AFTER THIS PRESENTATION STUDENTS SHOULD BE ABLE TO IDENTIFY THESE KEY TERMS: • Consent • Intuition • SAFE adults • Shock • Gaslighting • Vulnerabilities • Abusers • Tactics • Brute Force • Manipulation • Befriending • Threats • Exploit • Labor trafficking • Social media • Online safety 	
SECTION 1 OUTCOMES • Define **consent** • Analyze scenarios and determine if **consent** was given • Define **intuition** • Analyze scenarios and determine if teens listened to their intuition 	**Facilitator Says:** ● Today you will take part in an experience designed just for you called Empowered. During today's lesson we will discuss the meaning of consent, intuition, and gaslighting. We will also talk about what shock is and the SAFE adults in your life.
SECTION 1 OUTCOMES • Explain how **shock** may impact someones initial response • Identify your **SAFE** adults • Define **gaslighting** • Analyze scenarios and determine how **gaslighting** was used 	
WELCOME TO EMPOWERED Dear Student: You are worthy of kindness and respect. You are the boss of your body. You also have a strong inner-voice that can help you stay safe. In this section, you will learn how to use intuition as a tool to be more EMPOWERED to keep yourself safe. 	**Prompts:** ● What does the word "empowered" mean to you? How do you think it relates to the topics that we will be covering today?

FOUNDATION OF SAFETY

Have you ever seen the foundation of a building? It is a surface made of a very hard material that holds all the other elements of the building up. Without it, a building could not stand.

The concept of consent is much like the foundation of a building. It holds up your right to be safe and have authority over your body.

YOUR BODY IS YOURS

Despite what anyone says, you are the boss of your body.
• You should have total say over how your body is touched.
• This concept is called **consent**. Consent is a synonym for permission.
  ○ You need to give *consent* for someone to touch you.
  ○ You need to get *consent* before you can touch someone.

Caution:
- We want to make sure the whole group conversation doesn't steer to sharing about times where consent wasn't given. If a student begins to disclose, you can respond with, "I understand that you have something important that you want to share. I care about you and would like to discuss it more with you (insert time). Would you feel comfortable waiting until then to talk to me?"

RECAP: WHAT IS CONSENT?

"Permission"

You need to give consent for someone to touch you.

You need to get consent before you can touch someone.

Prompts:
- You can only be in control of your actions and not how that makes someone else feel. Can you think of a time when you set a boundary or stood up for yourself and it made the other person upset?

CONSENT SCENARIO

Mateo has an elderly neighbor, Helen, who loves to say hello when he is walking to school. She usually gives him a big hug and a kiss on the cheek. She is very nice, but Mateo feels uncomfortable with the kiss. He does not like it. What should he do?

CONSENT SCENARIO SOLUTION

Mateo is the boss of his body. He needs to give **consent** for someone to touch him. Even though this neighbor is kind to him, he has the authority to say, "I like to say hello to you Helen, but I am just going to stick to high-fives now. That is what makes me feel comfortable." He is not responsible for how his boundaries may make Helen feel.

CONSENT SCENARIO

Janelle just started dating Justin and they go to the movies together. Once the lights are out Justin reaches over to start touching Janelle's cheeks. He then leans over to kiss her without asking. She is very tense and uncomfortable.

CONSENT SCENARIO SOLUTION

Janelle has not given **consent** for Justin to touch her like that. Even if begin dating someone, you have to ask for and get consent before touching someone else's body. Janelle should speak up and say, "While we might be dating, I do not want you to touch me like that."

WHAT IS THE BEST WAY TO KNOW IF I'M UNSAFE?

- Inside yourself, you have something called your **intuition**.
- Intuition gives us the ability to use feeling to understand something, rather than just use reasoning.
- **Intuition** is often the best safety meter you have.
- If something "feels" wrong, it probably is. If you are unsure, you can ask a safe adult to help you determine if it is unsafe or not.

Students Might:
- Students might interchange intuition and conscience. If so, you can clarify that intuition is not linked to morality or if something is right or wrong. Your intuition might tell you that someone is following you to your car when you leave a store at night. Conscience is linked to morality. And there are situations where you might use your intuition and conscience to know something is amiss.

Prompts:
- Share a time when your intuition told you that something was amiss.

