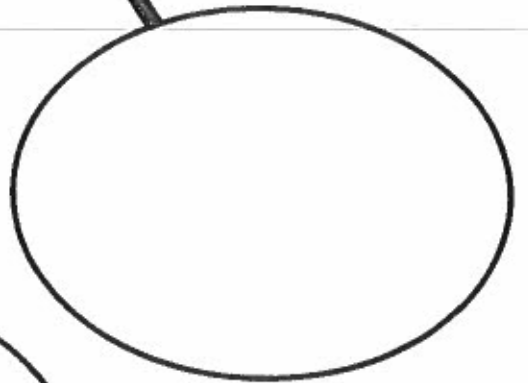
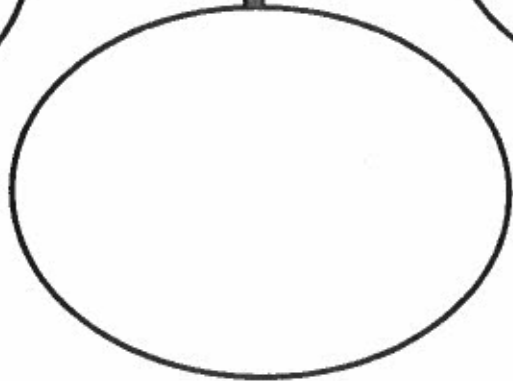
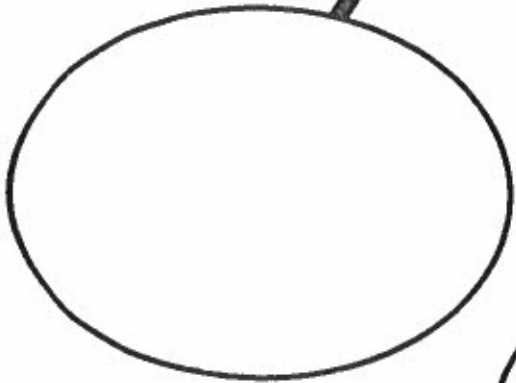
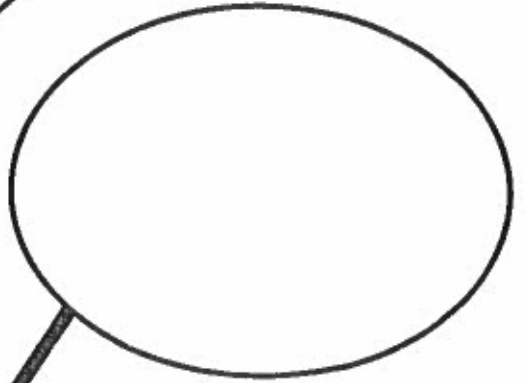
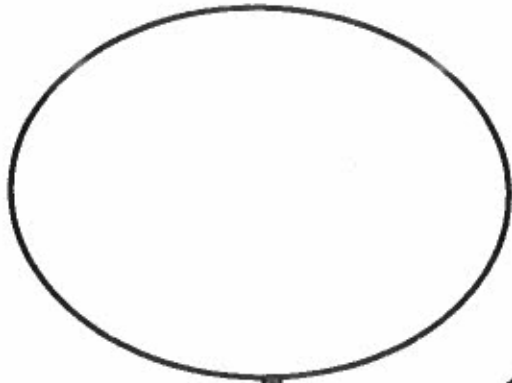


**Who can we have
relationships
with?**



Identifying Feeling Indicators

Using some feeling words from the board, fill in the rest of the table.

Feeling	Body's Reaction	Behaviour
<i>E.g. anger</i>	<i>E.g. cheeks get red and hot, heart beats faster, breathing harder</i>	<i>E.g. sarcastic, wanting to yell and throw things</i>
1.		
2.		
3.		
4.		
5.		

Types of Abuse

Physical Abuse



Verbal or Emotional Abuse

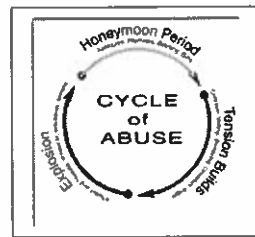
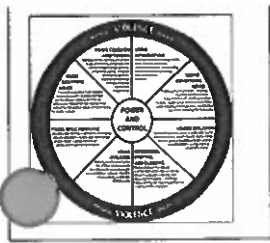


Mental/Psychological
Neglect or financial abuse



Racism or Identity:
Prejudice, social media bullying
& discrimination





What Is Abuse?

