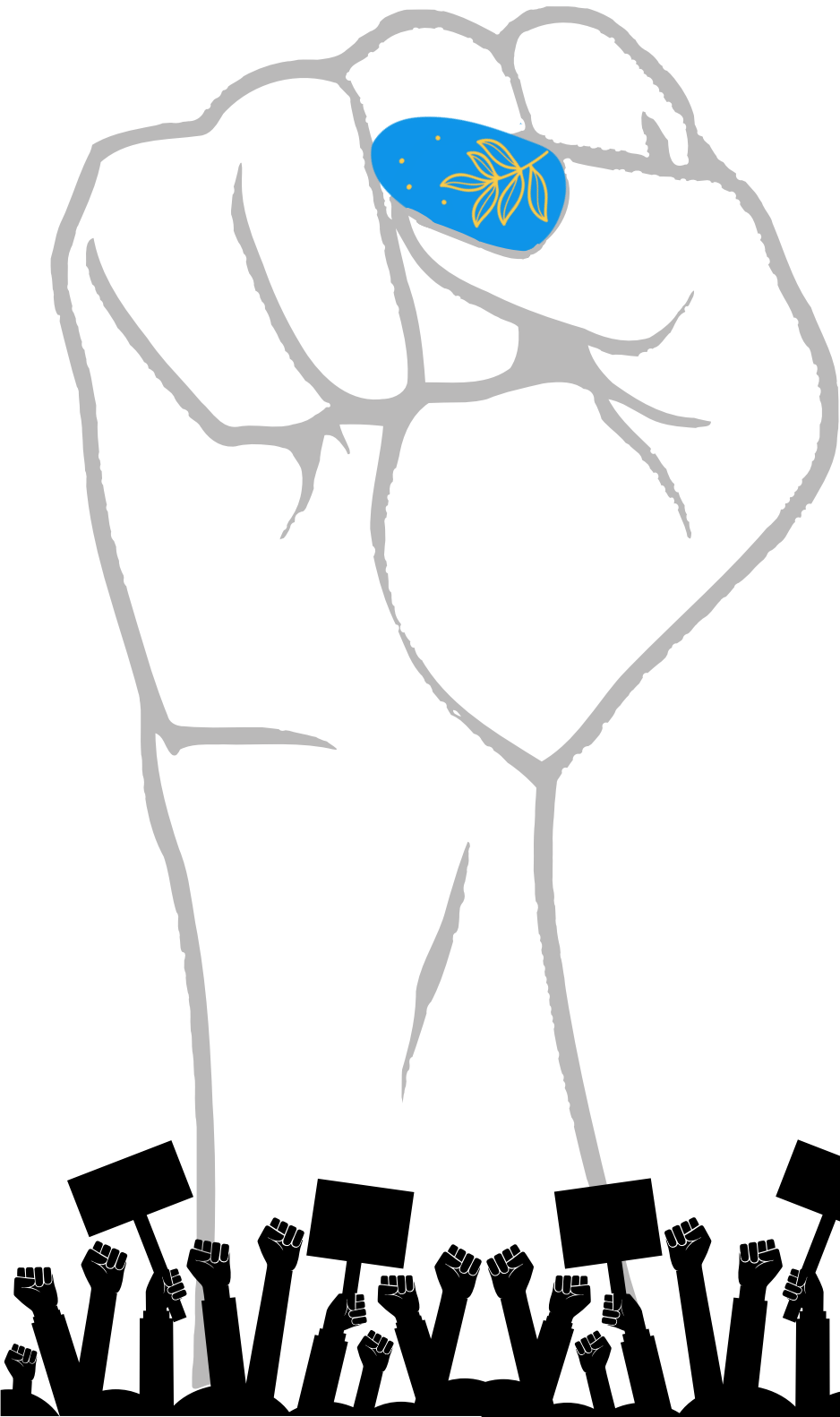
1.

2.

3.

4.

5.



THE GREAT DECIDE

How our decisions can affect US

Our physical health

(How we choose to behave and be treated can affect our bodies!)

Our mental health

(How we choose to behave and be treated can affect how we feel about ourselves!)

Our goals

(What we choose for our lives now can affect what we are able to do later!)

Our future

(Choices we make now can stay with us for the rest of our lives!)

How our decisions can affect OTHERS

Their physical health

(How we choose to behave and treat others can affect their bodies!)

Their mental health

(How we choose to behave and treat others can affect how they feel about themselves!)

Our relationship with them

(How we choose to treat others helps determine how we interact!)

Their future

(How we treat others can affect them for the rest of their lives!)

Discuss how your choices affect you!

Discuss how your choices affect others!





DROP in the Bucket: A VALUES game

What do you value?

Is it building muscles? Getting good grades? Spending time with family or friends?

Or do you have many values? (Chances are, you do!)

It's important to spend time on things that matter to us.

So, it's time to play... "Drop in the Bucket!"

Instructions:

Print each of the four "buckets" and hold horizontally. Tape the two short ends together to form a cylinder. (Yes, those are your buckets.) Cut out the four VALUE cards and tape one to each cylinder.

Cut out the 28 activities. Read each aloud and decide which value that activity would best "feed," or help, then drop it in that bucket! (For instance, if there were an Eat Good Food bucket, a good activity to drop into it might be, "try a new fruit today." Get it?) Discuss why each activity belongs in the bucket you chose.

Then pick one activity every week to try! That's feeding your values!



DROP in the Bucket: A VALUES game

Cut out the four values (fill in the hobby value with a hobby or interest that matters to you, like sports, music or creating art! - and tape one to each “bucket.”

VALUE:

Health

VALUE:

Relationships

VALUE:

Learning

HOBBY VALUE:





DROP in the Bucket: A VALUES game

Cut out these values and “drop” each into an appropriate bucket!
(Discuss why you chose the bucket you did!)

Swap out candy for a piece of fruit or crunchy vegetable	Tell someone you care about that you, well, care about them!	Spend time making a birthday card	Make a trip to see something you’ve always wanted to see!
Learn a new way of doing what you love	Call or text someone	Do 10 reps of your favorite exercise during commercials while watching TV	Spend an extra 1/2 hour outside!
Ask a loved one about their best day ever... and really listen when they answer !	Ask a friend what they love to do, and why!	Put aside “alone time” to do what you love	Watch a documentary (your choice!) BONUS: Watch with someone you care about and discuss it!
Practice your favorite hobby	Buy a new, great-smelling brand of hand soap or lotion... then use it!	Introduce a friend or family member to your hobby	Make a phone call or send a text
Try a brand-new food	Make a phone call or send a text	Give someone a compliment	Go to bed one hour early (and have sweet dreams!)
Add protein to your afternoon snack (nuts? jerky? yogurt?)	Read a book or magazine about a favorite hobby	Go with someone you care about to the library	Turn off your phone/iPad while you work on your “Fill-in Value”
Put on music and dance!	Invite someone to hang out (then ask someone else if they can’t make it!)	Say “hi” to an acquaintance	 Brush your teeth... and floss!









