

TALKING POINTS

MODULE III: Relationship and Situational Safety

Slide Number	Slide Contents	Comments and Questions	Guidance
1 Title	Module III: Relationship and Situational Safety	? What do you think situational safety might include?	<i>The Rainbow Youth Protection Program was adopted by the SEB in 2014. This is the third of four training modules for youth and adults.</i>
2 Objectives	<p><u>OBJECTIVES</u></p> <p><u>Relationships</u>: Heighten Awareness of How An Individual May Exercise Influence or Control of Another</p> <p><u>Situations</u>: Increase Recognition of Situations Which May Become Unsafe or Harmful</p>	? What do you hope to get out of today's training?	<i>Engage participants right away with questions to get them thinking and talking about the content.</i>
3 Relationships	<p>RELATIONSHIPS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Strangers <input type="checkbox"/> Acquaintances <input type="checkbox"/> Authorities <input type="checkbox"/> Friends <input type="checkbox"/> Family <p><i>Who influences you?</i></p> <p><i>Who do you influence?</i></p>	<p>? How many different types of relationships can you think of?</p> <p><u>Strangers</u>: while it's good to be cautious around those we don't know, over 90% of abusers are known to their victims</p> <p><u>Acquaintances</u>: people you've just met or those you recognize but don't know well</p> <p><u>Authorities</u>: teachers, coaches, leaders (those in charge), clergy, emergency personnel</p> <p><u>Friends</u>: classmates, neighbors, BFFs</p> <p><u>Family</u>: parents, siblings, cousins, etc. Some consider close friends to be "family".</p>	<p><i>Explore who falls into these categories. Are there other categories that come to mind?</i></p> <p><i>When does an acquaintance become a friend?</i></p> <p><i>How does one person influence another?</i></p> <p><i>Help participants compare and contrast levels of relationships, levels of trust, familiarity, etc.</i></p>
4 Signs of Potential Abuse in Relationships	<p>RED FLAGS OF POTENTIAL ABUSERS</p> <ul style="list-style-type: none"> ➤ Possessiveness ➤ Controlling behavior ➤ Pressure to do things you don't want to ➤ Name-calling or insulting ➤ Constant criticism ➤ Any physical action with the intent or result of harm, such as slapping, hitting, pinching, hair pulling, or shoving. 	<p>? What are the "red flags" of potential abuse?</p> <p>? What other signs have you observed?</p> <p>? What can you do when someone behaves in these ways toward you?</p>	<p><i>Consider that these behaviors may occur in any type of relationship.</i></p> <p><i>Help participants explore responses to these behaviors through small group discussion or role play.</i></p>

5 Dating Safety	<p>DATING SAFETY</p> <ul style="list-style-type: none"> ❖ Know the person before going out alone. ❖ Have a plan of how the time will be spent, and let others know your plans. ❖ Always carry your phone. ❖ Go with groups. ❖ Do not allow yourself to become drunk or high, which will limit your ability to keep safe. ❖ Trust your instincts. If something doesn't feel right, ask to go home or call for help. ❖ Do NOT confront a date when alone. 	<p>? If you like someone you've just met, why would you need to get to know them better before going out alone?</p> <p>It's very tempting to go out alone with someone who seems nice. However, until you get to know someone well enough to know something about their personality and personal habits and ethics, you may be in for a big surprise. And it may not be a pleasant surprise!</p>	<p><i>Consider that "Dating Safety" applies to all relationships that could result in going out one-on-one.</i></p>
6 Bullying	<p>BULLYING BEHAVIOR</p> <ul style="list-style-type: none"> ➤ Intentionally abusive ➤ Threatening, humiliating, intimidating ➤ Demanding or demeaning ➤ Increasing levels of aggression ➤ Escalating in intensity ➤ Blaming others for problems ➤ Not accepting responsibility for actions ➤ Threatening physical harm or loss of belongings or privilege 	<p>Bullying is a pattern of intentionally abusive conduct. It is driven by the bully's need to control, and is deliberately initiated by those who seek to identify and exploit the weaknesses of an individual for their own purposes. It may involve acts of commission or omission. The behavior tends to expand to involve others who side with the bully, either voluntarily or through coercion.</p>	<p><i>There is an excellent 7 minute video focusing on the mother of a young man, Daniel, who committed suicide after being bullied:</i> https://youtu.be/J3CwdQDWqn4</p> <p><i>Explore ways to respond to a bully in small group discussions or roleplay. Prepare for discussion by visiting www.stopbullying.gov and other online resources.</i></p>
7 Drugs and Alcohol	<p><u>DRUGS AND ALCOHOL</u></p> <p><u>TYPES OF MISUSE:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Prescription Drug Misuse and Overuse <input type="checkbox"/> Illegal or Street Drug Use <input type="checkbox"/> Alcohol Misuse <input type="checkbox"/> OTC Medication Misuse <p><u>CONSEQUENCES:</u></p> <ul style="list-style-type: none"> ➤ Impaired Judgement and Thinking ➤ Addiction ➤ Poisoning ➤ Health Risks ➤ Affected Brain Development 	<p>? What kind of substances can be abused?</p> <p>? What consequences can you think of?</p> <p>? Did you know...:</p> <ul style="list-style-type: none"> ▪ Alcohol use among US teens is higher than tobacco and other substance use? ▪ Teen brains are still "under construction" and respond differently than adult brains to alcohol. Physiological differences between teen and adult brains may explain the elevated risk of binge drinking in youth? ▪ Because teens tend to binge drink, they consume larger quantities than adults. Alcohol use is responsible for more than 4300 deaths of persons under 21 yearly? ▪ ER visits per day for drug misuse or abuse by youth include: 74 for prescription or OTC pain relievers; 32 for antidepressants or antipsychotics; 31 for benzodiazepines; 26 for narcotic pain relievers; 11 for ADHD meds. 	<p>You can use the talking points at left as true or false questions to stimulate discussion.</p> <p><i>The National Institute of Mental Health has helpful information on brain development and the effect of substances on that process.</i></p>

