

EDGE Safety Discussion Guide

For Parents/Edge Students

Dear Parents:

Thank you for your help in ensuring that our Edge students understand personal safety. We offer this discussion guide for follow-up to the online course and to foster open communication among parents and young adolescents. Please send us a quick email to let us know that you have had this discussion with your Edger: tami@stcharlesparish.org.

1. There are over 900,000 confirmed cases of child abuse or neglect every year in the United States involving kids ages 0-18. How does this make you feel about the problem and the importance of learning about abuse?

What is Abuse?

2. What is physical abuse? How does physical abuse differ from punishment like having to go to your room or being grounded? How does it differ from other physical gestures like hugging or patting someone on the back?
3. What is emotional abuse? How does emotional abuse differ from “joking around?”
4. What is sexual abuse? What does it mean for someone to use “unsafe touches or to touch your “private parts?”
5. What is neglect? How does it differ from not getting things you want, like a new ipod?
6. T.R.A.C. stands for: Trust your feelings; Respect others; Ask for help; Care about others. Can you give some examples of when you have used these skills in your daily life?
7. Why do you think abuse happens more often by family members and people kids know and trust than by strangers?

Staying Safe around Adults

8. How do you know what you’re feeling? Do you feel things in your body or your head? Give examples of when you’ve followed (trusted) feelings of being confused or uncomfortable.
9. How do you know if you are being harmed? Should you tell a trusted adult or ask for help even if you’re not sure?
10. Does asking for help or telling someone about a problem mean you’re weak or unable to handle things like other kids?
11. Let’s say you’ve been harmed. Should you keep it a “secret” because the person tells you to? Because the person is a relative or family member?

12. Think about times you've been courageous. What helped you get over your fear? How could do you get the courage to tell someone you've been harmed?
13. If a friend is being harmed, what should you do? How can kids help other kids?

Being Safe around Kids

14. When it comes to bullying, what does it mean to "nip it in the bud?" Give an example.
15. What is cyberbullying? Is cyberbullying just as harmful as bullying face-to-face?
16. Give some examples of when we can feel Up or Down about ourselves? What does it mean to "stay positive?" Can you think of an example when staying positive has helped you in your interaction with kids at school?
17. What happens when kids at school focus on their differences? When they focus on their similarities?
18. Describe some experiences you've had with peer pressure. What are some strategies for doing the right thing in peer pressure situations? (examples: walk away, blame parents: "My mom says I can't do it," persuading the groups: "Come on guys, let's go.")

What is Self-Harm?

19. What is self-harm? Does it always mean physical harm? How can a bad choice be harmful? Give some examples.
20. Describe a time(s) when you felt uncomfortable or scared in a public place. What did you do?
21. Describe a time when you felt a feeling grow (e.g. you got mad at someone and then later got madder). Have you tried to ignore a feeling that didn't go away?
22. Give an example(s) of peer pressure you've experienced at school. Have you ever resisted peer pressure? How did you resist the pressure? Why?
23. Should you care about a classmate who is not eating enough or cutting or doing something else harmful? Why? How could you show you care?
24. Think of some "what if" situations and apply the TRAC skills (see #6). #What if you're sad about something and it won't go away? What if a friend: offers you a cigarette; tells you to lie for them?
25. If you could take one TRAC skill on a trip, which one would it be? Why? Which one would you give to a friend? Why?