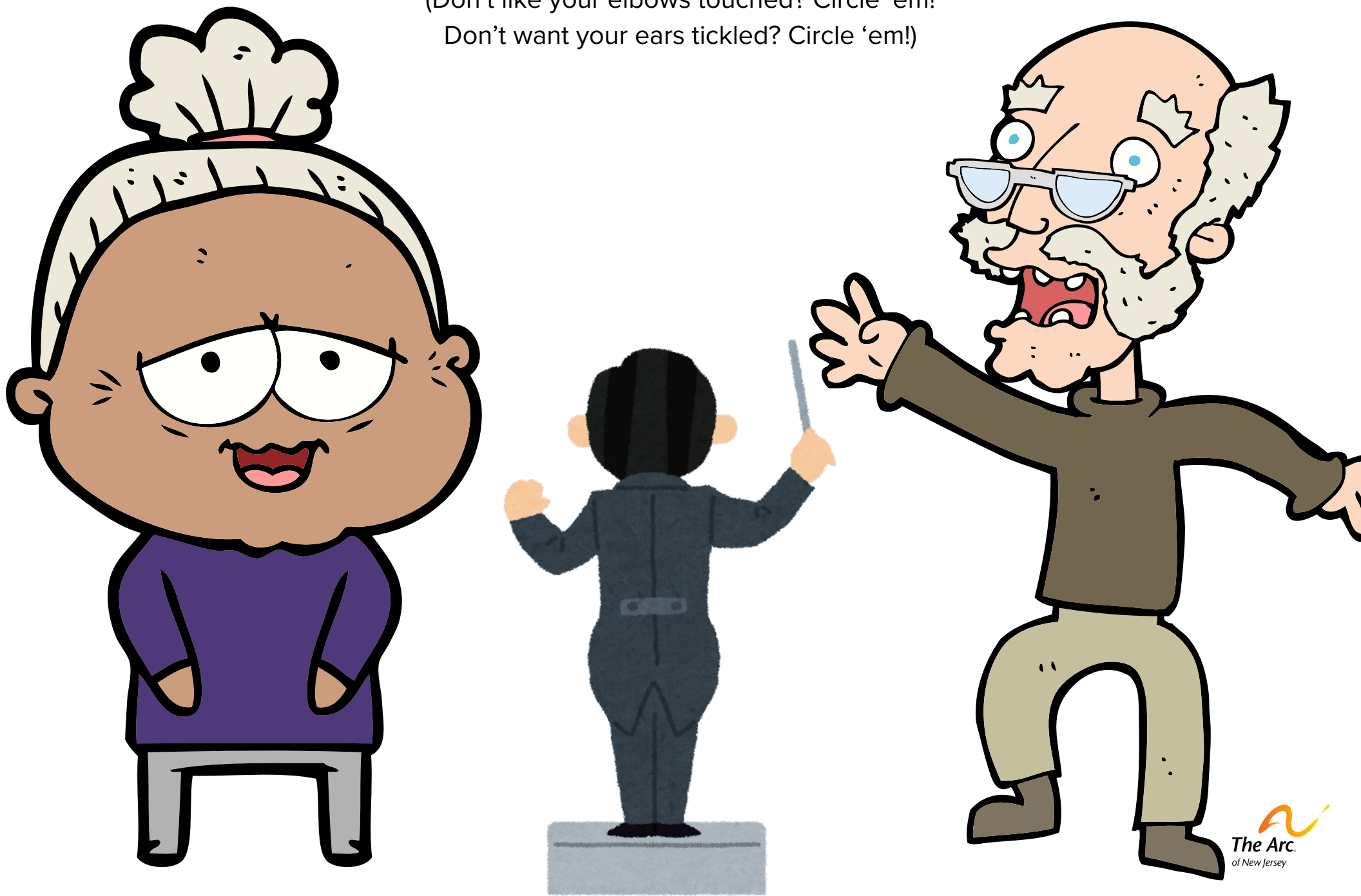
29g

My Body Boundaries (Yeah, I Got 'Em!)

Circle the parts that you have boundaries around!

(Don't like your elbows touched? Circle 'em!

Don't want your ears tickled? Circle 'em!)



My Other Boundaries (I've Got Those, Too!)

Circle the pictures that are boundaries for you.
Then discuss what might make them ok, or which ones are a forever-no-no!



Loud voices



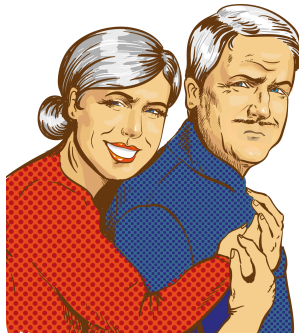
Wet hair



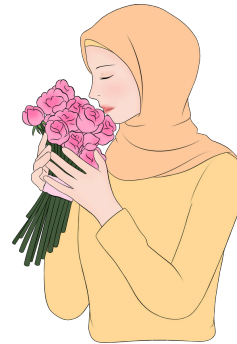
Weird textures (like sand)



Bright lights



Being hugged



Strong smells



Certain flavors



Itchy clothing



Having hair brushed

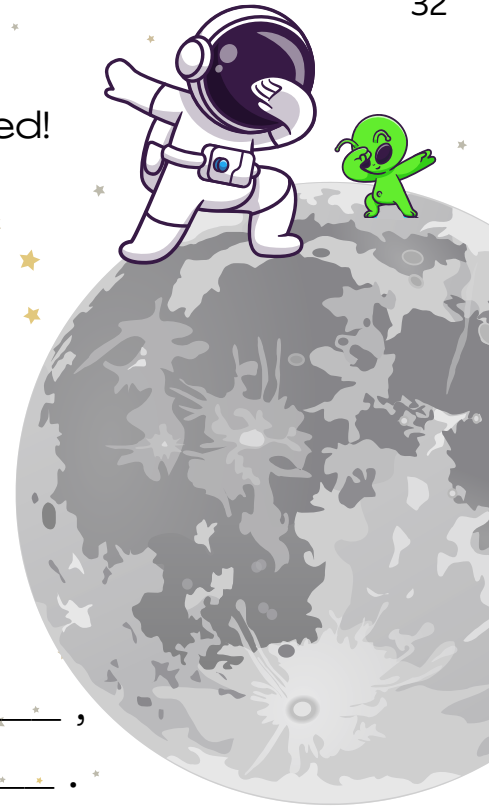


Loud sounds

Fantastic Plan-It

Fill in ways you can stay calm when your boundaries have to be crossed!

When I have to _____ ,
I will _____ .



When I have to _____ ,
I will _____ .

When I have to _____ ,
I will _____ .

When I have to _____ ,
I will _____ .

When I have to _____ ,
I will _____ .



SUGGESTIONS:

Tell myself I'll be ok

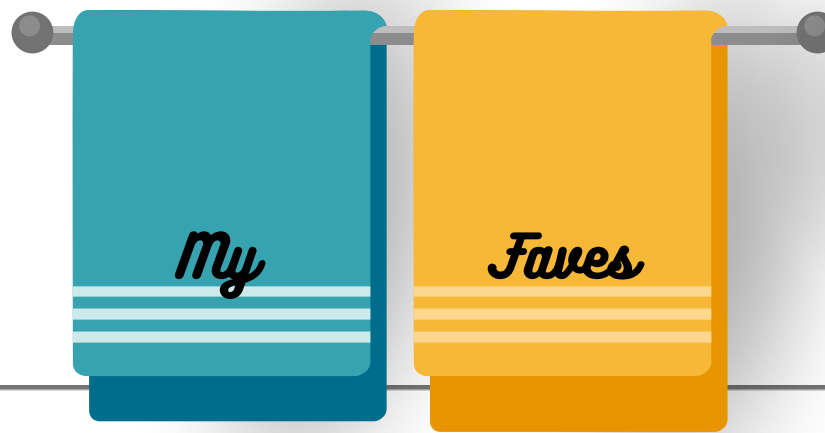
Breathe deeply

Think of the happiest thing I can

Count slowly

Picture a beautiful place

Talk quietly with my trusted adult



For my face

Soap/cleanser:

Moisturizer:

For my teeth

Toothbrush:

Toothpaste:

Mouth rinse:

For my body

Soap/cleanser:

Moisturizer:

Deodorant:

For my Hair

Shampoo/cleanser:

Conditioner/oil:

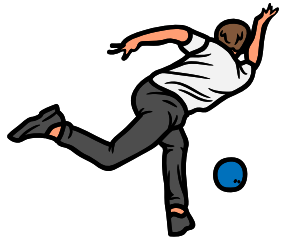
Styling product:

Extras (perfume, body spray, hair accessories, nail polish, after shave):

Action or Consequence?

Circle each picture that shows an ACTION and make a check mark ✓ next to each picture that shows a CONSEQUENCE. Discuss your answers!

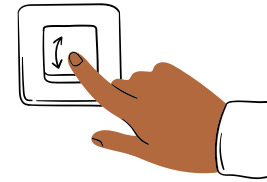
BONUS: Draw a line from each action to its consequence! Discuss your answers!



