

Safety Guidelines to Review with Older Students

Don't go out alone

- Avoid situations that put you at risk.
- There is safety in numbers.
- Walk with confidence and purpose in public.
- Be alert and aware of your surroundings. Trust your instincts.

Always tell an adult where you are going

- Never go somewhere with someone you don't know. This includes hitching rides.
- Get information about where you are going. Leave an address and phone number of where you are going. If you get into trouble, your family and friends will know where to start looking for you.
- Talk to your parents or another trusted adult about having a plan of what to do if you are ever in an uncomfortable situation and need a ride home.
- Never do anything with your peers that you would not do if your parents were present or if you were alone. "Group think" is usually not wiser than an individual's independent thinking.

It's your body

- You have the right to reject any unwanted and inappropriate teasing, bullying, and touching.
- Dating should be a fun experience and you should never allow yourself to be coerced into doing anything you know is wrong.
- Just because you are on a date does not mean that you cannot say, "No." When you say, "No," that response should be respected. "Date rape" accounts for the vast majority of teenage rapes.
- Don't let peer pressure influence your decisions about drugs and sex.
- Never leave a cup or can of soda or any other drink someplace where you can't see it. If you start to feel sick or dizzy, have a friend call your parents immediately.

Say "No" if you feel threatened and tell a trusted adult

- Don't be afraid to stand up for yourself.
- If your friends are making bad decisions, you don't have to.
- It is okay to be rude to someone who is trying to get you to do something that is wrong.
- Perpetrators rely on our tendency to avoid making a scene in public; it is okay to make a scene to stop someone from taking advantage of you.
- Never give personal information over the internet and never agree to meet anyone you have met through the internet.
- Share this paper with your parents and ask them to help you identify three adults you can go to when needed. Write these names and their phone numbers and put them on the refrigerator at home.