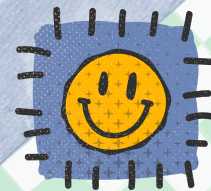
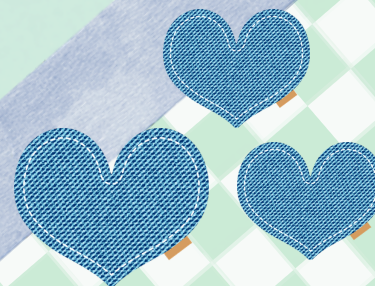
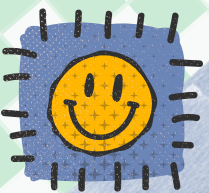


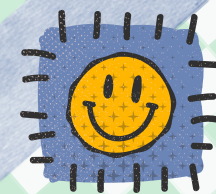
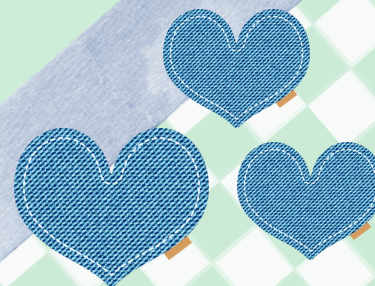
SAFETY RULES





Today we will talk about:

- Safety Rules Review
- Internet Safety
- Disrespectful touches
- Healthy relationships
- Bullying
- Cyberbullying
- Upstander Vs. Bystander



Everyday Safety

What safety rules do you already know? At home, school, with friends, etc!



Everyday Safety

Do you know these?



Your home address



Phone number

Important to Remember!

No, Go, Tell!

Saying No!

You are the
boss of your
body!

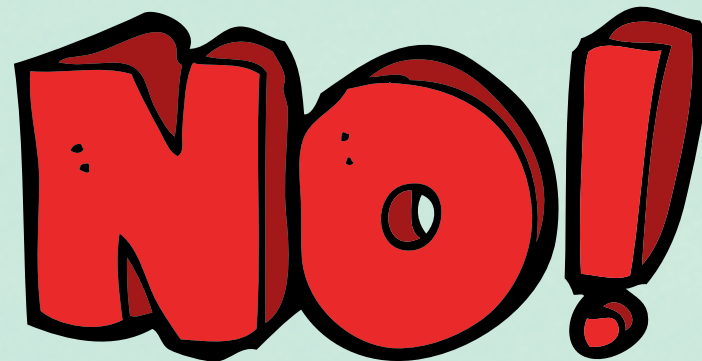
Trusted Adults

Think of two
adults you can
tell anything to.



Disrespectful Touches

A hurtful touch is any touch that hurts your body, your feelings or makes you uncomfortable. This can include someone hitting you, Kicking you, pinching you, or throwing things at you.



NO!

Bathing Suit Zone



No one should touch, look at, or take pictures/videos of your private body parts.

No one should ask you to touch, look at, or take pictures/videos of their private body parts.

**Remember,
trusted adults
at home or
doctors may
need to touch
your private
area to keep
you healthy.**

Our Instincts



your body is telling you
something is wrong!



**When your gut is telling you something is wrong, it
is time to find your trusted adult for help.**

Safe Secrets & Unsafe Secrets

Safe secrets:

- surprise parties
- gifts
- surprise vacations
- surprise dinner

Unsafe secrets:

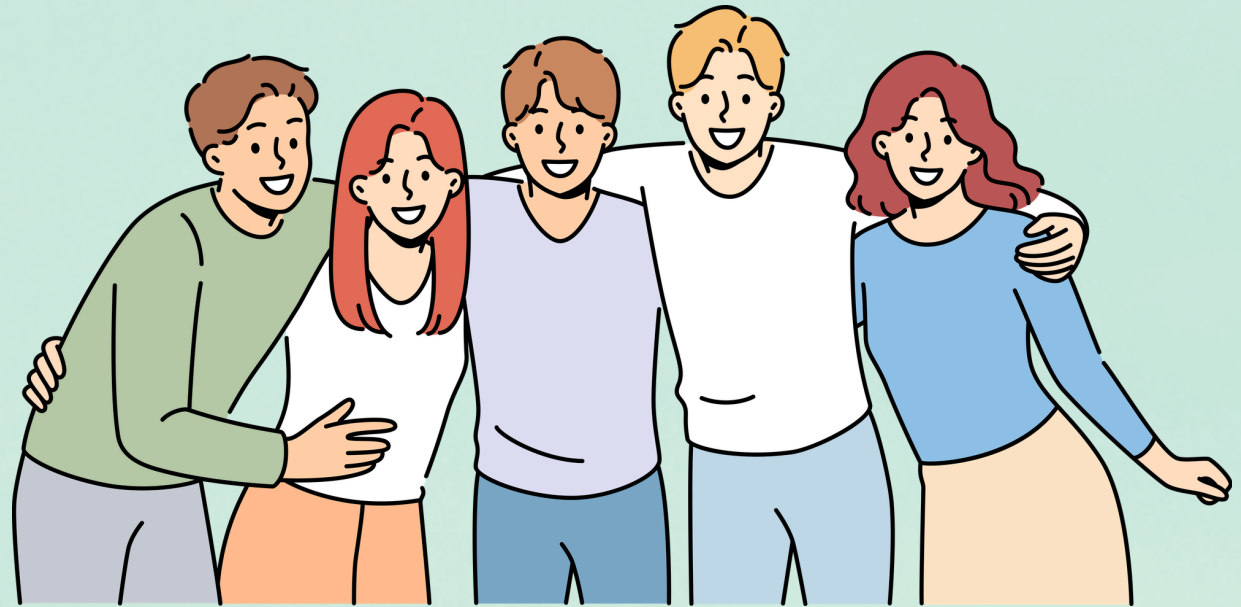
- disrespectful touches
- private touches
- anything that makes you uncomfortable