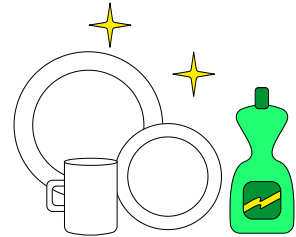
Throwing a bowling ball



Plant a seed



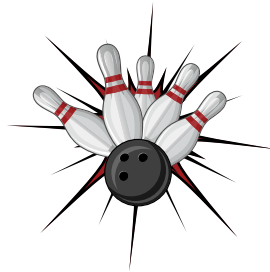
Turn light switch ON



Dishes are clean



Wipe up a spill



Bowling pins knock down



Room gets bright



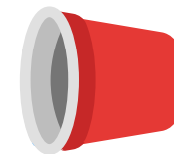
Grow strong



Rumple someone's hair



Wash dishes



Spill is gone



Go to sleep early



A plant grows



Wake up refreshed



Exercise



Hair gets messy

Ask yourself:

WHAT ARE MY VALUES?

- Does this activity align with what matters most to me?
- How will I feel if I do this activity?
- Will this activity make me feel proud of myself?

Ask yourself:


WHAT ARE MY BOUNDARIES?

- Can I do this activity and still protect myself?
- How will I feel if I do this activity?
- What am I willing to have done with my body, mind, and emotions?

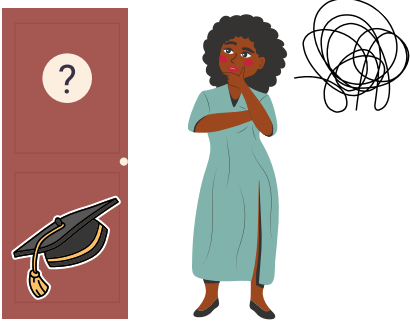
Ask yourself:

WHAT ARE POSSIBLE CONSEQUENCES?

- Will I get in trouble if I do this?
- How will I feel about myself if I do this activity?
- Is doing this activity going to affect me in the future?

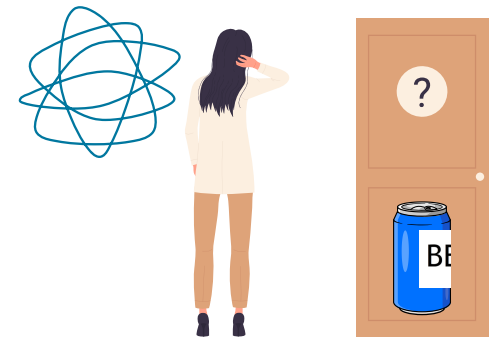


And check out Ponder to practice your great decision-making at
<https://www.arcnj.org/information/sexual-violence-prevention-project/ponder.html>



Time to Decide

Help each character decide what to do based on their values, boundaries, and consequences. What would you do...and why?



36a

Alexis is trying to decide if she should quit her job and go to college after graduation. She has been working at the flower shop since she was 16 years old.

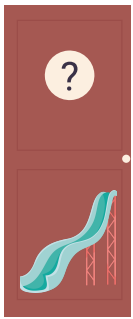
VALUES	BOUNDARIES	POTENTIAL CONSEQUENCES
★ Learning every day	Spending more than 10 minutes listening to someone talk	Not liking the school
★ Meeting new people	Doesn't like the feel of wet hands	Not having enough money
★ Not being bored	Won't sleep in an unfamiliar bed	Loving what she studies

What should she do? Is there a **compromise** you can think of??

Thea is trying to decide if they want to try drinking beer with their friends at the movies. They are 19 years old, and the legal drinking age is 21.

VALUES	BOUNDARIES	POTENTIAL CONSEQUENCES
★ Having adventures	Doesn't like being pressured	Getting in trouble (kicked out of movie/ trouble with police)
★ Doing "the right thing"	Hates listening to others eat and drink	Being called a "baby"
★ Staying hydrated	Doesn't like loud noises	Enjoying a fun night out

What should they do? Is there a **compromise** you can think of??



Time to Decide

Help each character decide what to do based on their values, boundaries, and consequences. What would you do...and why?



Vic is trying to decide whether or not he should go down the scary water slide. He is afraid to swim, but all his friends are going.

VALUES	BOUNDARIES	POTENTIAL CONSEQUENCES
★ Health and fitness	Spending too much time in the heat	Getting stressed out and having a terrible time
★ Feeling calm and peaceful	Doesn't like feeling out of control	Having a great time
★ Speaking up for himself	Telling people his secrets.	Losing his bathing suit in the water

What should he do? Is there a **compromise** you can think of??

Helena is trying to decide if she should call the grocer and complain about the wilted lettuce. Her doctor said to eat more vegetables and this would start her off.

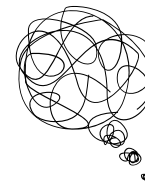
VALUES	BOUNDARIES	POTENTIAL CONSEQUENCES
★ Exercising her rights	Being treated like an "old lady"	Getting a free head of crisp lettuce
★ Getting along with others	Spending too much time on unimportant things	Getting her money back
★ Cooking	Hates soft foods	Having the grocer tell her not to come back again

What should he do? Is there a **compromise** you can think of??



Time to Decide

Help each character decide what to do based on their values, boundaries, and consequences. What would you do...and why?



Dakota is trying to decide whether or not she should get a dog. The shelter is giving out free puppies.

VALUES	BOUNDARIES	POTENTIAL CONSEQUENCES
★ Saving money	Getting her clothes dirty	She may not have enough space to get a cat
★ Getting free time	Doesn't like having her ankles touched	The dog may become her best friend
★ Having as much fun as she can	Won't talk to strangers	The shelter might ask her to buy the dog a new collar

What should she do? Is there a **compromise** you can think of??

Ramon is trying to decide if he wants to join the wrestling team at school. The coach suggested he try out.

VALUES	BOUNDARIES	POTENTIAL CONSEQUENCES
★ Hanging out with friends	Wearing tight clothes	Not being able to join the chess team
★ Doing his schoolwork	Listening to someone complain for more than 5 minutes	Getting hurt during a match
★ Keeping his body healthy	Touching other people's sweat	Loving wrestling

What should he do? Is there a **compromise** you can think of??

Decide for YOURSELF!

Fill in your own values and boundaries, then make decisions about whether or not to say “yes” to the activities below. Is your decision easy? Discuss your choice!
(Remember, there are no right or wrong answers - just what’s right or wrong for YOU!)



My top 3 values:

My 3 biggest boundaries:

1

2

3

1

2

3

Should you...

- ? Eat a whole pizza IF CONSEQUENCES ARE tasting something delicious AND feeling sick?
- ? Ignore a friend IF CONSEQUENCES ARE making them mad AND impressing your other friends?
- ? Go on a roller coaster IF CONSEQUENCES ARE having fun AND missing time with your family?
- ? Sing karaoke IF CONSEQUENCES ARE getting applause AND looking silly?
- ? Volunteer with animals IF CONSEQUENCES ARE getting dirty AND being a good citizen?
- ? Steal a chocolate bar IF CONSEQUENCES ARE getting free candy AND getting in trouble?
- ? Loan a friend your phone IF CONSEQUENCES ARE not having your phone AND helping a friend?

Now, can you think of a compromise for each suggestion you answered “no” to?

CONSENT IS...

38a

EXPRESSED Your “yes” must be very clear and conscious.
(The absence of a “no” is NOT a “yes!”)
So must theirs!

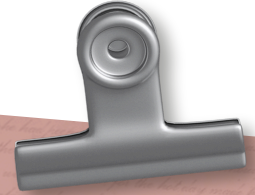
FREELY GIVEN Don’t let anyone *make* you say “yes” to them.
And don’t make anyone say “yes” to you!

SPECIFIC Your “yes” to one activity is only “yes” for THAT activity!
So is theirs!

INFORMED Understand what you’re saying “yes” to!
Same with them!

ENTHUSIASTIC Say “yes” only if you really, really, really want to!
They should, too!

