



Personal Safety for Middle School/High School

These sessions will teach pre-teens and teens that they are still vulnerable to the secrets and tricks of older persons who have inappropriate boundaries and can make hurtful choices. They will be reminded that they are in charge of their bodies and personal space. They will have practice being assertive through discussions and role plays.

Learning Objectives:

Personal Safety

- Remind young persons that they are in charge of their bodies and personal space
- Understand secrets and tricks of offenders – even though they are getting older
- Understand the importance of not keeping hurtful secrets
- Know the importance of telling an adult until someone understands and helps
- Know that uncomfortable touch from an adult is never the younger person's fault

Programs on the following topics can also be provided

Internet Safety

- Learn guidelines for using the internet safely and politely
- Encourage teens and pre-teens to talk to parents about any unsolicited sexual comments
- Understand not to give out personal information—people are not always who they say they are
- Comprehend the danger of meeting an on-line acquaintance without a parent present
- Learn how to deal with cyber-bullying by learning the 12 rules of protection

Sexual Harassment

- Understand the meaning of sexual harassment and some examples
- Know that sexual harassment is against school policies and the law
- Identify some feelings a person who is harassed may have
- Learn what to do if they, or a friend are harassed
- Realize that anyone can be harassed – it is not their fault

Healthy Relationships

- Learn the qualities of a real friend
- Understand that attraction is important but characteristics of a friend should also be present in relationships
- Identify unacceptable qualities and dangerous behaviors
- Specify the possibility of mixed messages and how to be clear and assertive
- Rules to follow on a date to assure safety

Family Support Line encourages discussion, uses video examples and role plays to practice assertiveness. Programs require a minimum of 45 minutes for each topic.

If you are interested in scheduling one of these programs, please contact Mary Hove, Education and Training Director, at 610-891-5277 or mary@familysupportline.org.