Keeping Yourself SAFE

In situations with adults in your life.
*Teachers, Guardians, coaches, etc.

Types of *boundaries* you should understand

SAFE: Adults should never hurt you on purpose.

KIND: Adults should treat you with respect.

FIRM: Adults should follow laws and rules.

FAIR: Adults should treat kids with equity

If you ever feel uncomfortable in a relationship with an adult TELL SOMEONE YOU TRUST WHO CAN HELP YOU (another adult, parent, older cousin, teacher, etc.)!

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Keeping Yourself Safe Worksheet (Part 1)

Think about your relationship with adults "past and present". Identify if you have ever felt like your natural boundaries have been crossed by an adult.

Check off if you feel your boundaries have been crossed by an adult in any of the followng ways:

❑ Physical When/who?_____

❑ Emotional When/who?_____

❑ Verbal When/who?_____

❑ Behavioral When/who?_____

Did you think about telling another adult about this? Yes No (circle one)

If yes, how did it work out for you?

_____

_____

If no, what stopped you? And – would you consider telling someone now?

_____

_____

Brainstorm some names of adults in your life who YOU TRUST. Could these be people that could help you if you are ever hurt by an older person?

_____ _____

_____ _____

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Keeping Yourself Safe Worksheet (Part 2)

Equity - Refers to *fairness or justice in the way people are treated;* it is not the same thing as "equality". Things will not always be "equal" in life but, in general, adults **should not play favorites** with young people in a class, on a team, etc.

EQUALITY	EQUITY	PLAYING FAVORITES
Every player on the team plays the exact same amount of time in the game.	Each player plays an equitable amount of time based on position, effort in practice, skill level, etc.	Players are given a chance to play in the game based on how much the coach likes or dislikes them, or on parental relationships.
Every student in a class is provided an equal standard amount of 1-on-1 time with the teacher for extra help.	Each student in the class has access to 1-on-1 time with the teacher as they need it, while following guidelines to access that help.	A teacher only gives a student extra 1-on-1 time if they are a preferred student for some reason. Others do not have that access.
A parent gives the exact same items and has the exact same rules for every child in the house regardless of gender, age and level responsibility.	Each child in the home receives the items they need. Rules are adjusted for new information, age and level of responsibility.	A parent gives one child whatever they want when they want it, including affection and attention. Other children in the home don't have their basic needs met.

Have you ever felt like an adult was **"playing favorites"** with one or more other kids in class, on your team, in your home, etc. Yes No (circle one)

What feelings did you have if you experienced this? What did you do about it?

_____

_____

If you feel comfortable, **share this worksheet with an adult that you trust**. Explore how you could handle these types of situations, or if necessary how to take further steps.

Notes: _____

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