ONGOING You can change your mind and say “no!” at any time!
So can they!



*Hang me on
the fridge!*



CONSENT IS NOT...



IMPLIED

The absence of a “no” is not a “yes!”

COERCED

No using guilt or threats or asking again and again - one “no” means no!

GENERAL

A “yes” to one thing isn’t a “yes” to everything!

UNCLEAR

The person saying “yes” has to understand what they are consenting to!

HESITANT

No shrugging or “I guess so” - the “yes” has to be enthusiastic!



FOREVER

Saying “yes” one time does not mean “yes” for another time.
The “yes” can be taken back at any time!

Tape me up where you can see me!

The “Mother, May I?” Gard Game

39a

Remember “Mother, May I?”

Here’s how the classic game is played:

Caregiver/teacher and the student take turns being **Mother**.
(Or Father, or Boss, or whatever you like.)

The other player is then **Baby**. (Or Grasshopper, or Flash, or whatever you like.)

The script goes as follows:

Mother: Baby, you may put a feather in my hair.

Baby: Mother, may I?

Mother: Yes, you may.

Baby is then allowed to put a feather in Mother’s hair.

Then, Mother makes another offer.

Mother: Baby, you may “boop” (poke) me on the nose.

Baby: Mother, may I?

Mother: No, you may not.

Baby then cannot “boop” Mother’s nose.

After three turns, the roles reverse and Baby becomes Mother!

Try asking permission to do different types of movements – crazy faces, clapping, tickling, etc. – and different ways to say “Yes, you may” or “No, you may not!” (“Sure!” “You got it!” “Uh-uh, sister!”)

It’s a fun way to practice CONSENT!

Our twist:

Before each turn, Mother will pick a card from the “Mother” pile, and Baby will pick a card from the “Baby” pile.

Baby will ask for consent the way their card tells them to.

Mother will answer the way their card tells them to!

That’s how we can learn new ways to ask for an give/not give consent!

(Feel free to play the classic way, too!)

The “Mother, May I?” Gard Game

39b

Cut out cards and make a pile for Mother and a pile for Baby. Shuffle and play. (Cover with clear tape so you can use and reuse without tearing!)

MOTHER

I would like
that!

MOTHER

No, I don't
want you to.

MOTHER

No, you
may not.

MOTHER

Sure, go
ahead!

MOTHER

Yes!

MOTHER

Ok!

MOTHER

Let's
do that!

The “Mother, May I?” Gard Game

39c

Cut out cards and make a pile for Mother and a pile for Baby. (Cover with clear tape so you can use and reuse without tearing!)

MOTHER

I'd like
you to!

MOTHER

No.

MOTHER

No, I would
not like that!

MOTHER

I would like
that!

MOTHER

(Give a
thumbs-up)

MOTHER

(Smile and
nod, “yes”)

MOTHER

(Shake your
head, “no”)

The “Mother, May I?” Gard Game

39d

Cut out cards and make a pile for Mother and a pile for Baby. (Cover with clear tape so you can use and reuse without tearing!)

MOTHER

(Step back
and shake
your head,
“no”)

MOTHER

(Cross your
arms over
your chest
and give a
thumbs-down)

MOTHER

That
sounds fun!

MOTHER

(Smile while
you say,
“ok!”)

MOTHER

You cannot.

MOTHER

Let's try
that and I'll
let you know
if I want
you to stop!

MOTHER

Not
this time.

The “Mother, May I?” Gard Game

39e

Cut out cards and make a pile for Mother and a pile for Baby. (Cover with clear tape so you can use and reuse without tearing!)

BABY

Would you
like me to
do that?

BABY

Is it ok
if I do that?

BABY

May I
do that?

BABY

Can I
try that?

BABY

Can we
do that?

BABY

I want to -
do *you*
want me to?

BABY

May I?

The “Mother, May I?” Gard Game

39f

Cut out cards and make a pile for Mother and a pile for Baby. (Cover with clear tape so you can use and reuse without tearing!)

BABY

Can I _____?

(Fill in the
blank
with what
Mother said)

BABY

Are you ok
with that?

BABY

That
sounds fun!
May I?

BABY

Would that
be alright?

BABY

Is it ok if I

instead?
(fill in the blank
with your
own idea)

BABY

Do you
want that?

BABY

I would like
to do that
if it's ok
with you.

The “Mother, May I?” Gard Game

39g

Cut out cards and make a pile for Mother and a pile for Baby. (Cover with clear tape so you can use and reuse without tearing!)

BABY

Is that
something
you'd enjoy?

BABY

Are you
comfortable
with that?

BABY

Are you
sure?

BABY

(Stand and
hold your
arms wide
open)

BABY

Do you
think you'd
like that?

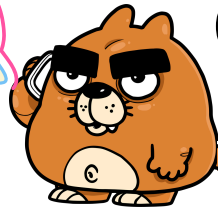
BABY

May I _____?
(Fill in the
blank
with what
Mother said)

BABY

(Give a
thumbs-up
and nod
while
smiling)

Whatever
do you
mean?



COMMUNICATE EFFECTIVELY!

Circle the best ways to get yourself heard!
Discuss your answers!



Firm voice



Eye contact



Shyness



Active listening



Very loud voice



Confidence



Uncertainty



Looking down



Relaxed body language



Pleasant attitude



COMMUNICATE APPROPRIATELY!

Underline the appropriate way to communicate



Yelling “yo!” to your brother or sister

Yelling “yo!” to your doctor



Whispering rude words to a friend

Asking if you can tell a rude word to a friend



Holding out your hand for a handshake

Grabbing someone’s hand for a handshake



Telling teacher, “Gimme that book.”

Asking teacher, “Can I please have that book?”



Shouting in someone’s ear

Speaking quietly to someone



Telling your teacher they look handsome

Saying “good morning” to your teacher

Ask **first** if you want to:

Call someone “bro,”
“dude,” or some other
nickname

Tap or nudge them to get
their attention

Get louder when you are
upset

Call them by their first name

Shake their hand, hug, or
kiss when greeting them

Call them or stop by

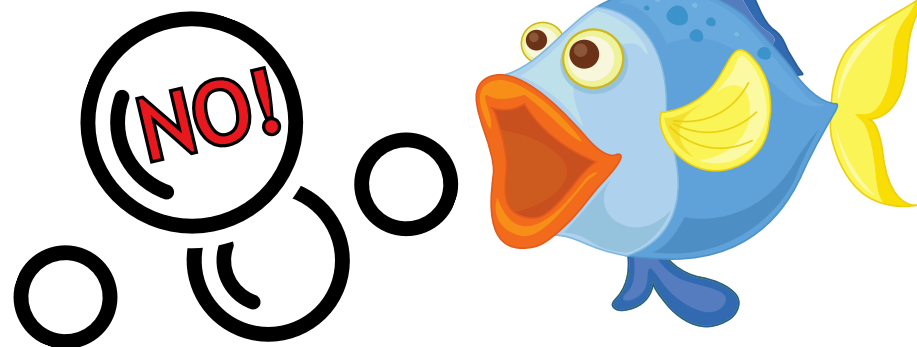
Call them “bro” or “dude”

(That’s getting consent!)

Draw a line from the phrases below to their meaning, "yes" or "no!"

Communicating CONSENT and NON-CONSENT

Each response is either a "yes" or a "no!"



great!

do i have to?

gives a big thumbs-up

i don't think so

i need to think about it

big smile

that sounds fun!

can we do something else?

i guess so

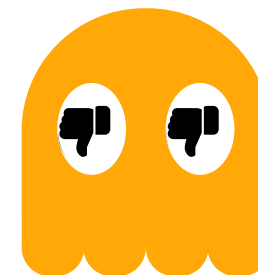
stays silent/looks down or away

definitely!



PLAY IT FORWARD!

A game of consent 🎲 🎲



Perhaps the most important game you will ever play!