INTUITION SCENARIO

A man appears at the door and says he's there to walk the dog for your family; he's subbing in for the other pet-sitter your family uses. He knows your dog's name and the usual pet-sitter's name, but something feels off to you. What should you do?

INTUITION SCENARIO SOLUTION

Listen to your **intuition**. Do not let this person in or believe them until you verify their story. It is better to verify someone is telling the truth and find out they were being honest than to believe them and find out they were trying to trick you.

When someone is being unsafe with you, it can feel confusing and may leave you feeling like you can't speak up or think clearly.

This feeling is called **shock**. This is a very common reaction. You might look back at the event and feel ashamed that you didn't speak up more. You may blame yourself for not standing up to this unsafe person. *It is not your fault*.

IT'S NOT YOUR FAULT, EVEN IF YOU COULDN'T SPEAK UP

When we are in **shock**, it's hard to find your voice, but that is *not your fault*. With time, shock may pass and you may better understand how you were wronged. *No matter how much time has passed*, it is always ok to talk to someone about unsafe situations.

Many people do not discuss things in the past because they feel like it's too far behind them or they should have done more to stop it at the time. This is not true; it is always ok to talk to a safe person about these things.

IT'S NEVER TOO LATE TO TALK TO SOMEONE ABOUT WHAT YOU NEED

 KNOW YOUR SAFE ADULTS If someone is making you feel unsafe you should talk to **a SAFE adult**. **SAFE** stands for **S**omeone who **A**lways makes you **F**eel at **E**ase. Some examples of **SAFE adults** can include: ○ Mom, dad, or grandmother ○ Teacher, neighbor, or older sister ○ School counselor, aunt, or coach SPEAK UP 	Caution: ● We want to steer away from categorizing groups of people as "safe". Someone's coach might be safe, but that is not true of all coaches. Another student's pastor might be safe, but again that is not true of everyone in that group. Safe people are individual to each student.
UNSAFE PEOPLE MAY TRY TO TRICK YOU WITH GASLIGHTING When we try to address situations where we have felt unsafe, some people may try to *confuse* us or make us feel like *what happened didn't really happen*. This is called **gaslighting**. • Gaslighting is a synonym for *trickery* or *deception*. • Some people use gaslighting to get something they want or rewrite the past to hide what they did wrong. • Gaslighters aim to confuse you about facts. SPEAK UP 	Prompts: ● Why do you think gaslighting is such a dangerous thing? ○ If someone tells you that you are wrong over and over, it can make you feel insecure and less confident in your point of view.
GASLIGHTING SCENARIO Your mom told you that you were supposed to walk home from school. As you start walking, a neighbor you don't know well offers you a ride. You say you're supposed to walk but they say "Didn't your mom tell you? Maybe she forgot? I'm supposed to take you home and your mom will be upset if you break her rules." You say, "I'm not sure about this." He says, "Well if you had listened better then you wouldn't be in this situation. Let's go before she gets mad at me as well." SPEAK UP 	
GASLIGHTING SCENARIO SOLUTION This person is trying to **gaslight** or deceive you. You should listen to your intuition and trust what you know is true. If you are unsure, always verify first. A safe adult will never get mad or upset with you for checking in with your parents or guardians to verify the truth. SPEAK UP 	

GASLIGHTING SCENARIO

You and your neighbor are playing a game in your bedroom. She tries to touch your bottom, but it feels very uncomfortable to you. You tell her that you want her to stop. She says, "You just asked me to play this game!" You did not; you say, "No, I did not." She says, "You are losing your mind. Yes you did! Now you're a liar and chicken. You need to get your head checked." You feel confused and stupid.

GASLIGHTING SCENARIO SOLUTION

If you feel confused, guilty, ashamed, or stupid, something is likely wrong. This person is trying to deceive you using **gaslighting**. You should listen to your *intuition* and *trust* what you know is true.

If you are unsure, always verify first. A safe person will never get mad or upset with you for checking in with your parents or guardians to verify the truth.

WELCOME TO EMPOWERED

Dear Student:

You are important and there are many kind people in the world who want you to be safe. Sadly, there are also some people who may try to trick you or hurt you. One of the best ways we can help keep you safe is to teach you some things these people may try, so you are better **EMPOWERED** to identify their tricks and keep yourself safe.