-can be described as a person being willingly hurtful, asserting power over or intentionally harming another

-can be mental, physical, emotional, or verbal

-abuse (/ə'byooz/)

(noun): 1. pro-longed cruel treatment of a person or animal 2. the improper use of something.

"alcohol abuse"

(verb): 1. violent or ill-treated. 2. use (something) to bad effect or for a bad purpose; misuse.

"the judge abused his power by imposing the fines"

Brainstorm

Who is usually abused: who is vulnerable

Who does the abusing: who is in a position of power

How would you describe abuse in your own words? Give an example.

"I'm the Boss of Me" Word Search

F	E	E	L	I	N	G	S	R	T	Y	T	U	A	E	B
E	N	E	R	D	L	I	H	C	F	E	R	T	G	S	F
H	G	I	R	L	S	Y	S	F	E	R	J	K	V	H	A
F	E	T	Y	H	J	I	A	A	A	D	B	E	S	G	Z
R	E	G	N	A	W	F	Y	Y	R	S	A	R	N	M	S
R	F	T	H	G	H	C	N	M	W	V	U	I	T	F	W
A	H	E	L	P	I	O	O	V	G	H	T	E	F	S	P
S	S	A	F	E	T	Y	T	G	A	R	U	K	C	D	A
Y	N	S	T	E	E	F	T	D	U	T	I	N	O	V	R
W	E	R	Y	P	G	H	W	H	E	C	S	D	N	M	E
S	B	U	I	O	D	F	G	A	W	E	T	T	F	J	N
A	O	T	H	H	C	E	C	R	H	N	V	S	U	I	T
T	Y	D	S	C	U	H	E	M	A	H	S	J	S	G	S
D	S	C	V	B	E	E	F	G	H	J	K	U	I	R	F
T	E	L	L	R	F	G	H	R	V	B	H	Y	O	W	V
D	F	G	S	Y	P	O	L	I	C	E	K	L	N	T	N

Find the following words in the puzzle. They can be forwards, backwards, up and down, and diagonal.

feelings
safety
hurting
help

say no
children
shame
hope

teachers
boys
girls
beauty

tell
confusion
anger
police

fear
parents

What happens to the characters after they get help?

Beginning:

Middle:

End:

Creative Writing Activity

Situation:

Characters:

How will the characters handle the situation?

How do the characters feel?

Roleplay Activity Sheet

Situation:

Characters & Roles:

How will the characters handle the situation?

What will happen to the characters after the role play is over:

Safety Plan

Title _____

Name _____

Date _____

Warning Signs/Triggers

What makes me feel upset,
sad, mad or scared?

BUMP

What Happens to
my Body?
(Yell, Cry, Hit, Run)

REDUCED
SPEED
AHEAD

Helpful Distractions
Friends, Family, Places-
(List Phone #s)

ROAD
CLOSED

Things that Help Me
Feel Better
(Hugs, Games, Art,
Sports, Music, Toys, etc)

People Whom I Can Ask for Help

Name/Phone _____

Name/Phone _____

Mobile Crisis _____

DO NOT
ENTER

What To Do When You Need Help

What could I do if...

I wasn't feeling well?	I was in danger?	I was scared?
I needed help right away?		Someone I knew was in danger?

Who might I tell if...

Something was happening to me at home?	Something was happening to me at school?	Something was happening to me somewhere else?
---	---	--

My Support People

What can I do if I can't get to any of my support people? (Circle all the ones you might try):

Hold a soft pillow or blanket

Color

Pet my animals

Do a craft

Listen to music

Other ideas?

Watch a TV show or movie



I feel powerful when...




Something I can do by myself is...




I'm not afraid to...



I'm getting better at...



I can help other people by...



Add something else that makes you a superhero!

**We all have
a hero
in our heart.**

I'M A SUPERHERO!

Draw yourself as a superhero:



A large empty rectangular box for drawing a superhero.

My superhero name is:

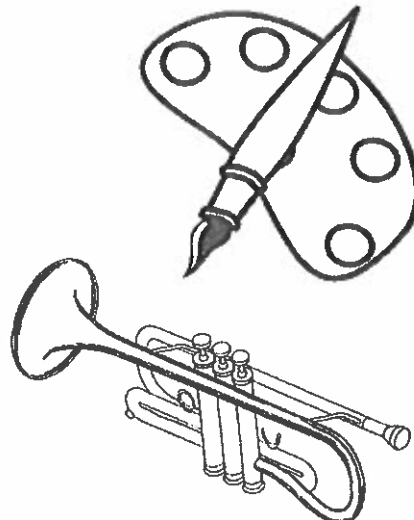
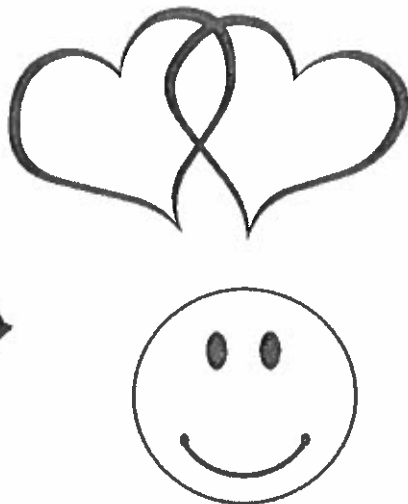
12. _____: feeling that the abuse is somehow your fault, blaming yourself; often causes one to keep the abuse a secret
13. _____: feeling badly or responsible for the abuse (not stopping the abuse, how the abuse has affected family and friends, telling on the perpetrator)
14. _____: not taking care of yourself (overeating, under-eating, not feeling like taking baths or brushing your teeth, etc.)
15. _____: low feelings of self-worth, feeling inadequate; maybe wishing you were someone else

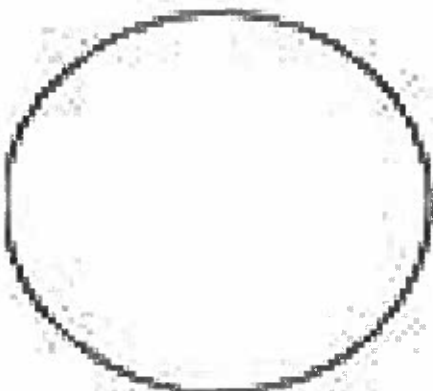
Word Bank

Shame	Self-Neglect	Embarrassment	Guilt
Anger	Anxiety	Depression	Shock
Nightmares	Low Self-Esteem	Disbelief	Fear
Intruding Thoughts	Lack of Attention Span	Inability to Relax	

Celebration Exercise

I'm proud of...	I like to do...	Something that makes me laugh is...
Someone who cares about me is...	I have fun when...	Something I do really well is...
I feel strong when...	Something that makes me feel good is...	I like this about myself...
A good quality I am learning is...	Something I love is...	An accomplishment I made recently was...





posts

followers

following

Edit Your Profile





6. Tina gets a message through Facebook from a woman who says her name is Mrs. Anderson, who tells Tina that she is a math teacher. Mrs. Anderson is also a tutor, and wants to know what school Tina goes to and who her teacher is so she can help Tina.

Should Tina tell her? What should Tina do?

7. Paul is online when he gets a message saying he won a free Xbox! He just needs to type in his address and phone number so it can be mailed to him.

Should he give the information? What should Paul do?

8. Kelsey just got an iPad for her birthday, and is excited to download all of her favorite apps and start surfing the web!

What should Kelsey do to set herself up for safety when using the internet? What about keeping her iPad secure?

4. Jacob is making a new profile on Instagram. His username is jake_macintosh, and his description says "Part of the Eastview Elementary basketball team". All of his pictures are of himself, his friends, and his brothers, and anyone can see Jacob's profile without him confirming first.

Is Jacob's Instagram profile safe? What should Jacob edit about his profile?

5. Allison met Lydia on the internet and has been talking with her online for several months. Lydia says she is the same age as Allison and lives nearby. Lydia wants to meet Allison in the mall to go shopping.

Should Allison go meet Lydia? What should she do?

Safe Surfing: Scenarios for Discussion

1. Cindy has been talking online for a few days to a girl named Julie. Julie told Cindy where she lives, how old she is, and what she looks like. Julie says Cindy sounds super cool, and asks Cindy what school she goes to.

Is it okay for Cindy to tell her? What should Cindy do?

