



# 7 ROOT SAFETY STRATEGIES

## 1 SHOUT NO! RUN - TELL Someone

If someone asks you to do something that makes you feel uncomfortable, scared or sad, be assertive. Shout "NO!", then run away and tell a trusted adult what happened. Always remember that when you feel confused about something an adult does, it is not your fault.

## 2 KEEP and SPEAK Secrets

"Keep" secrets have endings. They don't make you feel uncomfortable, scared or hurt. "Speak" secrets do not have an ending and may be harmful and scary. You need to tell a trusted adult any secret that involves someone asking you to touch their or your private areas, or to take your clothes off. Guilt and threats may be used to keep abusive actions a secret.

## 3 Buddy System

Always bringing someone along when you are going places will reduce the risk of something harmful happening to you. Remember that there is truth to the phrase, "There is safety in numbers."

## 4 Trust Your INSTINCTS

Your instincts are the feelings inside of you that warn you of danger. Pay attention to your body and always check your environment to make sure that you are safe.

## 5 DIGNITY and RESPECT

All people deserve to be treated with respect and dignity. Everybody is equal regardless of where they come from, or the experiences they have endured. You need to recognize your own self-worth and expect to be treated well.

## 6 If asked to go and your parents don't know SHOUT NO!

Always have permission from your parents before going anywhere. If you are ever approached and asked to go with someone - remember this safety message and shout "No!". Some adults will try to trick children into coming with them. So... no matter what reason or excuse given...your parents must know before you go!

## 7 If asked to share and your parents aren't aware, SAY NO!

Always have permission from your parents before sharing any personal information. Examples include your name, address, phone number, hobbies, as well as photographs. Your personal information can be used for harmful purposes. Some adults will try and trick children into giving out their personal information. So... no matter what reason or excuse given... your parents must be aware before you share!

# 4 ROOT SAFETY ENVIRONMENTS



## 1 INTERNET SAFETY

- Always keep your personal information off the Internet.
- Always check first with your parent/guardian before sending any photographs, or using the webcam.
- Always check first with your parent/guardian before meeting in person someone you first met online. Remember: meet in a public place and bring a trusted adult with you.
- Always trust your instincts. If something doesn't seem right or makes you uncomfortable, speak to a trusted adult.
- Always talk to your parents about what you are doing online.

## 2 PUBLIC PLACE SAFETY

- If separated from your parent/guardian, stay in the building until you are reunited.
- If separated, call out to your parent/guardian or go to a sales person to ask for help.
- If anyone tries to take you out of the building yell "This is not my dad/mom!"
- Use the buddy system. Avoid separating and leaving one person alone.
- Be aware of common lures used by child predators.

## 3 STREET SAFETY

- Know your full name, parent/guardian's full name, address and telephone number.
- If asked to go somewhere make sure you have permission from your parent/guardian before you go.
- Ask parents/guardians for permission before going into someone's house\*.
- If offered something, do not accept it unless you have permission from your parent/guardian.

- When possible, use the buddy system when going to and from places.
- When walking to a friend's house, call your parent/guardian to let them know you've arrived safely. Call your parent/guardian before you leave to let them know you are on your way home.
- Use the same route to and from school daily.
- If uncomfortable at any time, trust your instincts, go home and tell a trusted adult.
- Avoid short cuts when alone. Stay on main roads and well lit areas.
- Avoid playing in abandoned buildings or isolated areas
- Identify with your parent/guardian safe places in the community that you can go to for help if you're in trouble.
- Be aware of common lures used by child predators.

\* If someone invites you into their home when you are delivering flyers, fundraising door-to-door, cutting lawns or shovelling snow, etc. make sure you have permission from your parent/guardian.

## 4 HOME ALONE SAFETY

- If possible, ask your parents/guardians if you can have a buddy/friend over. There is strength in numbers.
- Keep all doors and windows locked. Only open the door for people your parent/guardians have given you permission to let in.
- When answering the phone, always pretend a parent/guardian is home.
- Keep all emergency phone numbers by the telephone.
- Keep the volume on the T.V. and stereo turned low so that you can stay alert to your surroundings.
- Keep phone conversations with your friends short so the phone line is not busy, in case someone needs to contact you.
- Do not discuss in public that you will be home alone.