- Describe the **risk factors** that some **abusers** may look for and analyze risk factor scenarios
- Describe the common **tactics** that abusers may use and analyze tactics scenarios
- Describe the vulnerabilities and indicators of **labor trafficking**
  - Describe **healthy vs. unhealthy relationships**
  - Identify **warning signs of dating violence**

SECTION 2 OUTCOMES

Facilitator Says:
- Today you will take part in an experience designed just for you called Empowered. During today's lesson we will discuss risk factors that abusers exploit, tactics they use, and labor trafficking.

WHAT ARE HUMAN VULNERABILITIES? Vulnerabilities are things that may be taken advantage of by deceptive people; they may target students who: • Feel alone or like they don't belong • Do not have a healthy/stable support system • Have untreated mental health issues • Have been abused or mistreated in the past • Spend lots of time in unsupervised settings **SPEAK UP** 	Prompts: ● Can you think of anything else that you believe might make a person more vulnerable to being exploited or taken advantage of? Caution: ● It is important to emphasize that just because you have one, or more, of these vulnerabilities, doesn't mean that you will be exploited. It just means that you are more susceptible to exploitation. We do not want students thinking if they possess one of these that they are destined for abuse in the future.
VULNERABILITY #1 Students can be vulnerable if they feel alone or like they don't belong. Abusers *target* people they perceive as weak or believe are easiest to manipulate. They may coerce (intimidate) a person who doesn't have close people around them and are less likely to disclose the abuse. **SPEAK UP** 	
HOW MIGHT MIA BE VULNERABLE? *Mia is an 8th grader who gets bullied a lot because she has a disability that makes it hard for her to talk. She struggles trying to make friends in person so she chats online often because it feels easiest for her.* *She has started chatting with a guy online and she now has a crush on him. After a few weeks, he began telling her she would feel better about herself if she started taking 'hot pictures'. Mia took his advice and sent him pictures. Now, he's been threatening to sell them online if she ever stops sending them.* **SPEAK UP** 	
HOW MIGHT MIA BE VULNERABLE? Mia is feeling alone and looking for connection. While connection and belonging are good desires, a deceptive person, like this person she's been chatting with, may target Mia's desires and take advantage of her. Even if you're feeling lonely, no one should ask you to do things that make you feel uncomfortable. **SPEAK UP** 	

VULNERABILITY #2

Students can be vulnerable if they don't have
a strong, healthy, or stable support system.

Abusers *target* people they feel may have family or friends that are less involved. Thus, the child may be looking for attention and love that they are not getting at home. It is also easier to keep a secret when there is nobody to tell.

Prompts:
- What might be some examples of not having a strong, healthy, or stable support system?
  - Youth homelessness, foster care, living with extended family, bouncing between family members' homes, etc.

HOW MIGHT JORDAN BE VULNERABLE?

Jordan is 14 and lives in a chaotic, abusive home. They don't enjoy being at home so they try to avoid it as much as possible.

Jordan recently started a relationship with Joy who has a group of friends that are known for violence and intimidation. Joy influenced Jordan to join the group as well; Joy said that the group will protect you as long as you do what the group says.

HOW MIGHT JORDAN BE VULNERABLE?

Everyone needs a support system. We need people to help us when times are hard. Jordan doesn't have a healthy support system, but often something is better than nothing when we need help.

Some groups or institutions may take advantage of that need for community. Even if you're feeling a little lost, no one should have total control over your choices.

VULNERABILITY #3

Students can be vulnerable if they have
untreated mental health issues.

Abusers *target* people they perceive as easiest to manipulate. Children who are experiencing anxiety or depression might be less likely to speak up or realize what is happening to them.

HOW MIGHT RUBEN BE VULNERABLE?

Ruben is an eighth-grader who has struggled with anxiety. Just recently he told his parents he wasn't sure if he liked girls or guys, and they told him that no child of theirs would ever wonder that. They have stopped talking to him; Ruben's anxiety is very high and with no support system he is spiraling.

An older woman in his neighborhood has offered him a place to stay, but recently has been asking Ruben for things that make him uncomfortable. He can't seem to think clearly about the situation because he's so overwhelmed inside.

SPEAK UP

HOW MIGHT RUBEN BE VULNERABLE?

Many people struggle with mental health issues. When we feel overwhelmed or sad, it's hard to think clearly.

This neighbor seems to offer something helpful to Ruben intitally, but she is actually taking advantage of his situation. It is never ok for someone to ask you to do unsafe things in exchange for things like a place to stay.

