

# Keeping Yourself Emotionally and Physically Safe

**Am I worried about the  
EMOTIONAL or PHYSICAL SAFETY of  
myself or someone I care about?**

**This presentation will help you identify when you  
or someone you care about may need help.**

# We have skills to keep ourselves and others HEALTHY and SAFE...

- **Recognizing warning signs** that your safety or the safety of a friend may be at risk
- **Knowing when to share your concerns with a parent** or a trusted adult
- **Reaching out to a counselor**, medical professional, or other professional for advice
- **Choosing healthy ways to take care of yourself** (good eating habits, exercising, calming strategies, good sleeping habits, etc.)
- Choosing **healthy relationships**

# Ways to keep ourselves PHYSICALLY and EMOTIONALLY SAFE...

- Maintaining or starting **good eating habits**
- **Daily exercise or physical activities** (i.e., playing basketball, running, walking with a friend)
- Practicing **calming strategies**, (i.e., breathing exercises, mindfulness, counting to 10, having a glass of water)
- **Good sleeping habits** (establish a consistent bedtime, try to get 8–9 hours of sleep)
- Choosing **healthy relationships**

# Ways to Reduce Stress...

- Be **balanced** (work/play/sleep)
- **Avoid over scheduling**
- Allow for **down-time**
- Have a **routine**
- Make **sleep a priority**
- **Celebrate small victories**
- Think about **volunteering and helping others**

# Am I feeling...

- like I have poor sleeping habits
- like my eating habits have changed
- badly about my school performance
- like I am in an unhealthy relationship
- like I have unhealthy habits (use drugs, alcohol and/or other risky behaviors that could hurt me)

*\*\*This could also be about a friend or someone you care about*

# Am I feeling...

- sad because I have lost something or someone close to me
- extreme mood swings (my emotions are up and down)
- like I don't want to be around people
- hopelessness or helplessness
- like I am a burden to others
- sadness/depression and it is affecting my ability to function (this feeling has lasted more than two weeks)

*\*\*This could also be about a friend or someone you care about*

# Share your concerns with a parent or a trusted adult

If you answered yes to any of the questions in the previous slides and it is affecting your everyday life, then...

You have recognized some of the warning signs that the physical or emotional safety of you or someone you care about may be at risk...

**share your concerns with a parent or a trusted adult**




The next few slides will address ways to make healthier lifestyle choices so we can try and keep ourselves/loved ones emotionally and physically safe

We don't want to let people fool us, trick us into doing something that feels wrong, mislead us, take advantage of us, abuse us, or find other ways to harm us.

When we form healthy relationships, it reduces the risk of being vulnerable, deceived, or exploited.

- **Vulnerable:** susceptible to physical or emotional attack or harm.  
*synonyms – weakness, susceptible, exposed, defenseless, helpless*
- **Deceived:** to cause to accept as true or valid what is false or invalid.  
*synonyms – to be fooled, tricked, misled, betrayed*
- **Exploited:** the action of treating someone unfairly in order to benefit from their work.  
*synonyms – to be taken advantage of, to be abused, to be blackmailed, to be unfairly treated, to be manipulated*



**Healthy  
vs  
Unhealthy  
Relationships**

# Characteristics of UNHEALTHY Relationships

**Unhealthy relationships** are marked by characteristics such as disrespect and control. **It is important to be able to recognize signs of unhealthy relationships before they get worse.**

- It is important, but often difficult, to **acknowledge the existence of abuse** in a relationship.
- Many abusive relationships may seem perfect in the early stages, but **possessive** and **controlling behaviors may appear and get worse.**
- Abuse does not have to be physical, it can also be **emotional, verbal, sexual, financial, or digital.**

## Characteristics of UNHEALTHY Relationships

### Forms of Abuse can include:

- **Calling you names, insulting you, continually criticizing you**
- **Trying to isolate you** from family and friends
- Sending you **negative, insulting, or threatening** messages online
- **Telling you who you can** and cannot be friends with
- **Controlling who you chat** with and what you post on social media
- **Forcing you to do things you don't want to do**

Source: <http://www.thehotline.org/is-this-abuse/abuse-defined/>

# Characteristics of UNHEALTHY Relationships

In an unhealthy relationship,  
the other person will:

- not accept an end to the relationship
- **aggressively tell** you how to dress or wear your hair
- **make threats to you**
- **not allow you** to make decisions
- show extreme **jealousy** or **possessiveness**

# Characteristics of HEALTHY Relationships

**Respect for both oneself and others is a key characteristic of healthy relationships.** Healthy relationships share characteristics that should be expected. They include:

- **encouragement to enjoy** a variety of activities
- **hanging out together** or with other trusted individuals
- **making decisions together**
- **feeling safe** to share your thoughts and feelings
- being treated with **respect** and **kindness**

# Characteristics of HEALTHY Relationships

- **Understanding.** Each person should take time to understand what the other might be feeling.
- **Self-confidence.** When people have confidence in themselves, it can help their relationships with others. It shows that they are calm and comfortable enough to allow others to express their opinions without forcing their own opinions on them.
- **Individuality.** Neither person should have to compromise who they are, and their identity should not be based on anyone else's opinions. Each person should continue seeing their friends and engaging in healthy activities.

<https://youth.gov/youth-topics/teen-dating-violence/characteristics>



# Characteristics of HEALTHY Relationships

- **Trust.** In a healthy relationship you should be able to place trust in each other and give each other the benefit of the doubt.
- **Honesty.** Honesty builds trust and strengthens the relationship.
- **Compromise.** In a relationship, each person does not always get their way. Each person should acknowledge different points of view and be willing to give and take.
- **Good communication.** Each person should speak honestly and openly to avoid miscommunication. If one person needs to sort out their feelings first, the other person should respect those wishes and wait until they are ready to talk.

# Staying Safe in Social Situations

- **Avoid settings** where unhealthy behavior is more likely to occur
- **Make sure a parent** or trusted adult **knows where you are**
- **Avoid settings where responsible adults aren't present**
- **Firmly say NO** to participating in an activity that makes you feel uncomfortable
- **Make eye contact** when stating how you feel
- **Avoid being alone** with people you don't know or trust
- **Don't use drugs or alcohol**

# Staying Safe Online

# Staying Safe Online

- If anyone makes you feel uncomfortable online, **tell your parent or a trusted adult right away**
- **Don't get involved in confrontations** via text or social media platforms
- **Never post personal information**
- **Never meet in person with someone you have only met on the internet**

# Staying Safe Online

- **NEVER share your password** with anyone including your friends
- **Check with your parents** before posting pictures of yourself online
- **NEVER post or share inappropriate** pictures or comments
- **Remember what you post online does not go away!**

# Staying Safe Online

## Always Tell a Parent or a Trusted Adult if:

- Something does not seem or feel right
- You've been approached or harassed
- You have concerns for your safety or a friend's safety

## Remember:

- Be cautious of strangers (even a "friend of a friend")
- Never share private information (address, phone number, school you attend, social activities)

**Tell a parent or  
a trusted adult  
if you are  
worried about  
your safety or  
a friend's  
safety.**

**This could include:**

- someone being abused (physically, sexually, emotionally)
- someone wanting to hurt themselves or someone else
- someone feeling hopeless
- someone feeling depressed
- someone feeling forced to do something that feels wrong
- someone participating in dangerous behaviors that could cause harm to themselves or others

# Seeking HELP

## Examples of trusted adults to ask for help if you are concerned about yourself or someone else

- Parent/Guardian
- Trusted family member / trusted family friend
- Neighbor or other trusted community member
- Teacher
- Principal or another administrator
- School counselor, social worker / SAP, or psychologist
- School Resource Officer



# Anyone 18 years or older is a Mandated Reporter

## Definition

A mandated reporter is a person 18 years or older and is **legally required to report any suspicion of child abuse or neglect** to the relevant authorities. These laws are in place to prevent children from being abused and to end any possible abuse or neglect at the earliest possible stage.

# IMPORTANT NUMBERS

- **911** (if there is immediate danger)
- **Child Protective Services (CPS):  
919-212-7990**
- **National Suicide Prevention Lifeline:  
1-800-273-8255**
- **National Human Trafficking Hotline:  
1-888-373-7888**
  - **SMS: 233733, text HELP or INFO**