

SECTION 1

PRAYER AND INTRODUCTION:

WHY ARE WE HERE

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WHAT YOUTH CAN DO TO CREATE SAFE ENVIRONMENTS:

- Talk to your parents about personal safety often.
- Create a code word or phrase that you will agree to use if you ever need to signal your parents by phone at a party or social situation and your ride home is drinking or you are in any situation that makes you feel uncomfortable. This will signal them to pick you up immediately.
- Be aware of warning signs of unsafe people unsafe situations and report any suspicion of abuse or knowledge of abuse immediately.
- Keep an eye out for younger children and siblings who are extremely vulnerable, you have the power to help keep them safe too.
- Be aware that the internet can be a dangerous place If you ever see anything online that makes you uncomfortable or if someone attempts to get you to meet with them, you have the power to stop them from harming you or anyone else by making a report. (See handout on internet safety)
- Be sure that two or more adults are always present during all of the activities you participate in
- Never meet in a secluded area where other adults are not around.
- Don't hesitate to make a call or a report if you suspect something inappropriate or something that makes you uncomfortable...you don't need proof and you can't get into trouble as long as you are being honest about what you saw or heard that concerned you
- Do not use the Internet without your parent's knowledge
- Never agree to meet in person with anyone you meet over the internet.
- Never give out your personal information to anyone without your parent's permission.

Who are sexual predators?

Could anyone describe what these unsafe adults look like? A sexual predator can be anyone young or old, male or female and they do not fall into any one category. A sexual predator is someone who spends time seeking out a potential victim who they can gain access to and abuse. This is any adult or youth who asks to see or touch the private areas of our body that are covered by a bathing suit or adult that asks us to see or touch their private body parts. All of us must work together to make sure that that there is never an opportunity for this to occur. We have all been told to be wary of strangers but most of the time these are people that we know and trust and can look like anyone of any age.

Dignity and Self-Worth

We are all priceless and unique and made in God's image and likeness. There is no one else like us in the whole world and you deserve to be treated with dignity and respect. This also means that you must treat others with the same dignity and respect. No one has the right to violate your personal dignity no matter who it is.

CODE OF CONDUCT: Personal Safety brochure reviewed with discussion of behaviors that they should expect from their peers and behavior that they should expect from themselves

WARNING SIGNS While most people you know are safe we can't tell by looking at someone if they are safe or unsafe. The good news is that there are some warning signs of inappropriate behavior that can help keep you and other safe from harm and prevent abuse before it starts. Your parents and the adults in your environment are responsible for your safety but you also have a responsibility to keep yourself, your school, your friend's and your community safe. Unsafe adults and unsafe youth often use a lengthy process or a few tricks to get close to someone and get the person to trust them. It's important to be able to spot these tricks. The last thing that the predator wants to do is get caught, so if they know you are on to them they will likely look elsewhere. Unsafe Adults find new ways to trick people everyday. Unsafe adults often combine tricks and will introduce them at times when you are most vulnerable. So be aware and don't let your guard down.

1) GIFTS/BRIBES/JOB OFFERS –AND ONE'S YOUR PARENTS WOULDN'T PERMIT or YOUR PARENTS ARE NOT AWARE OF

Gifts have been used by few adults to gain a person's trust and friendship and then harm them or make them feel guilty or responsible for participating in something inappropriate or unlawful. If you notice an adult providing special gifts, extra favors or expensive trips to only a select few teenagers or group of children, this could be a warning sign. They may even allow you to break rules set by your parents or encourage you to break the law. They may offer you an audition or photo shoot to make you famous or promise you financial rewards. Usually they ask you to meet at a private place or hotel room for an interview or audition. Don't fall for this; real talent scouts don't operate this way.

2) THEY MAY ASK FOR YOUR HELP OR THEY MAY TRY FALSE ALARMS

Sometimes unsafe adults will pretend that they need your help to find a missing pet (most often this is used on younger children). They may ask directions or may ask for your help to carry something. They may stop to help you on the roadside with a flat tire. Politely decline and call 911 as soon as you can, these can be traps and remember, you can't tell by looking at someone. This may be difficult because they may be in a uniform or they may be very persistent. To be absolutely sure they are who they say they are and 911 is there to help. Here is a clue....Who do most adults ask for help?they ask another adult. If someone approaches you in a car and asks you for help (without your parent's permission) always stay at least three steps back. This will help protect you from being grabbed. Sometimes people will fake an emergency to get you to go with them or to sit in their car. Unsafe adults may lie and tell you that your family is hurt and that they need to take you to the hospital to see them. This can be frightening. If this ever happens, check with someone you know or call 911 to confirm this. Never get in their car.

