

CONVERSATION RESOURCES

7th Grade

The following information and suggestions are provided to assist you in your effort to protect your children and to keep them safe.

The NO-GO-TELL Rule

NO – Say NO when someone suggests or invites you to do something which is wrong or which makes you feel uncomfortable.

- To people who ask you to keep secrets from your parents or a teacher.
- To strangers who are offering you gifts.
- To strangers on the internet who invite you to meet with them.
- To strangers who want to take pictures of you.

GO – Safely and quickly remove yourself from the situation.

TELL – Let a trusted adult know what happened immediately.

- Tell the truth/facts without exaggeration.
- Do not keep quiet when something inappropriate happens to yourself or a friend, share it with a trusted adult.

Day to Day Safety

1. Discuss appropriate and inappropriate touches
 - No one should touch youth in a way to that makes them feel uncomfortable.
 - Role-play: What would you do if someone touched you in a way that makes you feel uncomfortable?
2. “Hurtful Secrets”
 - Remind your teen that silence is not a solution; secrets are a powerful tool for sex offenders and they may instill fear into victims who are ashamed of admitting what has happened.
3. Discuss Common Sense rules, such as:
 - Do not accept anything that could contain drugs.
 - Do not be alone with an adult who is not your parent.

Scenarios

1. What should you do if an adult or teen asks you to get in a car with them and you don't feel safe or comfortable?
2. What should you do if someone asks for personal information on the internet or on the phone?

Internet/Technology Safety

1. Internet Safety Guidelines

- Do not share personal information over the internet or smart phone.
- Discuss house rules for using the Internet.
- Discuss that information shared online is often there to be viewed by different people including parents, peers, school personnel, college administrators and future employers.

2. Sharing Online

- Have you and your friends talked about what types of pictures are okay to post online?
- Ask: Have you shared pictures of yourself online or by phone?
- Instruct: Do not share inappropriate photos of yourself or others.
- Explain that it is not okay for adults or peers to take pictures of your child without clothes.

3. Internet “Friends”

- Check the privacy settings on social networking accounts such as Facebook.
- Do not email or use Facebook with people you do not know.
- Has anyone contacted you online that you do not know?
- What kind of information do you feel is safe to share online?
- Have people you don’t know tried to “friend” you on Facebook?
- Do you personally know all of your Facebook “friends”?
- Do not give out your home address or phone number to strangers.

Best Practices

1. Make time to communicate with your child, remembering that listening is the most important part of the communication. This communication should be ongoing.
2. Be sensitive to changes in your child’s behavior and talk to them about the changes when you notice them.
3. Be familiar with your child’s friends and activities. Get to know the parents and home situation of your child’s friends.
4. Discuss peer pressure and whether older teens or adults want to be their friend.

Resources

Missing and exploited children: www.missingkids.com

Netsmartzkids: www.Netsmartz.org