- Tape together the long sides of Worksheets 37b and 38c (37b on top, 38c below) to create a game board with a continuous path.
- Find household items to use as game pieces – maybe coins, erasers, Monopoly pieces, mini pretzels, etc. – and get one or two dice/die!
- Place all players' pieces on the “START” box.
- The first player rolls the dice and moves their piece forward that number of spaces.
- If something is written on that box, follow its directions.
- The boxes showing consent will send you forward; no consent will send you back. Player continues to play until they land on a blank box.
- When nothing is written on the box, it is the next player's turn.
- The first player to the “FINISH” box wins.

...When you practice consent, everybody wins!!



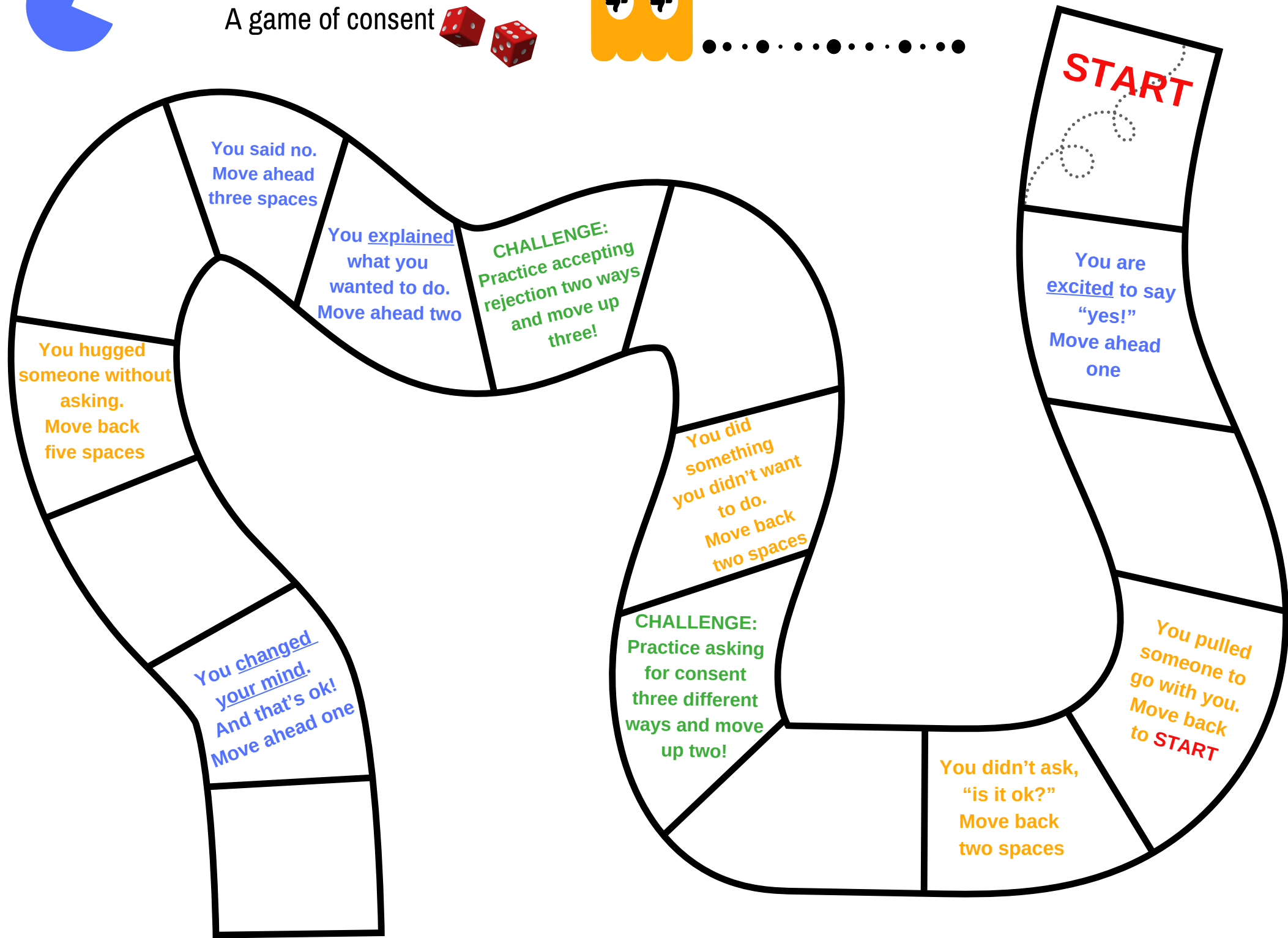
PLAY IT FORWARD!

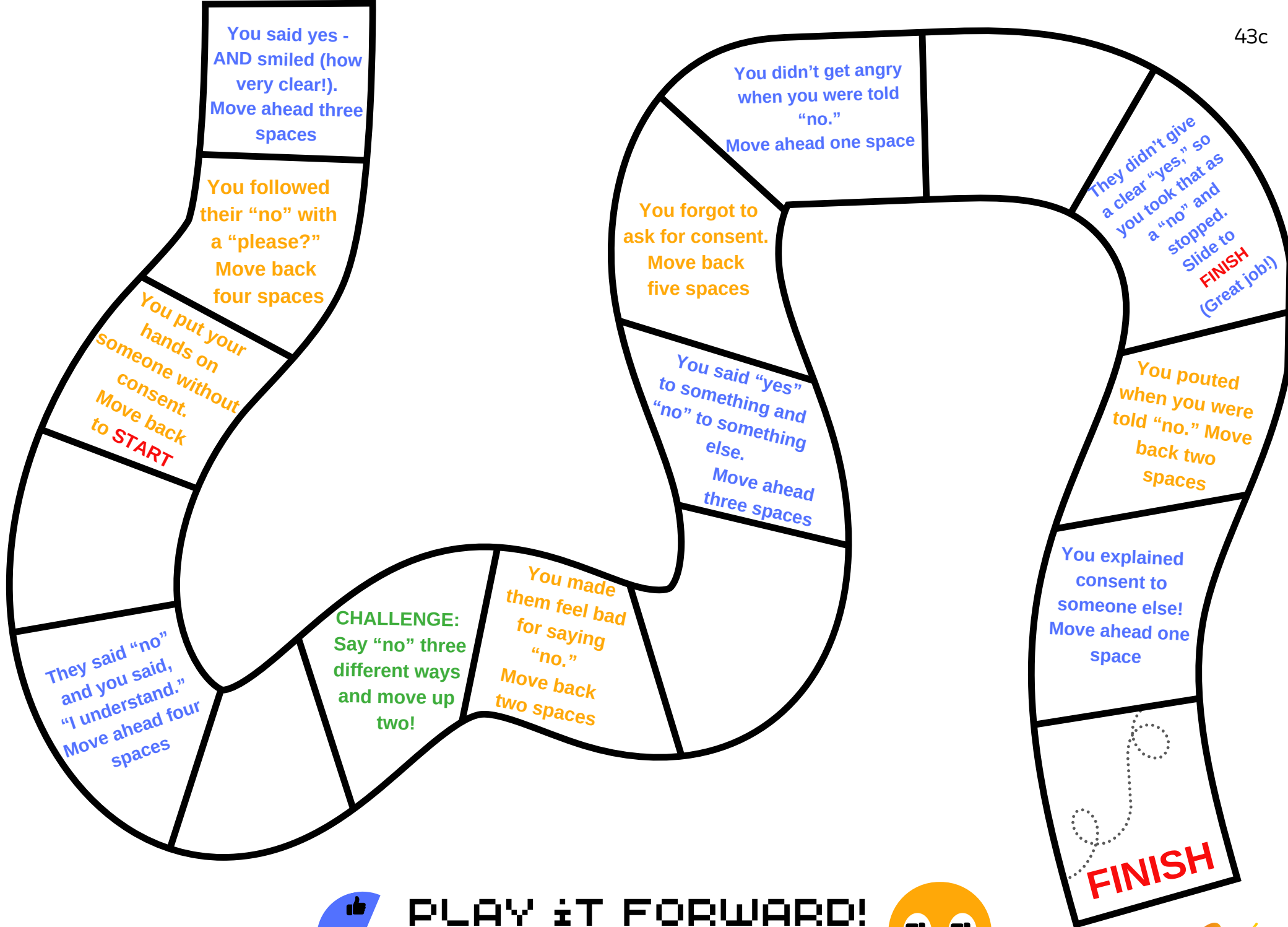
A game of consent



Roll the dice and move across the board to the finish!