SPEAK UP

VULNERABILITY #4

Students can be vulnerable if they have been abused in the past.

Abusers *target* people that are already victims of abuse. Children whose vulnerabilities were taken advantage of once are more likely to have it done again. Some people that were abused before may even think that the abuse was their fault or they deserved it.

SPEAK UP

Students Might:
- Students might want to know what abuse to which this is referring. Anyone who has experienced emotional, physical, or sexual abuse is more at risk for being exploited in the future. Unfortunately, future abuse can feel familiar to a victim. In addition, the victim may feel inadequate and may convince themselves that they deserve the abuse.

HOW MIGHT DANIEL BE VULNERABLE?

Daniel is a 7th grader who is a star player on the basketball team. His parents passed away when he was young, so he lives with his 4 younger siblings and grandparents. Growing up he often had older kids in the neighborhood as babysitters.

Daniel has kept a secret about being touched inappropriately by a babysitter when he was 9 years old. He hasn't told anyone, because he is afraid of looking weak.

SPEAK UP

HOW MIGHT DANIEL BE VULNERABLE?

Daniel may think abuse is a "normal" part of life because he experienced it at a young age.

He may also feel some shame about what has happened to him and he may be hesitant to talk to someone who can help him.

No matter what has happened to you in the past, it is never ok for someone to abuse you and it is never too late to tell a safe person.

VULNERABILITY #5

**Students can be vulnerable if they
spend lots of time in unsupervised settings.**

Abusers *target* people when they think they won't get caught. Children who spend time alone online without supervision are more likely to be targeted and interact with online abusers.

Prompts:
- Where are some places online where young adults might be vulnerable to predators?

HOW MIGHT CHANEL BE VULNERABLE?

Chanel's parents both work the second shift, so when she gets home from school she is left alone. After she gets her homework done she usually joins chat rooms to meet new people.

She has met lots of really cool friends and one says they live in the nearby town. He asks her if he can come over one day after school when her parents aren't home.


HOW MIGHT CHANEL BE VULNERABLE?

The safe adults in our lives can help us see deceptive people when we may not be able to see it. Deceptive people may target students like Chanel because it is easier to trick someone who does not have a safe adult helping them.

The internet can be a very dangerous place; if someone asks to come to your home or disclose personal information, do not listen to them.
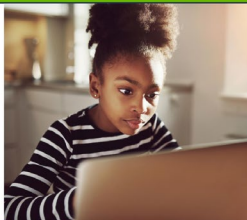
VULNERABILITY #6

Students can be vulnerable if they are struggling with drug and/or alcohol addiction.

Abusers *target* people when they think are weak. Youth that are struggling with addiction can find themselves vulnerable to abuse. Abusers might use the addiction as leverage to get what they want or might find situations to abuse when the youth are intoxicated or high.

HOW MIGHT SKYLYNN BE VULNERABLE?

Skylynn has been feeling really overwhelmed lately and has turned to alcohol as a coping strategy.

Last weekend she went to a party where she blacked out and passed out on a bed upstairs. When she woke up she wasn't fully dressed. Unsure if anything has happened, Skylynn doesn't know what to do.

HOW MIGHT SKYLYNN BE VULNERABLE?

Drugs and alcohol can be dangerous for many reasons, and one of those is that it can make you vulnerable to abuse. An abuser might have targeted Skylynn and waited until she wasn't able to say no to abuse her.

If you have a problem with drugs and alcohol you should talk to a trusted adult and ask for help.

HOW MIGHT SOMEONE TRY TO TRICK ME?

We all have **vulnerabilities**. Unsafe people may try to **exploit** these to get something from you.

The way they may try to trick you is called a **tactic**. If we know these tactics we can be high alert to keep ourselves safe.