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# FRIENDSHIP

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FRIENDSHIP  
IS ABOUT



**RESPECT** » Friends value each other and consider each other's feelings. This includes being careful not to misuse information that has been shared in confidence, online or offline. (The exception here is if a friend shares information that indicates they are in trouble and need help — such as abuse, emotional distress, addiction, etc. This type of information should be shared with a safe adult.)

**DIGNITY** » Friends only ask each other to do things that they feel comfortable doing. Friends do not share each other's private feelings and thoughts with others.

**HONESTY** » Friends are truthful and sincere about what they say to each other.

**TRUST** » Friends can rely on each other to not share information that is said in confidence or say anything that would embarrass them. (The exception here is if a friend shares information that indicates they are in trouble and need help — such as abuse, emotional distress, addiction, etc. This type of information should be shared with a safe adult.)

This sheet is intended for students. It is important for children to learn how friends should treat each other. This sheet shows the difference between healthy and unhealthy friendships.

**KINDNESS** » Friends are helpful and thoughtful of each other.

**CARING** » Friends are concerned about each other.

**LISTENING** » Friends listen to each other.

**ACCEPTANCE** » Friends like each other for who they are, and do not make fun of one another.

**TOLERANCE** » Friends are patient with one another and understand that everybody makes mistakes.

**HELPING** » Friends help each other out when they are having a hard time.

**LOYALTY** » Friends stick up for each other and do not talk behind each other's back.

**SHARING** » Friends are able to share thoughts and feelings with each other.

**BEING DEPENDABLE** » Friends are there for each other when they say they will be.

**ENJOYMENT** » Friends enjoy spending time together

**UNDERSTANDING** » Friends try to understand the way each other feels and are thoughtful not to hurt each other's feelings.

PROVIDE 3 EXAMPLES FOR THE FOLLOWING: *What does friendship look like? sound like? feel like?*



# FRIENDSHIP IS NOT ABOUT

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**THREATS** » True friends don't threaten each other or threaten to hurt themselves or someone else.

**REJECTION** » True friends don't leave each other out — giving mean looks, whispering and making fun of each other.

**PUT DOWNS** » True friends don't yell at each other and call each other names (e.g., loser, ugly, fat, stupid, etc.), or embarrass each other (e.g., telling private information a friend shared [The exception here is if a friend shares information that indicates they are in trouble and need help — such as abuse, emotional distress, addiction, etc. This type of information should be shared with a safe adult]).

**BEING BOSSY** » True friends don't tell each other what to do and what not to do, who they can talk to and who their other friends can be.

**VIOLENCE** » True friends don't hit, push, pinch, scratch, slap or kick each other.

**IGNORING** » True friends don't ignore each other when they are trying to talk to each other.

**RUMOURS** » True friends don't spread rumours or lies about one another.

**GUILT** » True friends don't make each other feel bad about something in order to get what they want (e.g., "You had a friend over, and I was crying because you didn't invite me.").

## FRIENDSHIP RESPONSIBILITIES

### ***Friends are actively involved.***

They stick up for each other, even if it means they may get laughed at or teased. They help each other when a friend is in a difficult situation.

They support and help one another.

### ***Friends make mistakes.***

Nobody is perfect. Friends make mistakes. When friends hurt each other's feelings, they do feel badly about it. It is okay to forgive friends for making mistakes, but if a person hurts your feelings a lot, it might not be a healthy friendship.

PROVIDE 3 EXAMPLES FOR THE FOLLOWING: What does friendship not **look** like? **sound** like? **feel** like?



# LOVE vs. CONTROL

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LOVE  
IS ABOUT



This sheet is intended for students to highlight the differences between love and control. It can be difficult to identify controlling behaviour when you're in a relationship. It's easy to justify controlling behaviour as a sign of caring or love for you. It's important to remember that controlling behaviour is not love, it is about power and manipulation.

**RESPECT** » In a healthy relationship, boyfriends (BFs) and/or girlfriends (GFs) value and cherish each other's friendship and consider each other's feelings.

**DIGNITY** » In a healthy relationship, BFs and/or GFs only ask each other to do things that they believe in and feel comfortable doing and respect decisions not to do something. BFs and/or GFs do not share each other's private feelings and thoughts with friends.