43b





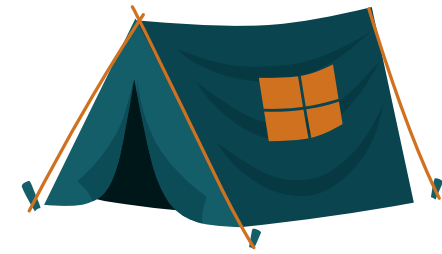
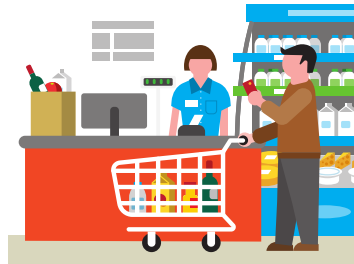
PLAY IT FORWARD!

A game of consent 



Private "I"

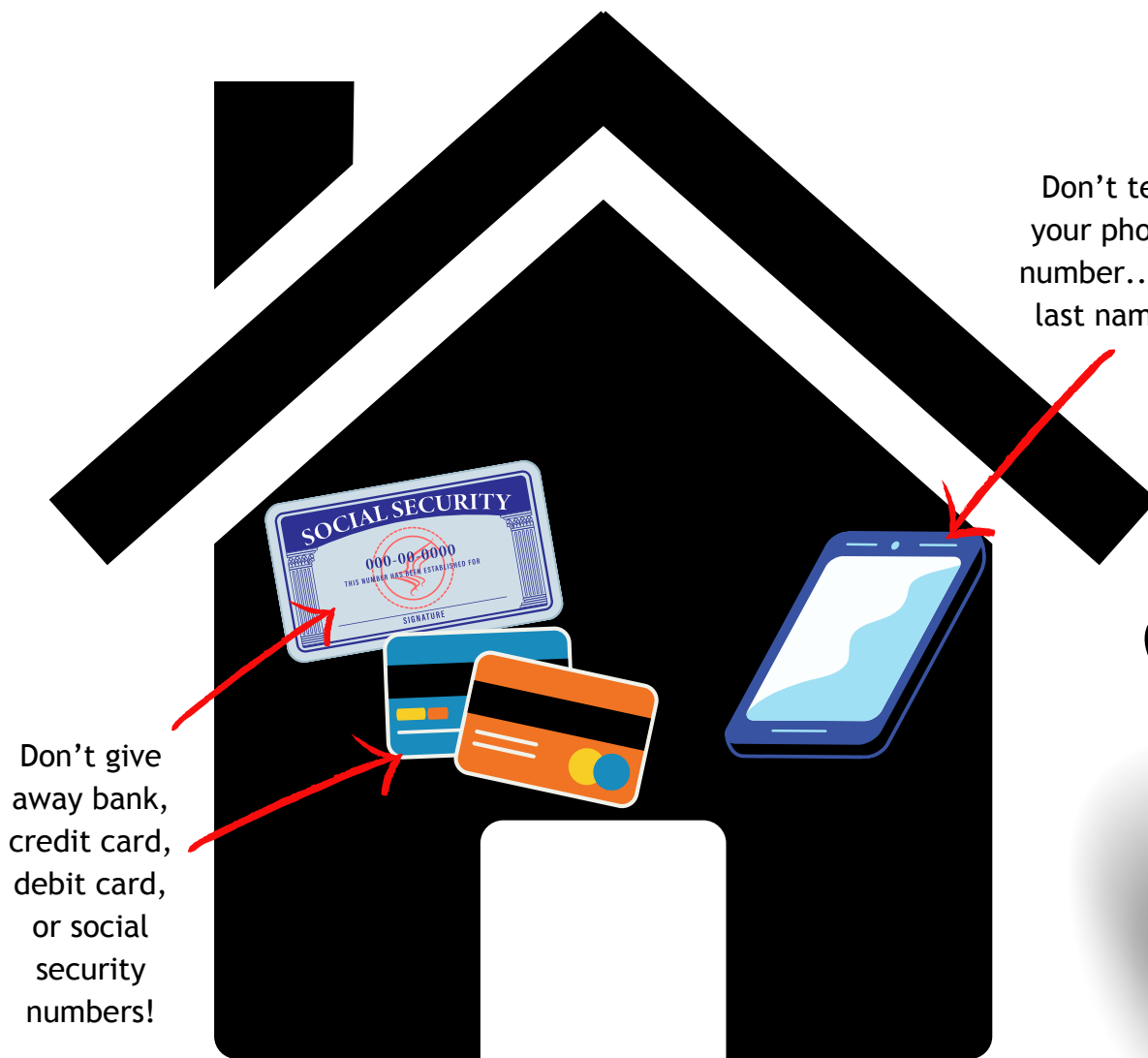
Circle all the places, clothes, and behaviors that are private! Discuss your answers...



Did you spy any semi-private places here? Remember how to behave when you're there? (Ok, we'll tell you: behave as if you are in public!)

PERSONAL INFORMATION

This is information we keep private! (No telling!)




Picking a Trustworthy Website

Draw a line from each internet fact/sign of safety to a healthy flower/plant; draw a line from each internet fact/sign of unsafety to an unhealthy flower/plant. (You can use a flower/plant more than once!)

Well known site; comes up early in Google search

Never heard of site; comes up late in search; untrustworthy for news

HTTPS:// ; has a padlock  icon

HTTP:// ; no icon

Spelled correctly!
Seems reasonable


Misspelled; missing or extra letters;
not believable, seems too good to be true

Emailed hyperlink

Sells \$3 high school diplomas

Page comes up early in
Google search

"Contact Us;" address/phone number on "About Us" page

HTTP:// ; no padlock  icon



safe to surf?

Circle the clues that each site is UNtrustworthy!



Googlelee

Q |



Googlelee Search

I'm Feeling Lucky



404

About Us page not found

Agenda.com

Your best source for "news"

**Bonzo Wins
Clowntopia Senate
Primary, Vows
Balloons For All!**

Bedecked in a Versace
suit and giant shoes,
Bonzo addressed the...



News Cycle

Vmail Search

Delete forever Not spam 13 of 28

GIVE US MONEY! PRETTY PLEASE? Spam x

ATTENTION PERSON WITH BUCKS:

It has come to our attention that you have some cash that we want. You should give it to us. ([click here to confirm](#) now)

Be sure not to talk to a trusted adult, because, well, we don't want you to...



NOT REAL

**BEST WEBSITE
WINNER OF 1900!**

Enter your email
and get \$10,000!

Log on to FAKER

http://DisslssAFaykeSight.comm/#gotcha

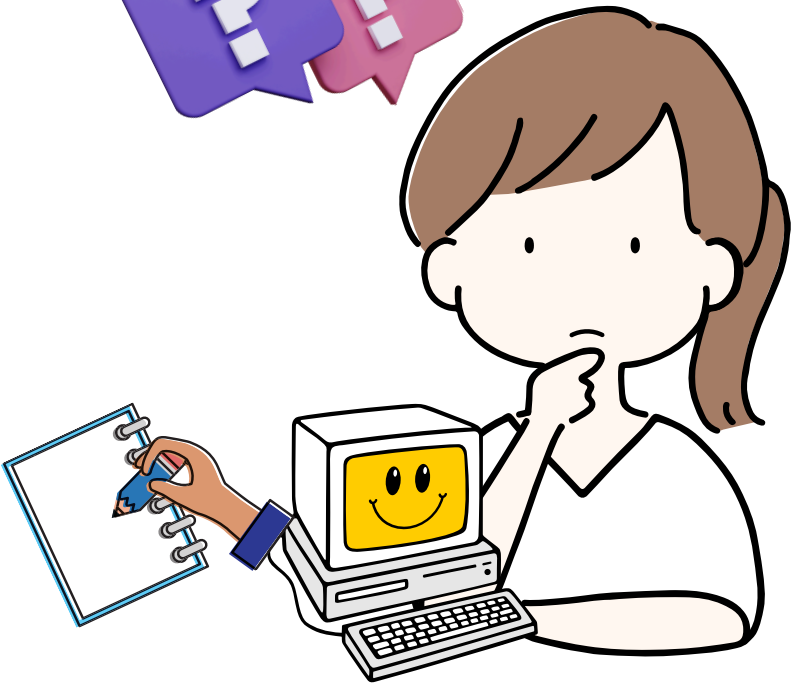


Email Address

Simply T.H.I.N.K!

about if what you are about to post is...

