

Today we presented parts of the Safer Smarter Teens, Personal Power Curriculum and the following topics were discussed. For more information and ways to further discuss these topics with your teen, please go to [www.saferSMARTerteens.org](http://www.saferSMARTerteens.org).

The concept of **Positive Personal Power** was presented including:

- The **Power** to recognize danger/abuse (Red Flags)
- The **Power** to say “no”
- The **Power** to get help
- The **Power** to set personal body boundaries

We spoke about safe and unsafe relationships. A safe relationship is one with an appropriate balance of power. An appropriate balance of power is when both people share in the decision making, feel comfortable communicating, and respect each other’s wishes. **TFA (Think Feel Act)** was discussed as a **Power Play** to address possible red flags. Your child was encouraged to **Think** about a situation, decide how it makes them **Feel**, and then **Act** to keep themselves safe using their **Personal Power** and **Power Plays**.

Grooming and sexual abuse were discussed. It is extremely important to be aware of the signs of **grooming** and remember the **warning signs** if someone:

- Gives you special gifts, favors or treatment
- Works hard to gain your trust and access to you
- Is especially controlling in a relationship
- Acts in secretive ways
- Tries to be alone with you (isolation)
- Touches you in ways that makes you feel unsafe or uncomfortable
- Engages in threats or coercion

**It is important that if you notice any of these warning signs, tell a trusted adult and get help.** You have the right to maintain control of yourself and stay safe.

We also discussed some of the dangers of the internet, social media and technology. They were taught **Power Plays** for **Cyber Safety** including:

- Play online games only with people you know
- Don’t post revealing photos or information about yourself
- Never agree to meet someone you don’t know

Students learned that standing up for yourself and others may feel risky, but it’s important to keep telling until you are **heard** and **helped**.



It is extremely important to be aware of the signs of **grooming**, both for yourself and your friends. Remember the **warning signs** if someone:

- Gives you special gifts, favors or treatment
- Works hard to gain your trust and access to you
- Is especially controlling in a relationship
- Acts in secretive ways
- Tries to be alone with you (isolation)
- Touches you in ways that makes you feel unsafe or uncomfortable
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**If you notice any of these warning signs, tell a trusted adult and get help.**  
**You have the right to maintain control of yourself and stay safe.**

## RESOURCES

- **Suicide Prevention Lifeline**—24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals 1-800-273-TALK (8255) or 1-800-SUICIDE (784-2433) Text to 1-800-273-TALK (8255) or 1-800-SUICIDE (784-2433)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- **National Dating Abuse Helpline**—24/7 support for teens, young adults and their concerned friends and family members who have questions or concerns about their dating relationships 1-866-331-9474 (TTY: 1-866-331-8453) Text “LOVEIS” to 22522 [www.loveisrespect.org](http://www.loveisrespect.org)
- **Teen Line**—Teen-to-teen hotline and community outreach program available every night from 6-10 pm to help adolescents address their problems in a confidential, anonymous and comfortable way 1-310-855-4673 Text “TEEN” to 839863 [www.teenlineonline.org](http://www.teenlineonline.org)
- **Trevor Project Lifeline**—24/7 crisis intervention and suicide prevention services for lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24 (1-866-488-7386)  
[www.thetrevorproject.org](http://www.thetrevorproject.org)
- **Call for Help Sexual Assault Victims** 1-618-397-0975 [www.callforhelpinc.org](http://www.callforhelpinc.org), support services for victims of rape, incest or sexual abuse.
- **Illinois Child Abuse Hotline** 1-800-25-ABUSE (22873) to report child abuse or neglect of a child/teen