**HONESTY** » In a healthy relationship, BFs and/or GFs are sincere and mean what they say to each other.

**TRUST** » In a healthy relationship, BFs and/or GFs can rely on each other and know they will not share each other's private information or say anything that would embarrass each other.

**KINDNESS** » In a healthy relationship, BFs and/or GFs are generous, and care about how each other feels.

**CARING** » In a healthy relationship, BFs and/or GFs are concerned about each other.

**LISTENING** » In a healthy relationship, BFs and/or GFs actively listen to each other.

**ACCEPTANCE** » In a healthy relationship, BFs and/or GFs like each other for who they each are.

**TOLERANCE** » In a healthy relationship, BFs and/or GFs have patience with each other and understand that nobody is perfect and everybody makes mistakes (keep in mind that people should learn from their mistakes, and try to avoid making the same mistake repeatedly).

**HELPING** » In a healthy relationship, BFs and/or GFs help one another during hard times.

**LOYALTY** » In a healthy relationship, BFs and/or GFs stick up for each other.

**SHARING INTERESTS** » In a healthy relationship, BFs and/or GFs have some similar interests (i.e. activities, music, books, jokes, etc.).

**BEING DEPENDABLE** » In a healthy relationship, BFs and/or GFs are there for each other when they say they will be, and keep plans with each other.

**FUN** » In a healthy relationship, BFs and/or GFs enjoy spending time together.

**EMPATHY** » In a healthy relationship, BFs and/or GFs try to understand the way each other feels and are thoughtful not to hurt each other's feelings.

**CONFIDING** » In a healthy relationship, BFs and/or GFs share their experiences, feelings and thoughts with each other.

PROVIDE 3 EXAMPLES FOR THE FOLLOWING: *What does love look like? sound like? feel like?*





# CONTROL IS ABOUT

**INSINCERE FLATTERY** » In an unhealthy relationship, a girlfriend (GF) or boyfriend (BF) will use insincere praise and flattery to try to get what they want.

**MANIPULATING OUR DESIRE TO BE LIKED AND ACCEPTED** » In an unhealthy relationship, a GF or BF will make their GF or BF feel accepted, as though they belong, but will want their GF or BF to do what they want them to do. "Don't be a suck. You're not hanging out with me if you can't put out."

**NORMALIZING** » In an unhealthy relationship, a GF or BF will tell their GF or BF that experimenting is normal and common. "Come on, you only live once. If you don't like it or regret it, you can always go back to the way things were. Everybody does it."

**MINIMIZING** » In an unhealthy relationship, a GF or BF will downplay their behaviour to avoid consequences and to get what they want. "It's not that big a deal. It only happened once. It's not like it hurt anyone. I'm sorry."

**PERSISTENCE/PRESSURE** » In an unhealthy relationship, a GF or BF will keep asking their GF or BF to do something they want even though their partner has already said "No." They will not accept "No" as an answer. "Come on; just try it, just once. If you don't like it I'll stop. Come on."

**DENYING, LYING AND EXCUSES** » (cheating) In an unhealthy relationship, a GF or BF will lie to avoid consequences. "I never did that! S/he was the one who came on to me."

**UNPREDICTABLE BEHAVIOUR** » In an unhealthy relationship, a GF or BF is affectionate and appears "caring," then suddenly withdraws their affection and becomes "cold" and distant. It is impossible to predict how the GF or BF is going to be. The GF or BF can fly off the handle in seconds.

**SEXUAL ASSAULT/EXPLOITATION** » In an unhealthy relationship, a GF or BF will force sexual touching, make threats to get sex, get their GF or BF drunk or use drugs to get sex (this can include taking naked pictures, cyber or phone sex).

**PHYSICAL ASSAULT** » In an unhealthy relationship, a GF or BF will hurt their GF or BF physically, being rough or violent (biting, hitting, pushing, slapping, kicking, punching, or pinching).

**EMOTIONAL ABUSE AND YELLING** » In an unhealthy relationship, a GF or BF will raise their voice, use put-downs, sarcasm, humiliation or embarrassment. They are highly critical — they criticize or correct everything and criticize those who care about their GF or BF.

**PUNISHMENT/CONSEQUENCES** » In an unhealthy relationship, a GF or BF makes their GF or BF "pay" for their behaviour. They ignore and give the silent treatment.