8 Safe driving	<p>SAFE DRIVING</p> <ul style="list-style-type: none"> ▣ Motor vehicle crashes are the leading cause of death for US teens ▣ Seven teens die <u>every day</u> from MV injuries ▣ Teen drivers have 3x the fatal crashes of older persons ▣ Alcohol is a factor in many teen crashes ▣ 1 in 10 teen in high school drinks and drives 	<p>The combination of drinking and driving is complicated by youth inexperience with both.</p> <p>In the past 20 years, teen drinking and driving has decreased, yet it's still a major threat.</p>	<p><i>The Centers for Disease Control has useful information on Injury Prevention and Control on their website, including motor vehicle safety, violence prevention, home and recreational safety, prescription drug overdose, and other preventable situations.</i></p> <p>www.cdc.gov</p> <p><i>Teen driver education toolkit and fact sheets:</i></p> <p>http://www.nhtsa.gov/DriverEducationProgram</p>
9 Cyber Safety	<p>CYBER SAFETY</p> <ul style="list-style-type: none"> ▣ ThinkB4uClick ▣ Use privacy settings and security tools ▣ Use good digital hygiene ▣ Be cautious where you go and what you open ▣ Choose passwords that are easy for you and hard for others. DO NOT SHARE! ▣ Remember: pictures last a lifetime! What you document today will be there when you go to college, apply for jobs, get married, or have children. 	<p>? How do you protect yourself and your identity online?</p> <p>? How could you protect yourself from cyber harassment?</p>	<p>HANDOUT ON CYBERBULLYING (OPTIONAL)</p> <p>Also check out resources on cyberbullying at www.stopbullying.gov</p>
10 Assessing Risk	<p>ASSESSING RISK</p> <ul style="list-style-type: none"> ▣ What are pros and cons of this activity? ▣ What affects your ability to stay safe? ▣ What could happen? How? Why? ▣ How likely are the risks? ▣ How severe are the consequences? ▣ Is it really worth it? ▣ What modifications can you make to increase safety? 	<p>We've talked about several different kinds of situations and relationships that could affect your safety and wellbeing.</p> <p>? What steps do you think you could take to increase your safety?</p>	<p>Use small group discussion or pen and paper exercises to let participants practice these steps in assessing and managing risk. You could give each group to scenario of a likely activity and see how thoroughly they can process it.</p>

11 Suicide Awareness	SUICIDE AWARENESS 1-800-273-TALK (8255) Prevention Lifeline Warning Signs: <ul style="list-style-type: none"> ▣ Talking about suicide; obsession with death ▣ Feelings of helplessness or hopelessness ▣ Saying goodbye or getting affairs in order ▣ Withdrawing from friends and family ▣ Self-destructive behavior ▣ Sudden sense of calm 	<p>Sometimes people use self-violence when they feel hopeless about their lives. It's important for us to support and encourage each other to know things will get better. If you know of someone who is exhibiting some of these behaviors, please speak with a trusted adult about the situation.</p> <p>A suicidal person may not ask for help, but that doesn't mean that help isn't wanted. Most people who commit suicide don't want to die—they just want to stop hurting. Suicide prevention starts with recognizing the warning signs and taking them seriously. If you think a friend or family member is considering suicide, you might be afraid to bring up the subject. But talking openly about suicidal thoughts and feelings can save a life.</p>	<p><i>HANDOUT ON SUICIDE AWARENESS AND PREVENTION (OPTIONAL)</i></p> <p>Visit this website for helpful information: http://www.helpguide.org/articles/suicide-prevention/suicide-prevention-helping-someone-who-is-suicidal.htm</p>
12 Resources	<p style="text-align: center;">RESOURCES</p> <p><u>If you or someone you know is in immediate danger, call 911</u></p> <ul style="list-style-type: none"> ▪ www.loveisrespect.org or 1-866-331-9474 ▪ www.stopbullyingnow.com ▪ www.wiredsafety.org ▪ www.stopbullying.gov ▪ www.helpguide.org ▪ http://www.nhtsa.gov/Driving+Safety/Teen+Drivers/Teen+Drivers+-+Additional+Resources ▪ Suicide Helpline: 1-800-273-TALK (8255) 		<p>Check out these resources prior to the presentation. Consider including these websites and phone numbers in a resource list that you hand out during the training.</p>