Slide	Notes
WHAT TACTICS CAN BE USED? **Brute Force** — When someone physically forces you to do something you don't want to do. **Manipulation** — When someone tries to use guilt or shame to convince you to do something. **Befriending** — When someone pretends to be your friend, but really just wants something from you. **Threats** — When someone tells you that they will hurt you or someone you love if you don't do what they say. SPEAK UP	**Students Might:** ● Students might believe that predators are only mean, scary men that jump out of white vans. It is important to stress that predators often look like protectors. They can represent security. They are very skilled at assessing the physical and/or psychological needs of a person. They can easily take the place of a parental figure, friend, or significant other.
TACTIC #1- BRUTE FORCE *Laura decides to spend the night at her friend Katie's house. Katie's brother is home from college for the weekend.* *During the night Laura wakes up and goes to the kitchen to get a drink of water. Katie's brother is in the kitchen when she gets there. He tells her she is pretty and lifts up her shirt. She does not give consent, but he is stronger than her so she can not get away.* SPEAK UP	**Students Might:** ● Students might assume that this is the most common tactic, but in fact is the least common tactic used by predators.
TACTIC #1- BRUTE FORCE If someone is trying to use **brute force** on you, do your best to yell and get away. Sometimes that can be too hard to do because of shock or someone being stronger/bigger than you. Always tell a safe adult if something like this has happened to you. Keep speaking up until someone listens. Lastly, remember that it is never your fault if something has happened to you. SPEAK UP	**Students Might:** ● Students might assume that this is the most common tactic, but in fact is the least common tactic used by predators.
TACTIC #2 - MANIPULATION *Lucia just started a new relationship with Avery, a boy she met in her Algebra class.* *After just a few weeks, Avery tells Lucia that he loves her. He showers her with affection and compliments; this also can be called lovebombing.* *However, he tells Lucia that if she really loves him she will send him photos of her body, even though she doesn't want to send them.* SPEAK UP	**Prompts:** ● How do you think the affection and compliments allowed for the manipulation to happen?

TACTIC #2 - MANIPULATION

If someone is trying confuse you, make you feel guilty, or that you "owe" them something, it is likely **manipulation**.

You are not responsible for making others feel happy. You do not owe anyone anything that makes you feel uncomfortable.

Always tell a safe adult if something like this has happened to you. Keep speaking up until someone listens.

TACTIC #3 - BEFRIENDING

Lamar meets a friend, Mario, online while playing Minecraft. They spend time talking and playing every night.

One night Mario asks Lamar if he can meet him at the park, but Lamar knows his parents wouldn't let him since they haven't met Mario.

Mario tells him that he's got a present for him and he will need to meet up with him to get it.

Prompts:
- Why do you think this tactic might be the hardest one to recognize?

TACTIC #3 - BEFRIENDING

If someone is trying become your friend and then asks you to do uncomfortable things for them, they may be **befriending** you.

They may try to use your friendship as leverage to get what they want. Again, you do not owe anyone anything that makes you feel uncomfortable. And a real friend would not ask you for things like that.

Always tell a safe adult if something like this has happened to you. Keep speaking up until someone listens.

TACTIC #4 - THREATS

On a dare, Eman sends a text to a casual friend of her body with her new iPhone. The next day Eman gets a text message from an unknown number telling her to send another picture or he will tell her parents what she's been doing with her new phone.

Afraid of her parents finding out, Eman does what the stranger says. The threats and demands continue.
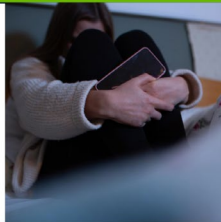
Prompts:
- Why do you think threats might be one of the most powerful tactics used by predators?

TACTIC #4 - THREATS

If someone is telling you something bad will happen if you don't comply with their requests, that's a **threat**.

Threats usually continue, even if the person says it'll stop. While you might feel scared, tell a safe adult that you're fearful of disclosing something you did, but you're being threatened so you want to speak up.

A safe adult should listen to and help you no matter what; no one deserves to be threatened.

HEALTHY VS. UNHEALTHY RELATIONSHIPS

An unsafe person could use some of these tactics through a your relationship with them. Here are some characteristics to help identify if your relationship is healthy or unhealthy:

Healthy Relationships Include:
- Mutual respect
- Trust and trustworthiness
- Honesty
- Anger control
- Open communication
- Encouragement to grow together and individually
- Compromise in understanding of one another's unique views
- Consent

Unhealthy Relationships Include:
- Control and manipulation
- Hostility
- Disrespect and dishonesty
- Intimidation
- Physical/sexual violence
- Isolation of partner from people/activities they were close to/enjoyed
- Dependence or threats
- Pressure to do things one partner feels uncomfortable with

DATING VIOLENCE WARNING SIGNS

Dating violence can include physical violence, sexual violence, psychological aggression, or stalking. It can take place in person or electronically. These are some of the top signs:

- Using insults, intimidation, or humiliation
- Extreme jealousy, insecurity, or controlling behavior
- Isolation from friends and family
- Unwanted sexual contact of any kind
- Explosive temper or unusual moodiness
- Constantly monitoring social media activities or location
- Invasions of privacy; showing up unannounced
- Leaving unwanted items, gifts, or flowers
- Abusing alcohol or drugs
- Threatening or causing physical violence; scratches, bruises.