If so, it's ok to post!



t rue

h elpful

i nspiring

n ecessary

k ind



Keeping Up Boundaries... Even Online!

How can you answer questions while keeping your personal information private?

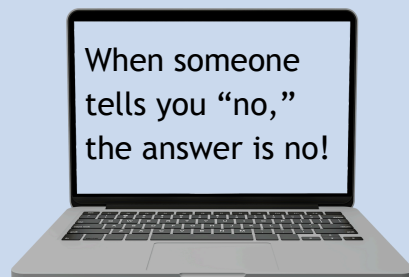
If...

they ask you where you live...

they want to Facetime the minute you get home...

they ask for pictures of you that you are not comfortable sending or that you know you shouldn't send...

they send you a picture you are not comfortable looking at...



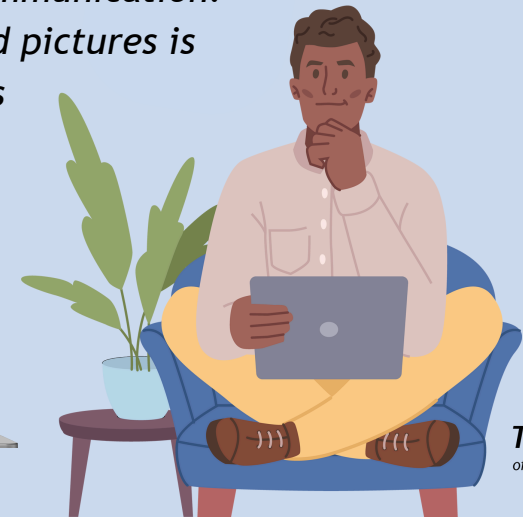
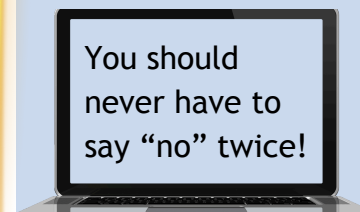
Then...

give a general answer: "near the beach," "about 20 minutes outside the city," "Central New Jersey." (Never give the name of your city or town!)

tell them that you need time alone. You will let them know if/when you become available!

be honest and firm! You can say, "I'm not comfortable doing that." If they ask again, you may want to stop communicating with them. A real friend will respect your boundaries the first time!

either tell them you are not comfortable with that or simply stop communication. Sending unwanted pictures is not just rude, it's a crime!



MAKING FRIENDS ONLINE

DRAW A LINE FROM EACH QUESTION TO THE BEST ANSWERS ON THE RIGHT! (THERE MAY BE MORE THAN ONE FOR EACH!)

DISCUSS WHY YOU CHOSE EACH!

Where can I meet people I might like?

How can I get people to like me on these sites?

How can I let others know I'm a safe person?

What can I tell them that is not too personal? (I want to stay safe!)

What is an

important

rule???



Be friendly! Start a conversation

Your favorite hobbies

Always be appropriate

Your first name, pet's name, home state

Chatrooms, gaming sites, online groups that talk about things you like

Be positive.

Don't reach out much more than they do

Use your pet or favorite team as your profile pic

Offer sympathy/advice if they talk about a problem

Virtual pen-pal service like Penpalworld.com

Talk about bands or musicians

Point out what you like about their post.

Be yourself!



CHATrooms and GAMING sites

These are great places to have fun while making new friends!
Here are some tips to making the most of your time online...
Discuss!

Instead of “trash talk,”
try complimenting another player with
a “good one!” or “nice!” A little
positivity goes a long way.

Ask your fellow players/chatters what
other sites they like.

Stay positive - even if you lose a game
or two, be friendly and kind.

Find teammates on apps like DUOO
(<https://duoo.gg/>) or local gaming
cafes and stores.

Keep your personal information
private! Even if you strike up a
friendship with other players, strangers
on the internet are still strangers!

Be cautious of people who want to
chat privately with you as soon as you
enter the room. They may not be
trustworthy.

Look out for people who want to talk
about very personal subjects with you,
like details about disabilities and
medical issues, and will not get off the
subject.

Do not trust people who suddenly ask
you if you have a picture or webcam,
or ask for your Facebook, Skype, or
Yahoo messenger information.

Don't get angry if others only want to
game and not be friends! If someone
isn't interested in friendship, find
someone else who is! (And review
Worksheet 19, “The Rejection Files!”)



DO



DON'T

Meet and

Greet

How to meet an online friend
in person... safely!



Yes, you can meet
in person, but
Skype, Zoom, or
FaceTime first! This
way, you can be
sure that they are
probably the
person they say
they are!



Meet at a public
place! This way,
there are plenty of
other people
around - you don't
want to be alone
with a stranger!
(And people you
meet online are
still strangers!)



Bring a buddy! They
can sit with you and
join in the
conversation or sit
somewhere else
where they can keep
an eye on you. It's
always good to have
an advocate on
hand!

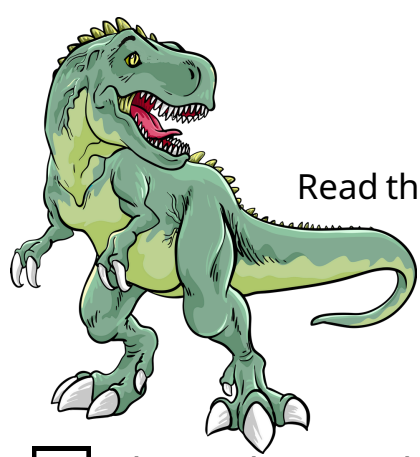


Arrive separately.
They should not pick
you up (and find out
where you live!) and
you shouldn't drive
them (and be alone in
a car with them). Plan
to meet up and you'll
stay safer.

CYBER-PREDATORS

They try to disguise themselves, but we can spot 'em.

Read through the list of behaviors that might mean your cyberbuddy is a predator and put a check ✓ in each box to show you know what to look for



- | | |
|--|--|
| <input type="checkbox"/> They ask you to keep your conversations PRIVATE (not to interact where others can see or hear you) | <input type="checkbox"/> They PROMISE you money or gifts (do not accept them!) |
| <input type="checkbox"/> They ask you to keep your conversations a SECRET (they don't want you to tell anyone what you've talked about) | <input type="checkbox"/> They talk to you in a way that makes you UNCOMFORTABLE (trust your feelings!) |
| <input type="checkbox"/> They ask you to tell them PERSONAL information (but remember, we do NOT share personal information!) | <input type="checkbox"/> They ask you to LIE (this is a good clue that you should tell a trusted adult!) |
| <input type="checkbox"/> They ask you to click on a LINK or to download something (nope!) | <input type="checkbox"/> They THREATEN you with harm against you or your family |
| <input type="checkbox"/> They try to turn you AGAINST other people (maybe by saying bad things about others or trying to get you to say them) | <input type="checkbox"/> They try to convince you that how they are talking to you is NORMAL (but it's not – it's predatory!) |

Remember: predators are great pretenders!



TRUST YOUR GUT

**Our body lets us know when something is or isn't right.
Learn to listen to what it's telling us!**

Draw a line from the body cue to the body part where it happens!

Then discuss which feelings signal trust (good) and which signal distrust (bad). Are some both?