3) THEY ARE PATIENT

Unsafe adults use a technique called grooming. This is how they prepare a person to become a victim. It can start with tickling or wrestling and then they may "accidentally" touch you in areas of your body covered by a bathing suit. If you say something or if they think they crossed a line that you won't allow this time they say that they were just playing a game or they didn't

mean anything by it. This behavior may continue over time and the person keeps going further until the game turns into abuse. This can happen very gradually. Be careful and pay attention to your feelings.

4) THEY PRETEND TO KNOW YOU

Sometimes unsafe adults will act like they know us. They may even call you by your name and say that they are a friend of your parents. They will use this as a way to get you to go with them.

5) THEY RELY ON YOUR CURIOSITY

Unsafe adults (young and old) may use photos, videos or even digital cell phone images of people without clothing on as a way to make their potential victim curious or comfortable with them. Immediately get away and tell a trusted adult no matter how curious you may be.

6) THEY USE THE INTERNET & CHAT ROOMS TO BUILD TRUST

Computers are fun and educational but they can also be dangerous. Sometimes unsafe adults use the internet as a lure to trick teens into giving them personal information or into meeting them somewhere. Unsafe adults love the internet because it is private. No one knows who they are and they can pretend to be anyone or any age they want. Never give out your address, phone number, or any other personal information or any picture over the internet and never promise to go meet an online friend.

7) THEY MAY ENCOURAGE YOU TO USE DRUGS OR ALCOHOL

What do drugs and alcohol do to your decision making skills? It can cause you to make bad decisions. Unsafe adults know full well the power of drugs and alcohol. They will use it as a lure or to make it easier to abuse you. Abstain from drugs and alcohol and never leave beverages unattended at parties or social situations. It is possible that someone could place colorless, odorless drugs into your beverage that can render you unconscious or powerless. Stay alert to your surroundings.

8) THEY MAY TRY TO MAKE YOU FEEL ASHAMED, GUILTY OR EMBARRASSED

You should never feel ashamed, sexual abuse it is never the victim's fault no matter what.

9) THEY MAY TRY TO MAKE YOU FEEL RESPONSIBLE.....

DATE RAPE The official definition of date rape is "Sexual assault where the victim and perpetrator know each other. They may have just met, be dating, or dated in the past. A boyfriend, girlfriend, close friend, or first time date can sexually abuse you. If these people force you to do things or engage in touching that makes you feel uncomfortable, it is a crime. No matter how it happened, no means no and it is never the victim's fault. We will talk more about this topic at our next session

HOW TO MAKE A REPORT OF SUSPECTED ABUSE:

Reporting that you or someone you know was sexually abused may feel uncomfortable but it is the right thing to do. Tell your parents or another trusted adult immediately and 911. You can also call the numbers listed on your brochure.

SECTION 2

Lesson #2: Sexual Exploitation in Dating Relationships (DATE RAPE)

Students will brainstorm ways to avoid sexual exploitation in dating relationships along with how to avoid situations that could put them at greater risk of date rape. Possible discussion questions for this lesson are:

- What is date rape?
- Is it really rape?
- If a female dresses provocatively, is she responsible for a date rape?
- When a person says no or please don't, do they really mean it?
- How do society's attitudes toward male and female roles contribute to date rape?
- What other factors contribute to the incidence of date rape?
- Although date rape usually refers to a male using physical strength to force a female to have sexual intercourse with him, are there ways in which females exploit males?

Avoiding Sexual Exploitation in Dating Relationships

- **Know your sexual limits.** Believe in your rights to set those limits and say no to any unwelcome sexual advance. If you are not sure, stop, say no and tell a trusted adult immediately.
- **Communicate.** Talking is the basis of any good relationship. Tell your girlfriend or boyfriend what you want. Find out what she or he thinks and feels
- **Be assertive.** Passivity may be interpreted as permission. Be direct and firm with someone who is pressuring you sexually. Say no when mean no. Move away. Leave if possible or necessary.
- **Be Aware of the messages you may be sending.** People may assume that "sexy" clothing and/or flirtation indicate you want to have sex.
- **Accept a "No" at face value.** "No" always means no, no matter how quietly or shyly it is said. Don't continue after a "stop," or "please don't," or a "no."
- **Place the greatest importance on verbal messages.** Don't assume that because a person dresses in a sexy manner and/or flirts that he or she wants to have sex.
- **Previous permission does not apply to the present.** A yes yesterday can still be a no today. A person has the right to change his or her mind.
- **Trust your intuition.** When you first get the feeling that things aren't ok, say something or do something to try to get out of the situation.
- **Avoid alcohol and drugs.** Clear thinking and effective communication are difficult when "under the influence." Responsibility for actions remains.