**GUILT AND BLAME** » In an unhealthy relationship, a GF or BF will appeal to their GF's or BF's goodness and desire to do what is right. They will project blame on their partner for everything that has happened. "If you hadn't done that then this wouldn't have happened to me!" "I have no place in your life. You make no time for me."

**PITY** » In an unhealthy relationship, a GF or BF will play the victim role. "I need you. I have no one else. I will kill myself if you leave me."

**POSSESSIVE/LACK OF TRUST, JEALOUS** » In an unhealthy relationship, a BF or GF will demand to know where their GF or BF is at all times and they question where their partner says they were. "Where are you going and who are you going with? When will you be back? I thought you said that you were going somewhere else? I will pick you up." They act like they own their GF or BF. They are mad and jealous when their GF or BF does things without them, they tell them what to wear and what not to wear or criticize what they are wearing. "You're wearing that?" or "You look sleazy."

**INTIMIDATION, THREATS AND FEAR** » (terrorize) In an unhealthy relationship, a GF or BF will try to scare their GF or BF to do what they want. This may include using violence, threats, blackmail, yelling (for example "I will kill you, if you ever leave me.") This may also include aggressive behaviour, such as punching holes in walls, throwing objects and damaging property.

**ISOLATION** » In an unhealthy relationship, a GF or BF will start arguments in relationships with family and close friends. They are always upset with their GF's or BF's family and friends and tell them to choose. "No one truly cares about you like I do. I will always be there for you unlike anyone else. It's them or me."

PROVIDE 3 EXAMPLES FOR THE FOLLOWING: *What does control look like? sound like? feel like?*



# RELATIONSHIPS

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## HEALTHY RELATIONSHIPS ARE ABOUT

**RESPECT** » Valuing a person for who s/he is.

**BEING RELIABLE** » Following through when someone says they will do something and/or when they make plans with a person.

**HONESTY** » Being truthful and meaning what is said to a person.

**SHARING** » Being open to sharing how you feel about things you like and dislike; while also being open to hearing about how someone else feels.

**INDEPENDENCE** » Giving people personal space and understanding that people need different amounts of time for themselves.

**BEING CONSIDERATE** » Being careful not to do something that would hurt or offend someone.

**TRUST** » In a healthy relationship, GFs and/or BF's can rely on each other and know they will not share each other's private information or say anything that would embarrass each other. (The exception here is if a friend shares information that indicates they are in trouble and need help — such as abuse, emotional distress, addiction, etc. This type of information should be shared with a safe adult).

**HEALTHY NEGOTIATING** » When people disagree, each person shares their side and together they come to a decision that they are both comfortable with.

**INTIMACY** » Getting close to someone by sharing personal experiences, being affectionate and spending time together.

**LISTENING** » Spending time and paying attention to a person when they want to talk.

**HAVING FUN** » Laughing and enjoying hanging out with a person.

*List 3 more examples of signs of a healthy relationship.*

*List 3 examples for each: What does a healthy relationship look like? sound like? feel like?*





## UNHEALTHY RELATIONSHIPS ARE ABOUT

**JEALOUSY** » When someone resents you (holds a grudge) for spending time with other people.

**CLINGINESS** » When someone is desperate to be with you all the time and does not provide you any personal space.

**RAGE** » When someone screams or blows up at you.

**EXCESSIVE ARGUING** » When two people are constantly fighting.

**DISREGARDING FEELINGS** » When someone doesn't consider your feelings and doesn't seem to care when you are upset.

**BLAME** » When someone doesn't take responsibility for their behaviour and shifts the blame onto you.

**THREATS** » When someone intimidates and controls you to try to get you to do something that you do not want to do.

**PERSISTENCE** » When someone won't take "NO" for an answer and keeps bugging you to do something.

**PITY** » When someone tries to get you to feel sorry for them to get their own way.

**GUILT** » When someone makes you feel badly for saying "NO" or not agreeing to do something.

**KEEPING SCORE** » When a person keeps track of favours they have done for you expecting equal favours in return.

**PHYSICAL VIOLENCE** » When someone physically hurts you.

**SEXUAL EXPLOITATION** » When someone uses you sexually for their own benefit.

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*List 3 more examples of signs of an unhealthy relationship.*

*List 3 examples for each: What does an unhealthy relationship **look** like? **sound** like? **feel** like?*