RACING HEARTBEAT

SHAKY/UNSTEADY LEGS

STOMACH DROPS, FEELS LIKE A KNOT

GOOSEBUMPS ON THE BACKS OF YOUR ARMS

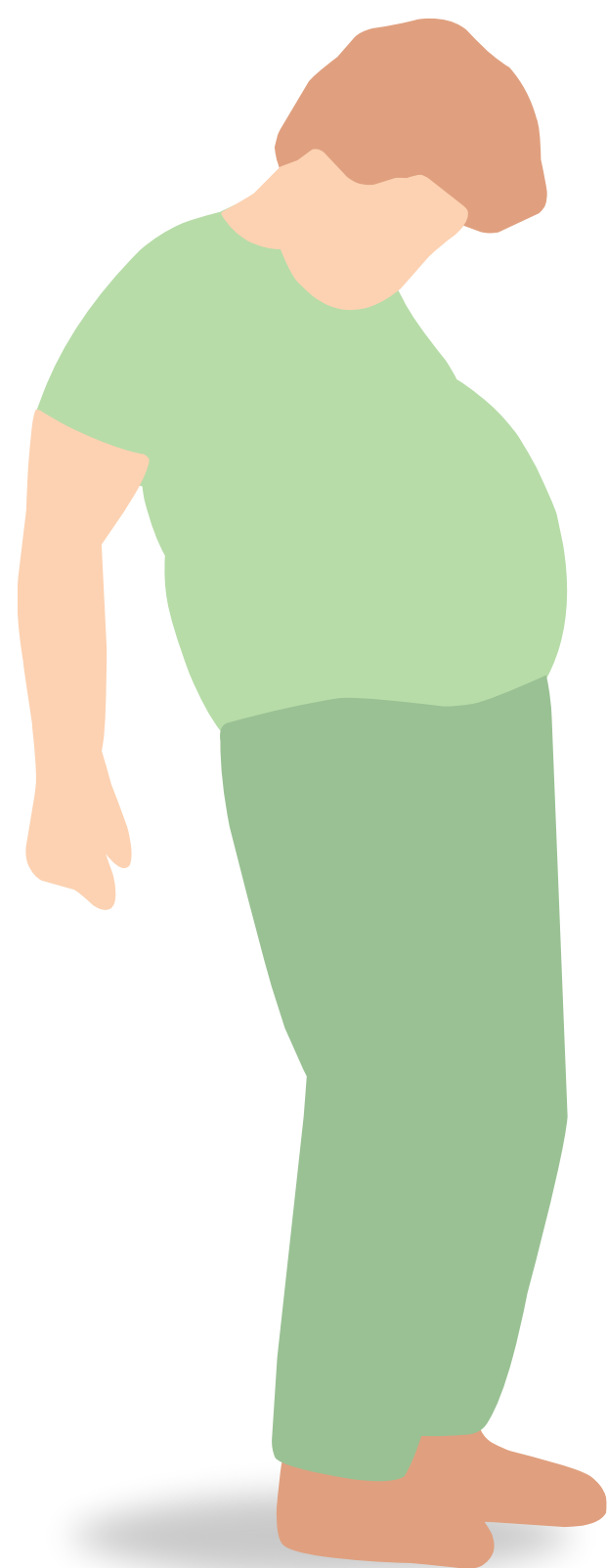
WARM, PEACEFUL FEELING ALL OVER

TENSION IN THE BODY

HAIR STANDS UP ON THE BACK OF YOUR NECK


“BUTTERFLIES” IN THE STOMACH, A FLUTTERING FEELING

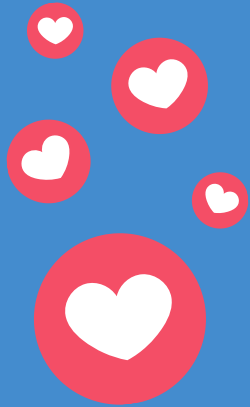
HEAVINESS IN THE CHEST



Protect Your Social Media and it Will Protect You!

Do not say mean things about specific people - they'll find out!

Do not accept friend requests from "famous" people
(without a verified check mark !)"



Only allow friends or friends of friends - but not strangers -
to follow you.

Do not believe everything you see or read on social media!

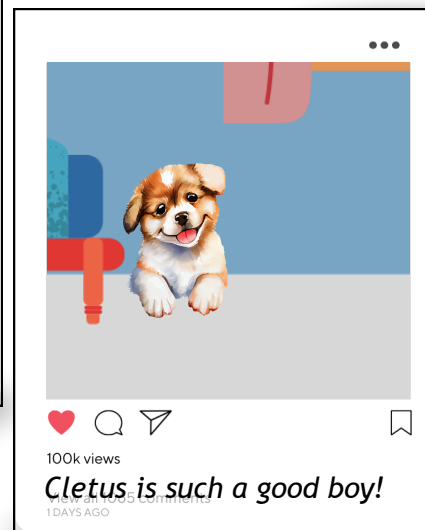
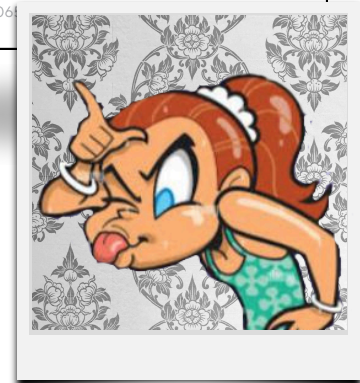
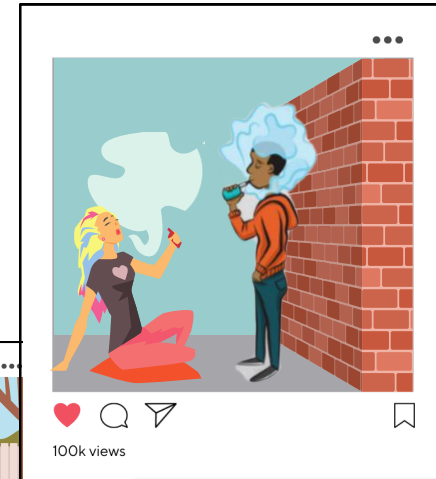
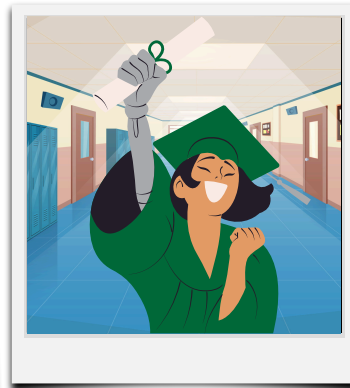
Do not follow teachers or bosses - it's netiquette!

Do not click on ads for items that you want to buy - it could be
a scam, so ask your caregiver first!

Keep ALL social media set to **PRIVATE!**

THE PROUD GRANDPA RULE

Never post a picture or write something that you wouldn't want your grandpa to see!
Circle the pictures/writings that are OK to post!



IS IT BULLYING?



Did they make fun of someone online?

No

Yes

Did they threaten to hurt someone?

No

Yes

Did they post an embarrassing picture of someone?

No

Yes

Yes, but they apologized and took it down immediately

Not bullying!

Did they post a picture of someone without their consent?

No

Yes, but they apologized and took it down immediately

Not bullying!

Yes

Did they tell someone else's secrets online?

Yes

Did they tell someone else's secrets online?

No

Not bullying!

57

Yes

Anytime someone intends to hurt or embarrass another person online, it is cyberbullying. And it is against the law.

Did they create a group chat to say bad things about someone?

Yes

No

Not bullying!

Did they make fun of someone's faith or religious beliefs online?

No

Not bullying!



HOW TO PUSH BACK ON THE BULL(YING)

**FIRST ASK THE BULLY TO
TAKE DOWN THE POST.**

**TAKE SCREENSHOTS
OR WRITE DOWN
WHAT WAS SAID, BY
WHOM, AND WHEN!**

TELL A TRUSTED ADULT!

REPORT THE BULLY TO THE PLATFORM

BLOCK THE BULLY!

REPORT THE BULLYING TO THE POLICE!

**DON'T RESPOND WITH
A NASTY COMMENT
OF YOUR OWN. IN FACT,
DON'T RESPOND!**