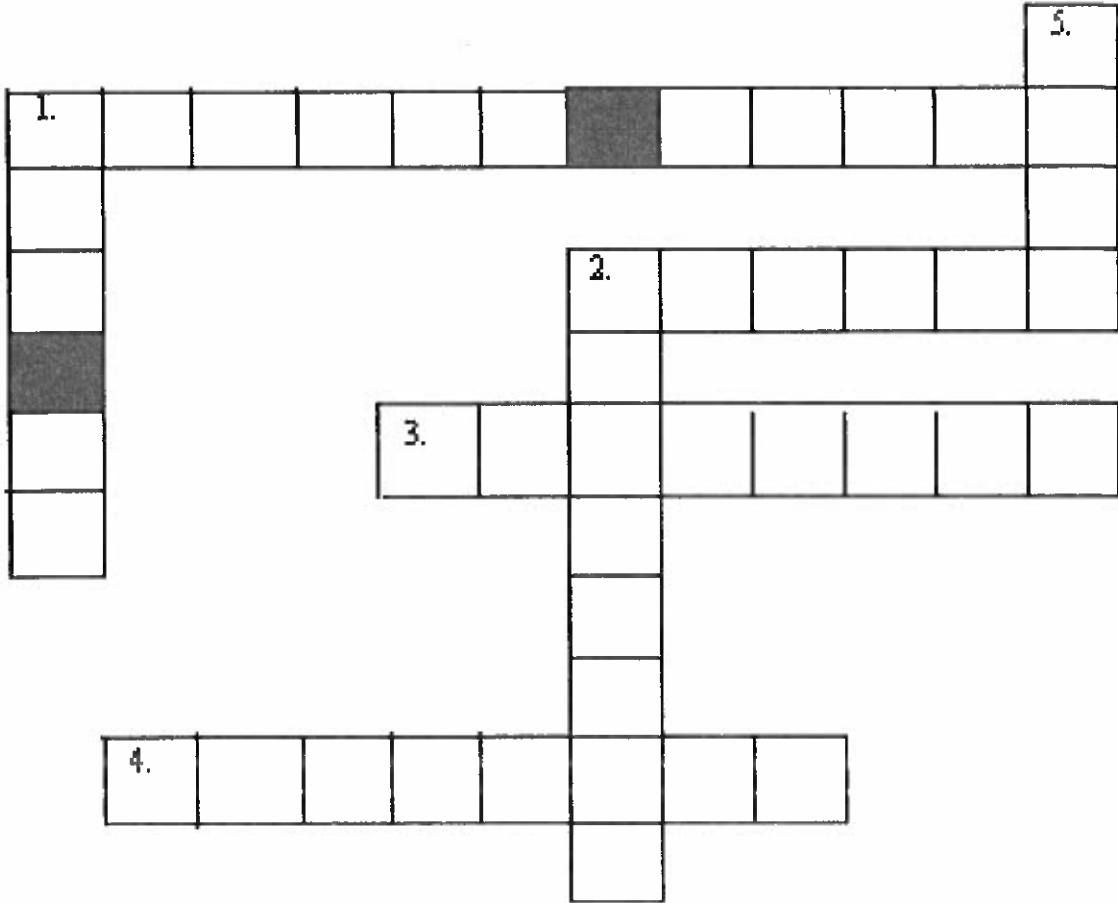
2. Michael follows a friend from school, Chris, on Snapchat. Michael and Chris have been friends since kindergarten, and know each other really well. They usually send pictures back and forth of their pets, or just text through the app. Chris told Michael he doesn't like sending pictures of his face. Chris asks Michael to meet him at the mall on Saturday, alone.

What should Michael do?

3. Jennifer loves watching YouTube videos, and wants to make her own YouTube channel. She's thinking she'll make videos with her friends around her neighborhood, but make sure to always use fake names.

Will this strategy keep Jennifer and her friends safe? What should Jennifer do?

"I'm the Boss of Me" Crossword Puzzle



Across:

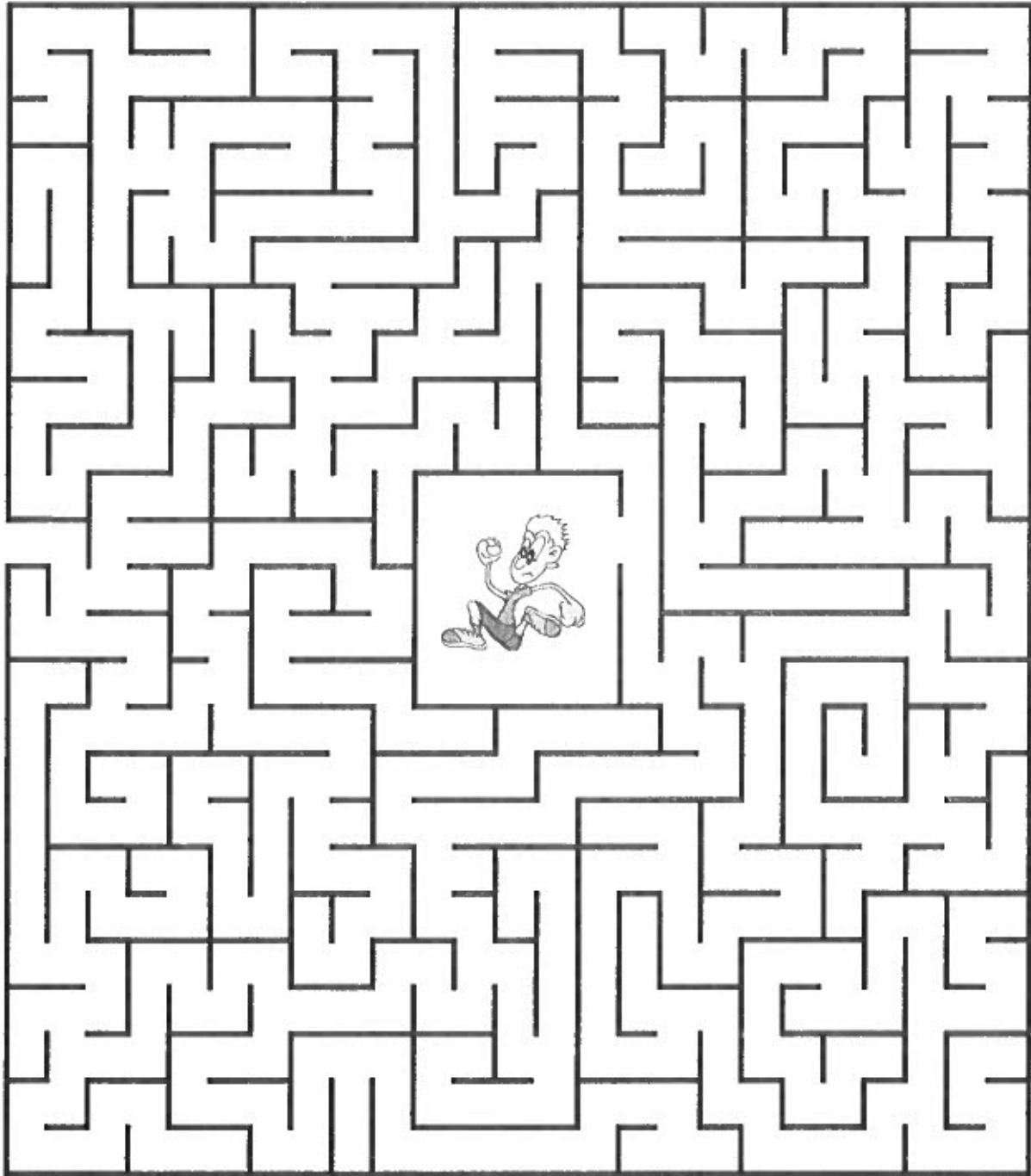
1. _____ is any kind of sexual behaviour or action that is unwanted.
2. When someone teases you, says mean things, or makes jokes that make you feel uncomfortable, it is called _____ abuse (a form of emotional abuse).
3. When someone gets abused, they might feel a lot of different _____.
4. Hitting, punching, spitting, and throwing things at someone are kinds of _____ abuse.

Down:

1. It's okay to _____!
2. _____ is not acceptable anywhere by anyone.
5. The most important thing that you can do when something happens to you is _____ someone.

"I'm the Boss of Me" Maze

Help Jimmy find his teacher so he can tell her about his problem!



"I'm the Boss of Me" Word Scramble

L̄ B̄ W̄ S̄ Ȳ W̄ B̄ Ō H̄'

" , "

Ō Ā X̄ C̄ Z̄ J̄ S̄ W̄ W̄ S̄ R̄ P̄ Z̄

B̄ Ȳ H̄

" , "

