



9-12TH GRADE PARENT INFORMATION SHEET

DEAR PARENT OR GUARDIAN,

Your student participated in the MBF Teen Safety Matters® program today. The program teaches students how to spot and respond to bullying, cyberbullying, child abuse, and digital dangers. The program is based on the latest research and has been reviewed and endorsed by national experts.

We would like to share with you what your teen learned and suggest how you can continue these safety lessons at home. Just like other subjects, the more you practice with them, the more likely they will be able to use what they have learned. For additional information and resources, visit our website at www.mbfpreventioneducation.org.

YOUR TEEN LEARNED ABOUT...	HOW YOU CAN REINFORCE THEIR LEARNING
The 5 Safety Rules Safe Friends Safe Adults Being an Upstander	What are MBF 5 Safety Rules®? How can the 5 Safety Rules help keep you safe? » The MBF 5 Safety Rules are guidelines to help your teen stay safe as they encounter situations that might be unsafe. » Safety Rule #1: Know What's Up means being aware of their environment and the people around them. It means knowing important information to help keep them safe, like your phone number, address, etc. » Safety Rule #2: Spot Red Flags means recognizing potential dangers online and in real life. Red Flags could include adults or other teens trying to trick or force them into doing something unsafe or inappropriate, or online connections trying to meet in real life. » Safety Rule #3: Make a Move means if they spot a red flag, they GET AWAY and STAY AWAY. » Safety Rule #4: Talk It Up means they use their voice by reporting an unsafe situation, using an assertive voice to say "no", or talking to a Safe Adult. » Safety Rule #5: No Blame No Shame means if they are ever hurt, it is never their fault, and they should not be ashamed to tell someone. Who are your Safe Adults? Who are your Safe Friends? » A Safe Adult is someone they can go to if they ever feel unsafe or are hurt. We recommend they have two - one inside the home and one outside the home. » A Safe Friend is someone they trust and feel comfortable talking to. A Safe Friend might support them in talking with a Safe Adult; it's not meant to replace a Safe Adult. What did you learn about being an Upstander? » An upstander is someone who speaks up or acts to try to help a person who is being hurt.

The MBF 5 Safety Rules



KNOW WHAT'S UP



SPOT RED FLAGS



MAKE A MOVE



TALK IT UP



NO BLAME | NO SHAME



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Your teen will have more lessons of the *MBF Teen Safety Matters* program in the future. Review the information below to be prepared for what's to come.

YOUR TEEN IS GOING TO LEARN ABOUT...	HOW YOU CAN REINFORCE THEIR LEARNING
Healthy Relationships Consent Boundaries Unhealthy Relationships Bullying Cyberbullying Digital Safety Types of Abuse » Physical » Sexual » Emotional » Neglect	» After each lesson, ask your teen what they learned. » Spend regular, uninterrupted time with your teen. Talk about their school and personal life, their relationships (friends and romantic), and their activities. » Even if your teen is not openly sharing, they are listening and talking with them will help them know you are available and interested. » Questions to guide your discussion on Safety Planning: » How do you balance being social online while protecting your privacy? » How often do you review privacy settings on social media accounts and video game sites? » What does it mean when we say someone has crossed a boundary? » Let's make a list together of people you could talk to if you needed help. » What would you do if someone you met online wanted to meet in person? » Why would it be unsafe to get support or ask relationship questions from an online AI system? » Use everyday opportunities, such as when using technology (for example, cell phones), to ask them how they might apply the Safety Rules if they were faced with an unsafe situation. Talk about activities that occur both online and offline. » Complete the activity below on sextortion.

ADDITIONAL RESOURCES:

- » www.common sense media.org/parents-ultimate-guides
- » www.IROC2.org
- » www.missingkids.org
- » www.mbfpreventioneducation.org



PARENT AND TEEN ACTIVITY

Sextortion is when youth are threatened with having private images shared unless they provide more sexual content, sexual activity, or money. The National Center for Missing and Exploited Children (NCMEC) created a 10-minute interactive film, based on real Cyber TiPLine reports, that follows a 15-year-old boy's sextortion story.

Why it matters: Between 2021 and 2023, reports of online enticement and financial sextortion rose by over 300%.

Watch this video together: <https://noescaperoom.org/>

If your teen has a nude, partially nude, or sexually explicit photo or video of them shared online, there is a free service that can help them take it down. Visit takeitdown.ncmec.org for more information.