

# EMPOWERED **SPEAK UP** <sup>TM</sup>

[Fight Child Abuse](#)

# FOUNDATION OF SAFETY

Have you ever seen the foundation of a building? It is a surface made of a very hard material that holds all the other elements of the building up. Without it, a building could not stand.

The concept of **consent** is much like the foundation of a building. It holds up your right to be safe and have authority over your body.



# YOUR BODY IS YOURS

Despite what anyone says, you are the boss of your body.

- You should have total say over how your body is touched.
- This concept is called **consent**. Consent is a synonym for permission.
  - You need to give **consent** for someone to touch you.
  - You need to get **consent** before you can touch someone else.



# RECAP: WHAT IS CONSENT?

Permission

You need to give  
consent for  
someone to  
touch you.

You need to get  
consent before  
you can touch  
someone.

# CONSENT SCENARIO

*Janelle just started dating Justin and they go to the movies together. Once the lights are out Justin reaches over to start touching Janelle's cheeks. He then leans over to kiss her without asking. She is very tense and uncomfortable.*





# CONSENT SCENARIO SOLUTION

Janelle has not given **consent** for Justin to touch her like that. Even if you begin dating someone, you have to ask for and get consent before touching someone else's body. Janelle should speak up and say, "While we might be dating, I do not want you to touch me like that."



- Inside yourself, you have something called your **intuition**.
- Intuition gives us the ability to use feeling to understand something, rather than just use reasoning.
- **Intuition** is often the best safety meter you have.
- If something feels wrong, it probably is. If you are unsure, you can ask a safe adult to help you determine if it is unsafe or not.

## WHAT IS THE BEST WAY TO KNOW IF I'M UNSAFE?

When someone is being unsafe with you, it can feel confusing and may leave you feeling like you can't speak up or think clearly.

This feeling is called **shock**. This is a very common reaction. You might look back at the event and feel ashamed that you didn't speak up more. You may blame yourself for not standing up to this unsafe person. It is not your fault.

**IT'S NOT YOUR  
FAULT, EVEN IF YOU  
COULDN'T  
SPEAK UP**



When we are in **shock**, it's hard to find your voice, but that is not your fault. With time, shock may pass and you may better understand how you were wronged. No matter how much time has passed, it is always ok to talk to someone about unsafe situations.

Many people do not discuss things in the past because they feel like it's too far behind them or they should have done more to stop it at the time. This is not true; it is always ok to talk to a safe person about these things.

**IT'S NEVER TOO  
LATE TO TALK TO  
SOMEONE ABOUT  
WHAT YOU NEED**

If someone is making you feel unsafe you should talk to a **SAFE adult**. **SAFE** stands for **Someone** who **Always** makes you **Feel** at **Ease**.

Some examples of **SAFE Adults** can include:

- Mom, dad, or grandmother
- Teacher, neighbor, or older sister
- School counselor, aunt, or coach

## KNOW YOUR SAFE ADULTS

When we try to address situations where we have felt unsafe, some people may try to confuse us or make us feel like what happened didn't really happen. This is called **gaslighting**.

- Gaslighting is a synonym for trickery or deception.
- Some people use gaslighting to get something they want or rewrite the past to hide what they did wrong.
- Gaslighters aim to confuse you about facts.

**UNSAFE PEOPLE MAY  
TRY TO TRICK YOU  
WITH GASLIGHTING**

# WHAT ARE HUMAN VULNERABILITIES?

**Vulnerabilities are things that may be taken advantage of by deceptive people; they may target students who:**

- Feel alone or like they don't belong
- Do not have a healthy/stable support system
- Have untreated mental health issues
- Have been abused or mistreated in the past
- Spend lots of time in unsupervised settings
- Struggle with drug and/or alcohol addiction

# VULNERABILITY #1

**Students can be vulnerable if they feel alone  
or like they don't belong.**

**Abusers** target people they perceive as weak or believe are easy to manipulate. They may coerce, or intimidate, a person who doesn't have close people around them and is less likely to disclose the abuse.



