

## Teen Safety: Parent/Candidate Follow-Up Discussion

### Section One: Identifying Abusive Behavior

1. **Stastic: 1 in 4 girls and 1 in 6 boys is sexually abused before the age of 18.**

With this statistic in mind, determine how many of our St. Charles Confirmation candidates might be abused before the age of 18. How many girls/boys in your school might be abused?

How important is personal safety education?

2. What is the difference between neglect and not getting what you want like an ipod or a new cell phone?

3. What is physical abuse?

4. What is emotional abuse?

5. What is sexual abuse?

6. Discuss forms of abuse that you could experience from your peers? (e.g. bullying, harassment, dating abuse)

7. When does “joking around” become emotional abuse?

8. What are some things you should keep in mind to help decide whether or not you are being respectful of other people?

9. Discuss the steps of a “grooming process”...

a. building trust

b. isolation

c. boundary violations

d. intimidation and secrecy

e. shaping perceptions

10. What do you know about how to stay safe on the Internet? How do you protect your personal privacy online?

### Section Two: Identifying Abusive Relationships

1. What is a “personal boundary?” How do you know what your boundaries are?

2. What are some potential consequences of being in a sexual relationship (emotional, physical, legal)?

### Section Three: Avoiding Dangerous Situations

1. What are some dangers you might have to avoid? What do you do when you need to make an important decision?

2. What if you need to make an important decision but you don't have anyone to talk to about it? How do you go about making your own decisions?
3. What kind of outside pressures do you face?
4. How do you think media (TV, movies, popular music, info and opinions published in newspapers, magazines, and on the Internet) influences your decisions? Or does it?
5. How do your friends influence your decisions?
6. How do adults around you influence your decisions?
7. Think of two people whose judgment and opinions you really respect (could be people you know or ones you haven't met, like Pope John Paul II or Mother Teresa). What is it about them that you respect or admire?

#### **Section Four: Preventing Abuse**

1. Discuss times that the parent has said, "No." What was the situation? What was the reason? What are some things that parents should say, "No" to? Why?
2. How would you feel if you had to defend yourself against someone who was trying to hurt you?
3. What signs could you look for to see whether a friend of yours was having a crisis?
4. What steps could you take to help yourself or a friend who was going through a tough time?
5. If someone is or was abusing you, who could you go to for help?
6. Come up with five things that you could do personally to make your school a better place.
7. Come up with five things that you could do personally to make the world a better place.
8. Come up with one thing that you are going to do today to help create a positive environment.
9. What comes to mind when you hear the word, "respect?"