Did you know…

There is something called **labor trafficking**. You probably learned about slavery in history class; sadly, it is very similar. It is when people are forced to provide work or service against their will.

The Blue Campaign is a public awareness campaign designed to educate people on human trafficking. They found that *worldwide there are almost 25 million victims of labor exploitation*! In the United States most victims are forced into domestic work inside of a home such as cooking or cleaning without pay.

LABOR TRAFFICKING VULNERABILITIES

There are **vulnerabilities** that labor traffickers look for because it makes it easier for them to use their **tactics**. The Blue Campaign lists these vulnerabilities that traffickers exploit:

- an unstable immigration status
- language barriers
- living in poverty
- past trauma
- lacking a social support system
- having a physical or mental disability

SPEAK UP

LABOR TRAFFICKING INDICATORS

It is helpful to know the signs for **labor trafficking** so you can keep yourself safe and/or notify a safe adult if you think someone is in trouble. Some of the indicators, according to the Blue Campaign, of this type of exploitation include if someone is/has:

- disconnected from friends, family, school community, etc.
- sudden change in behavior
- fearful, timid, or submissive
- signs of being deprived of food, water, sleep, or medical care
- seemingly not able to make their own decisions or "coached" in what to say

SPEAK UP

- Explain how technology and **social media** can be used by abusers and analyze scenarios
- Describe strategies to stay safe online

SECTION 3 OUTCOMES

SPEAK UP

Facilitator Says:
- Today you will take part in an experience designed just for you called Empowered. During today's lesson we will discuss how abusers can use social media and ways to stay safe online.

WELCOME TO EMPOWERED

Dear Students:

If you look around, most people are on a iPhone, iPad or other smart device. In our online and internet world, deceptive people may try to trick you when you're online.

In this section, you will learn how you can be **EMPOWERED** to stay safe as you enjoy our modern world!

SPEAK UP

8-12 year-olds spend
6 hours daily on technology.

13-18 year-olds spend
9 hours daily on technology.

This provides the ideal environment for abusers to deceive and manipulate teens.

SPEAK UP

Prompts:
- What dangers do you foresee in being extremely transparent online?
- Why do you think it is so easy for young adults to be so open online?

SOCIAL MEDIA VULNERABILITY #1

When you post **provocative or revealing posts**, predators may assume that you are seeking attention and validation from others.

Example: *Alisha posts a picture of herself on the beach in her bikini. Her Instagram profile isn't private and she gets lots of likes from new followers.*

SPEAK UP

Caution:
- Unfortunately in our society, there is the assumption that girls are "asking for it" when dressed in a way that is not viewed as modest. We want to make sure that when reviewing these scenarios, that nobody "asks for it" or invites in abuse. The predator is always at fault.

SOCIAL MEDIA VULNERABILITY #2

Negative or overly dramatic messaging like "I hate school, I hate my parents, etc." can make predators believe you have certain vulnerabilities they can prey on or have needs they can meet.

Example: *Raul is furious because his parents said he can't go out and tweets out, "Nobody understands me." A user named Jason responds, "I know what you mean. I hate my parents. What happened?"*

SPEAK UP

SOCIAL MEDIA VULNERABILITY #3

If you **accept requests** and messages from people you don't know, you may be deceived about whom you are chatting with.

Example: *Lillone gets a friend request on Roblox from someone saying they went to elementary school with her. However, they have no pictures of themselves and she doesn't recognize the name.*

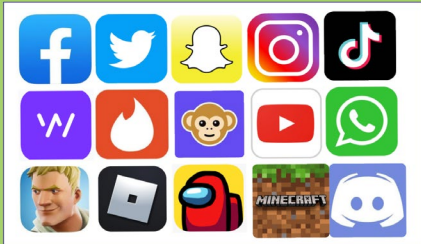**SPEAK UP**

SOCIAL MEDIA VULNERABILITY #4

If you **"check in" to places through social media**, followers know where you are located and can easily find you.