Q̄ S̄ D̄ F̄ Z̄ X̄ C̄ Z̄ J̄ S̄ W̄ W̄ S̄ R̄

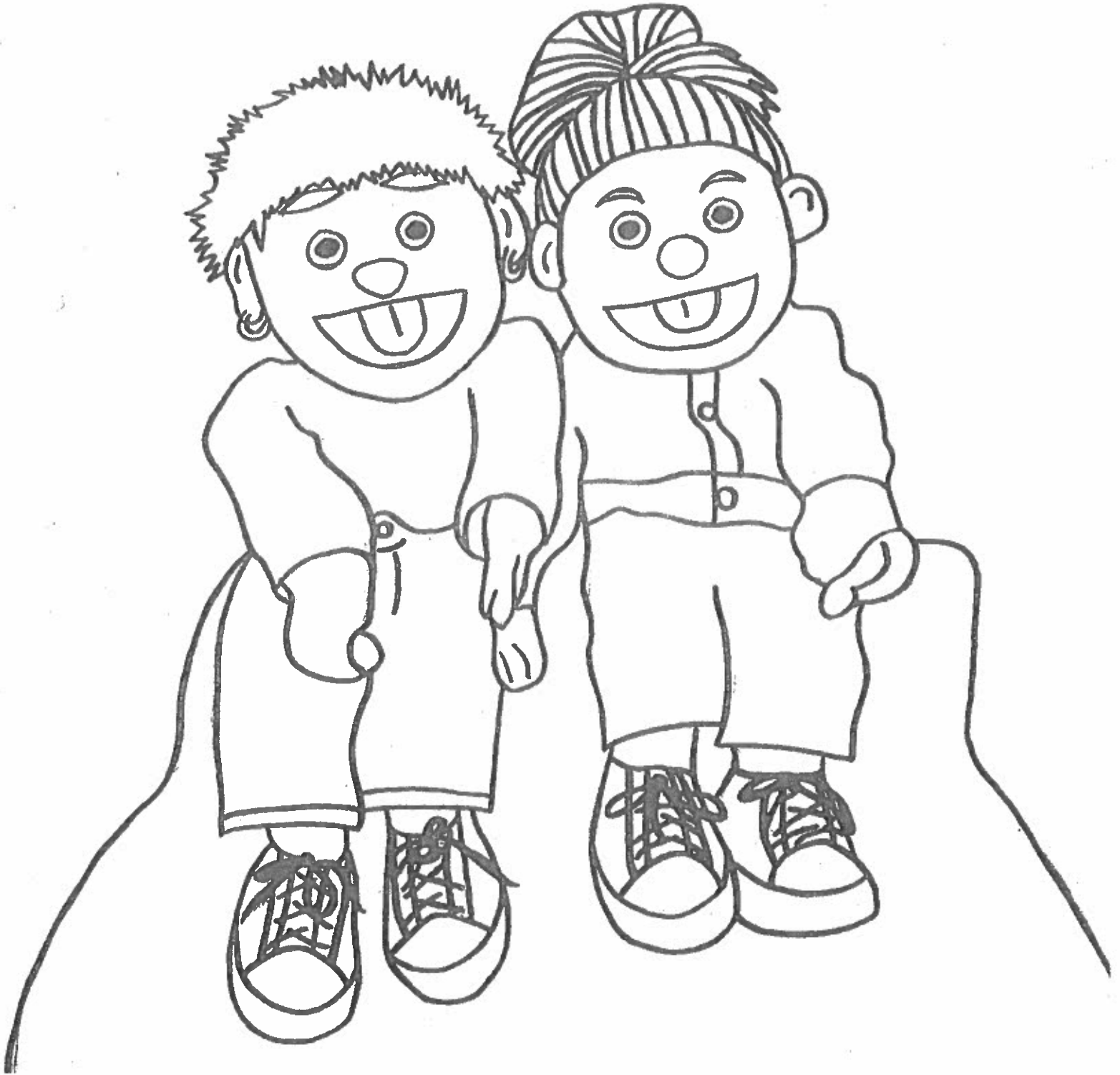
" "

Q̄ S̄ D̄

Code Clues:

A = M, B = A, L = J, S = O, X = T, Y = N, Z = E

"I'm the Boss of ME"



Safe Surfing Kid Quiz

Take this quiz to find out if you're a Safe Surfing Kid!

I can send someone I've met online my real name & address if:

- a) I've talked to them for several months online
- b) They sent me their name and address
- c) They sent me their class photo with a picture of them
- d) They have the same hobbies, like the same music and they are my age
- e) None of the above

Which one of the following is NOT considered personal information?

- a) Telling someone online your real first name and last initial
- b) Telling someone online the school you go to
- c) Telling someone online your favorite color
- d) Telling someone online your mom or dad's real name, but not yours
- e) Telling someone your date of birth, but not your name

You can send people a picture of yourself over the internet when:

- a) It is for a school assignment only
- b) You black out your eyes
- c) You have a friend with you in the room
- d) Your parent(s) approve and are with you

If someone insults you or says something that disturbs you:

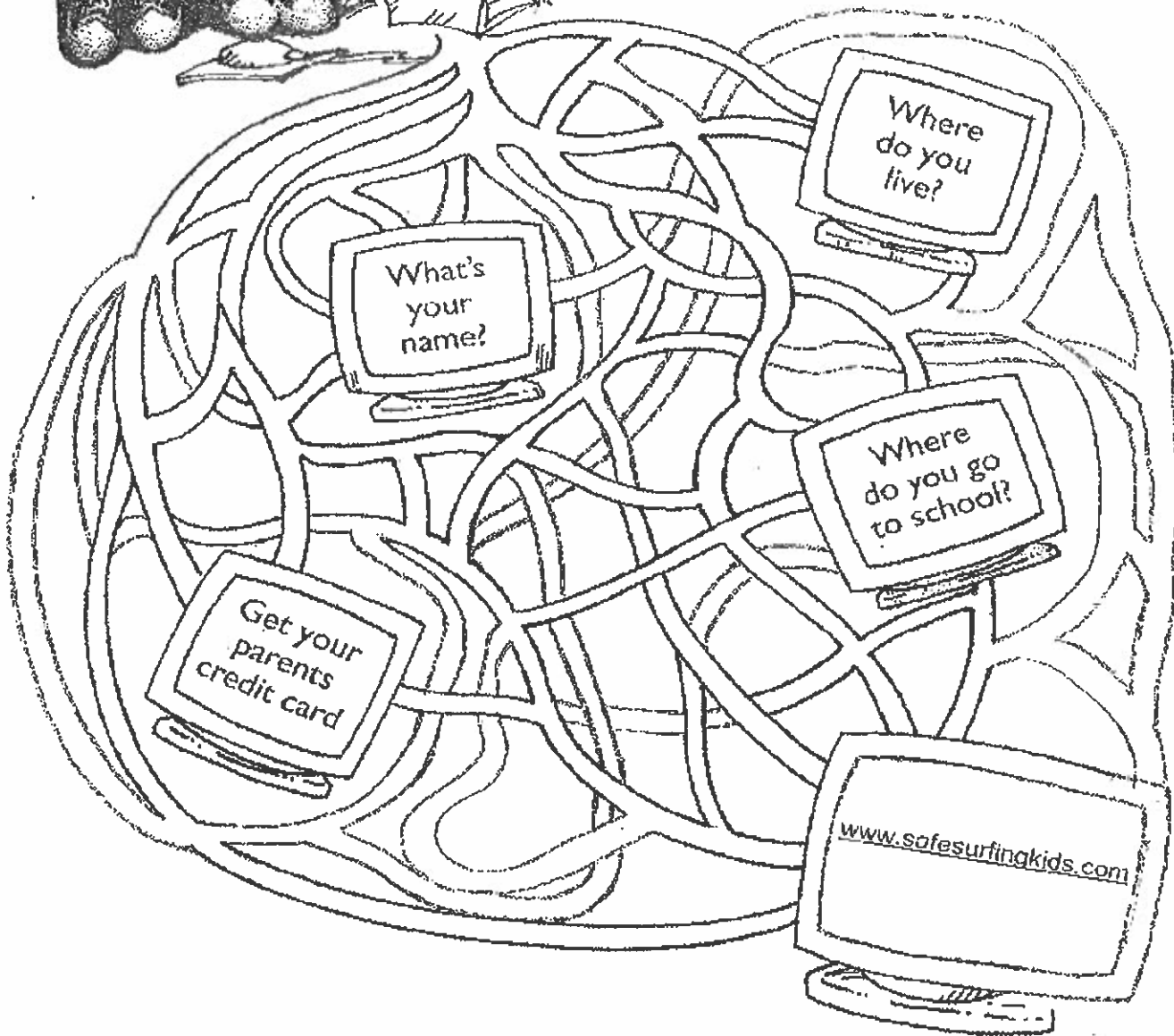
- a) Ignore them
- b) Tell your friends online so they can avoid the person too
- c) Tell them not to talk to you again
- d) Leave the site immediately and tell a parent or teacher
- e) Put them on your "friends" list

If you get an email with an attachment, you can download it when:

- a) You think you know the person who sent it
- b) You have run a virus scan on it, and it says it is clean
- c) A parent or teacher is with you and says it is okay
- d) It promises to get you all the free music downloads you want.

SAFE SURFING MAZE

Carrie and Vince are surfing the net.
Help them get to their favorite site
without encountering any
dangerous messages.



How Does Abuse Make Us Feel?

Fill in the blanks below with a word from the Word Bank on the back.