& remember it is important to always tell the truth

Healthy Relationships

Healthy relationships are:

- Safe
- Trusting
- Loving
- Respectful
- Kind
- Understanding



Unhealthy Relationships

Unhealthy
relationships
can feel:

- scary
- unpredictable
- hurtful
(words or actions)
- disrespectful



Bullying

Bullying is when someone keeps being mean on purpose to hurt or control another person. It's not just a one-time thing, it happens over and over again.

3 characteristics of bullying:

- it is on purpose
- it is repeated
- there is an imbalance of power (one sided)



What is NOT bullying?

- Someone accidentally tripping you
- Back and forth
- One time argument
- Disagreeing with someone

Cyberbullying

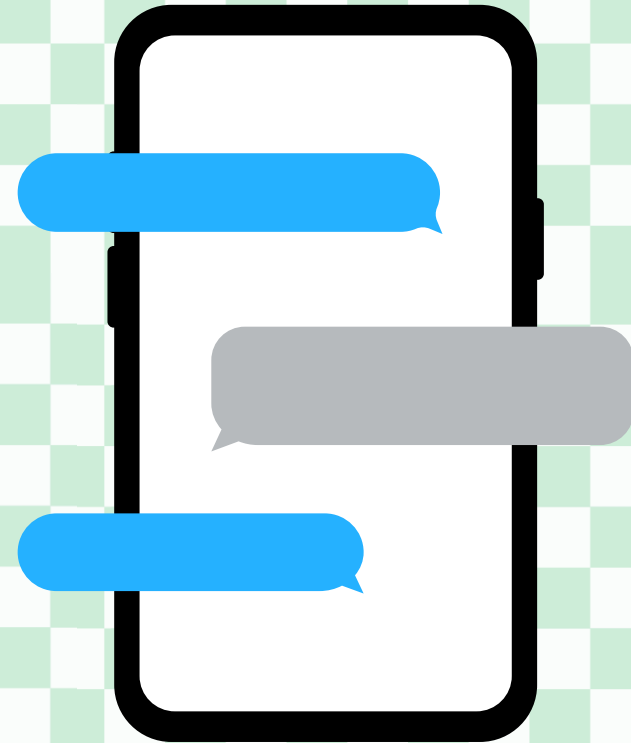


Cyberbullying is when someone is mean to others online over and over again to hurt or embarrass them. It can happen on phones, tablets, computers, or gaming systems.

Cyberbullying

Examples of
cyberbullying:

- Mean messages (texts, DMS)
- Posting rumors
- Fake profiles
- Posting embarrassing pictures without permission



Internet Safety

Safe vs. Unsafe information



NEVER meet up
with someone
you met online

Unsafe to Share:

Full name

Home address

Your school

Passwords

Phone number

Photos/videos of self

If someone asks you for any personal
information, who do you tell?

Upstander Vs. Bystander

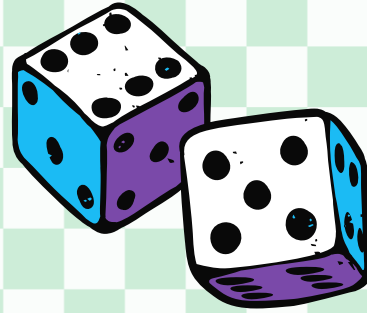
See something, say something!

An Upstander is someone who sees an unsafe or harmful situation and steps in to help the person at risk. This could also mean telling a trusted adult.

A Bystander is someone who watches or even creates unsafe situations for others by hearing about it or seeing it and doing nothing.

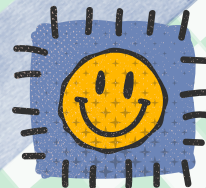


Tricks





What did we talk about today?

- We reviewed our safety rules
 - Internet Safety
 - Hurtful touches
 - Healthy Relationships
 - Bullying
 - Cyberbullying
 - Upstander Vs. Bystander
- 
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