Example: *Jennifer goes to the movies with her brother and posts about what they are going to see on Instagram. She tags the theater that she's at in her hometown.*

BE ON HIGH-ALERT ONLINE

Abusers can target you on social media, gaming sites, and in chatrooms.

Prompts:
- Which of these apps do you use?
- What can make some of these apps unsafe and make users prone to exploitation?

KEEP IN MIND...

Most of us live in places that have laws or rules about the types of images that can be shared online or be on our devices.

Keep in mind that you should NEVER post or have any photos on your device that may show the body of a minor. Even something that may seem funny, like snapping a picture of a friend over the bathroom stall, could have legal consequences.

ISN'T IT JUST LIFE THESE DAYS?

You may have heard of something called "sending nudes". This is a term for sharing photos of your body. Someone may ask you to do this, or you may think it is ok to ask someone for this. This is *never a good idea* for many reasons.

These photos exist forever (even on apps where images disappear, they can be captured with other devices). They could be shared online any time, even years after when you are much older.

ISN'T IT JUST LIFE THESE DAYS?

Remember, these images live on a device that is subject to state laws about the possession of images of minors; there could be serious legal consequences for having them. And that device could fall into the hands of anyone, who could share those images anywhere.

Lastly, you may trust the person who has them now, but things can always change; someone could seek revenge by using these images to humiliate you.

SPEAK UP

THESE IMAGES ARE PEOPLE, TOO

At some point you may come across lewd images and videos online. These images have the potential to *distort people's view on the realities of how bodies look* and the i*mportance of consent and communication* in healthy intimate relationships.

SPEAK UP

Caution:
- We do not want the conversation to turn to who has or hasn't viewed porn. We also don't want to communicate shame if a student has viewed porn. What we want to convey is that trends in porn are seeing an increase in more violent situations without healthy forms of communication. This can create a distorted and unhealthy view of sex later on in life.

I'M JUST LOOKING. WHAT'S THE BIG DEAL?

We are not aware of the people's situations that are found in these lewd pictures and videos. These people may be being forced to work against their will. They could be experiencing threats, violence, and coercion to take these pictures and videos.

When you look at these images it *increases demand*, which in turn causes more images to be produced. And those images could be producing more human trafficking victims.

SPEAK UP

WHEN ONLINE, REMEMBER...

- Accept requests and chat with people that you know in person
- Set profiles to private
- Turn off GPS/location services on social media applications

SPEAK UP

Students Might:
- Students might not be willing to adhere to all of these suggestions. For example, if a student is trying to promote a blog that they are starting, they wouldn't want their profile to be private because they would want more exposure to the public. It is important to reiterate that we just want young adults to be "smart" online and make choices that set them up to be protected and not victimized.

WHEN ONLINE, REMEMBER...

- Block the people that make you feel uncomfortable
- Don't send anything you would be embarrassed by if it went viral
- Immediately speak to an adult if someone is harassing or threatening you, asking for favors, personal information, pictures, etc.
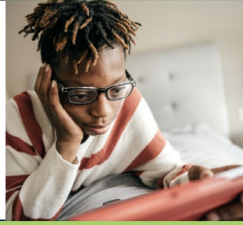
SPEAK UP
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STUDENTS SHOULD NOW BE ABLE TO:

- Define **consent**
- Define **intuition**
- Explain how **shock** may impact someones initial response
- Identify your **SAFE adults**
- Define **gaslighting** and how it can be used

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STUDENTS SHOULD NOW BE ABLE TO:

- Describe the **risk factors** or **vulnerabilities** that some abusers may look for
- Describe the common **tactics** that abusers may use
- Describe the vulnerabilities and indicators of **labor trafficking**
- Explain how technology and **social media** can be used by abusers
- Describe strategies to stay **safe online**
- Analyze scenarios and apply key concepts and vocabulary

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STUDENTS SHOULD BE ABLE TO DEFINE THESE KEY TERMS:

- Consent
- Intuition
- SAFE adult
- Shock
- Gaslighting
- Vulnerabilities
- Abusers
- Tactics
- Brute Force
- Manipulation
- Befriending
- Threats
- Exploit
- Labor trafficking
- Social media
- Online safety

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POST-TRAINING SURVEY

SPEAK UP