1. _____: very surprised, unable to express yourself
2. _____: not being able to believe something happened, and maybe convincing yourself that it didn't
3. _____: being worried about what other people will think of you and being afraid to tell anyone, even the people who care about you
4. _____: feeling scared of being alone and no longer feeling safe; nightmares and night terrors can happen to make us feel this way
5. _____: can mean feeling down, hopeless, isolated, or not wanting to be alive anymore; can cause you not to care about anything or anyone
6. _____: can be felt physically (stomach aches, nausea, difficulty breathing) and felt emotionally (over-worrying, over-thinking, feeling stressed); can sometimes cause panic attacks
7. _____: an intense emotion that can cause you to want revenge or want to hurt the person that hurt you
8. _____: an inability to focus on what is going on around you (daydreaming or thinking about the abuse)
9. _____: memories of the abuse keep popping into your head; your thoughts may feel scattered
10. _____: constantly fidgeting, moving around, staying busy, always stressed about something
11. _____: reliving the abuse while you're sleeping (or thinking about other stressful or scary things)

Identifying Feeling Indicators

Using some feeling words from the board, fill in the rest of the table.

Feeling	Body's Reaction	Behaviour
<i>E.g. anger</i>	<i>E.g. cheeks get red and hot, heart beats faster, breathing harder</i>	<i>E.g. sarcastic, wanting to yell and throw things</i>
1.		
2.		
3.		
4.		
5.		

WORD SEARCH

F	E	E	L	I	N	G	S	R	T	Y	T	U	A	E	B
E	N	E	R	D	L	I	H	C	F	E	R	T	G	S	F
H	G	I	R	L	S	Y	S	F	E	R	J	K	V	H	A
F	E	T	Y	H	J	I	A	A	A	D	B	E	S	G	Z
R	E	G	N	A	W	F	Y	Y	R	S	A	R	N	M	S
R	F	T	H	G	H	C	N	M	W	V	U	I	T	F	W
A	H	E	L	P	I	O	O	V	G	H	T	E	F	S	P
S	S	A	F	E	T	Y	T	G	A	R	U	K	C	D	A
Y	N	S	T	E	E	F	T	D	U	T	I	N	O	V	R
W	E	R	Y	P	G	H	W	H	E	C	S	D	N	M	E
S	B	U	I	O	D	F	G	A	W	E	T	T	F	J	N
A	O	T	H	H	C	E	C	R	H	N	V	S	U	I	T
T	Y	D	S	C	U	H	E	M	A	H	S	J	S	G	S
D	S	C	V	B	E	E	F	G	H	J	K	U	I	R	F
T	E	L	L	R	F	G	H	R	V	B	H	Y	O	W	V
D	F	G	S	Y	P	O	L	I	C	E	K	L	N	T	N

Find the following words in the puzzle. They can be forwards, backwards, up and down, and diagonal.

feelings

say no

teachers

tell

fear

safety

children

boys

confusion

parents

hurting

shame

girls

anger

help

hope

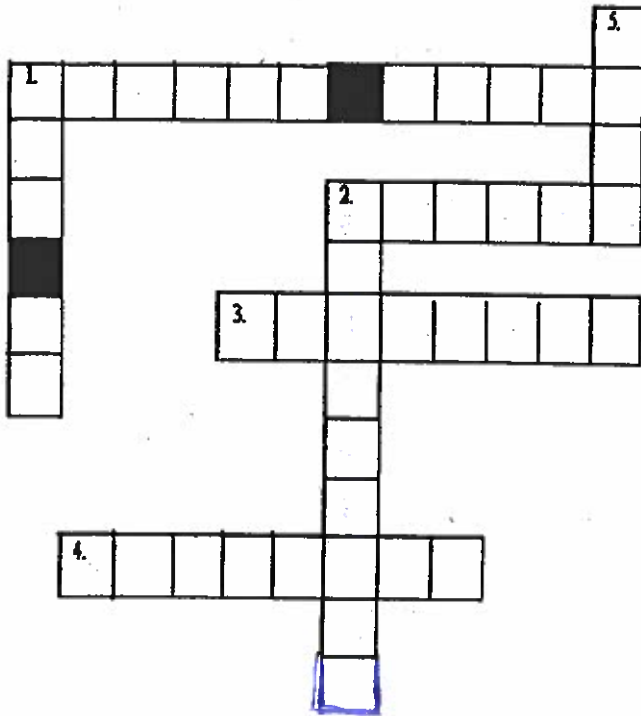
beauty

police

SSAIC, 2009.



CROSSWORD PUZZLE



Say no
sexual abuse
tell
Physical
feelings
mental
molesting

Across:

1. _____ is when some one touches you or makes you touch them on or with private parts.
2. When someone teases you, says mean things, or makes jokes that make you feel uncomfortable it is called _____ abuse.
3. When someone gets abused they might feel a lot of different _____.
4. Hitting, pitting, and throwing things at someone are kinds of _____ abuse.

Down:

1. "It's OK to _____!"
2. _____ is not acceptable anywhere by anyone.
5. The most important thing that you can do when something happens to you is _____.