# VULNERABILITY #2

**Students can be vulnerable if they don't have a strong, healthy, or stable support system.**

**Abusers** target people they feel may have family or friends that are less involved. Thus, the child may be looking for attention and love that they are not getting at home. It is also easier to keep a secret when there is nobody to tell.

# VULNERABILITY #3

**Students can be vulnerable if they have untreated mental health issues.**

**Abusers** target people they perceive as easiest to manipulate. Children who are experiencing anxiety or depression might be less likely to speak up or realize what is happening to them.

# VULNERABILITY #4

**Students can be vulnerable if they  
have been abused in the past.**

**Abusers** target people that are already victims of abuse. Children whose vulnerabilities were taken advantage of once are more likely to have it done again. Some people that were abused before may even think that the abuse was their fault or they deserved it.

# VULNERABILITY #5

**Students can be vulnerable if they spend lots of time in unsupervised settings.**

**Abusers** target people when they think they won't get caught. Children who spend time alone online without supervision are more likely to be targeted and interact with online abusers.

# VULNERABILITY #6

**Students can be vulnerable if they are struggling with drug and/or alcohol addiction.**

**Abusers** target people they think are weak. Youth who are struggling with addiction can find themselves vulnerable to abuse. Abusers might use the addiction as leverage to get what they want or might look for opportunities to abuse when the youth are intoxicated or high.



# HOW MIGHT SOMEONE TRY TO TRICK ME?

We all have **vulnerabilities**. Unsafe people may try to **exploit** these to get something from you.

The way they may try to trick you is called a **tactic**. If we know these tactics, we can be on high alert to keep ourselves safe.



# WHAT TACTICS CAN BE USED?

## Brute Force

When someone physically forces you to do something you don't want to do.

## Manipulation

When someone tries to use guilt or shame to convince you to do something.

## Befriending

When someone pretends to be your friend, but really just wants something from you.

## Threats

When someone tells you that they will hurt you or someone you love if you don't do what they say.

# HEALTHY VS. UNHEALTHY RELATIONSHIPS

An unsafe person could use some of these tactics through a your relationship with them. Here are some characteristics to help identify if your relationship is healthy or unhealthy:

## **Healthy Relationships Include:**

- Mutual respect
- Trust and trustworthiness
- Honesty
- Anger control
- Open communication
- Encouragement to grow together and individually
- Compromise in understanding of one another's unique views
- Consent

## **Unhealthy Relationships Include:**

- Control and manipulation
- Hostility
- Disrespect and dishonesty
- Intimidation
- Physical/sexual violence
- Isolation of partner from people/activities they were close to/enjoyed
- Dependence or threats
- Pressure to do things one partner feels uncomfortable with

# DATING VIOLENCE WARNING SIGNS

Dating violence can include physical violence, sexual violence, psychological aggression, or stalking. It can take place in person or electronically. These are some of the top signs:

- Using insults, intimidation, or humiliation
- Extreme jealousy, insecurity, or controlling behavior
- Isolation from friends and family
- Unwanted sexual contact of any kind
- Explosive temper or unusual moodiness
- Constantly monitoring social media activities or location
- Invasions of privacy; showing up unannounced
- Leaving unwanted items, gifts, or flowers
- Abusing alcohol or drugs
- Threatening or causing physical violence; scratches, bruises.



# WHEN ONLINE, REMEMBER...

- Only accept requests and chat with people that you know in person
- Set profiles to private
- Turn off GPS/location services on social media applications





# WHEN ONLINE, REMEMBER...

- Block the people that make you feel uncomfortable
- Don't send anything you would be embarrassed by if it went viral
- Immediately speak to an adult if someone is harassing or threatening you, asking for favors, personal information, pictures, etc.



# Resources

1. **Fight Child Abuse** - <https://fightchildabuse.org/>
2. **Speak Up** - <https://www.thefoundationunited.com/>