Avoid these situations

- Refuse to go to a secluded place. Tell your date that under any circumstances such an isolated place can be dangerous for both of you.
- If you end up at an empty house unexpectedly, strongly insist on leaving immediately. Don't worry about hurting your boyfriend's/girlfriend's feelings. Any time you express yourself firmly, your boyfriend/girlfriend can see that you respect yourself and aren't a pushover.
- Be very clear with your date about what you want and don't want to do.
- Don't go to parties at the homes of people you don't know.

- Don't go to parties if parents won't be home.
- Carry extra change for emergency phone calls, and make sure you have a foolproof way to get home on your own.
- Be honest with your parents about who you'll be with and where you're going. If things get out of control and you need their help, you don't want to be afraid to all just because you'll be caught in a lie.
- If a party is getting out of hand, leave. Drug use, heavy drinking, and sexual assault go hand in hand.
- Don't get drunk or stoned.

SECTION 3

Lesson #3: Why Choose Abstinence?

In this lesson students will increase their awareness of the benefits of abstinence and the risks involved with sex. Students will brainstorm reasons why teens choose to abstain and reasons they choose to have sex. Topics for discussion relate to: Values, Self-Esteem, Goal Setting/Life Planning, Peer Pressure, Unwanted Pregnancy, Drugs/Alcohol and HIV and other Sexually Transmitted Diseases. Upon completion of this activity, students should be able to recognize that the reasons given for choosing sex do not provide a strong argument in favor of early sexual involvement and that often if the reasons are analyzed closely; there are hidden agendas and attempts to meet nonsexual needs. Students are encouraged to abstain until marriage upholding the moral values and teachings of the Catholic Church.

Sex: physical curiosity-impress peers-“prove” their love-seek love-“everyone” does it-rebellion against parents or others-keep a boyfriend or girlfriend-under the influence of alcohol or drugs-receive attention-lack of self-esteem

Abstinence: avoid pregnancy and associated risks-avoid sexually transmitted disease-religious beliefs-values-desire to know them, marriage before becoming involved in a sexual relationship-avoid barriers to long-term goals-reduce risk of cervical cancer-avoid gossip and name calling-
seek love.

- Research shows that most young teens do choose a sexually abstinent lifestyle.
- Some people use the excuse that sex happened because they were drunk or high on other drugs. Young people need to understand that while the use of alcohol and other drugs does interfere with good decision making, each person is still responsible for his or her behavior and decisions. The use of alcohol or other drugs is not an excuse.
- People who have sex because of pressure from a boyfriend or girlfriend, because of other peer pressure or as a means of rebelling against parents are in essence and control their lives.
- Having sex is having sex. It does not prove love. Young people who are afraid of losing a girlfriend or boyfriend if they do not have sex should realize that if a person is only interested in you because of sex, that person really has no respect for you. Go ahead and lose them.

- Adolescents who want to maintain a sexually abstinent lifestyle should realize that the friends with whom they associate, the situations they create for themselves, the nonverbal messages they send to others can support or undermine their abstinence decision.
- When you feel that “everyone else is doing it,” (whether the “it” is sex, drugs, avoiding responsibilities, etc.), remember that the wisest decisions and the best choices are not always the ones that are most popular.
- All young people are eager to feel grown-up. Some see sexual involvement as a way to be grown-up. Some see sexual involvement. When a person equates sex with love, often the only thing found is heartache. People may tell others they love them to convince them to have sex.
- All of us want to feel loved, and many people seek love through sexual involvement. When a person equates sex with love, often the only thing found is heartache. People may tell others they love them to convince them to have sex.
- Sometimes people try to meet other, nonsexual needs, such as intimacy, independence from parents, self-identity, self esteem, and peer acceptance, through sexual involvement. While these are needs that all of us have, sex is not the best way of meeting these needs. Intimate communication with a good friend is often a good way to meet some of these needs. Challenge students to think of other ways to meet these essentially nonsexual needs.

Talk with your parents about what you learned today