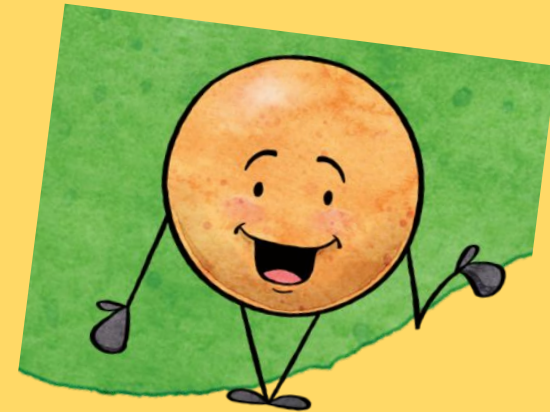




Erin's Law and Healthy Relationships



Who are the Trusted Adults?



- Identify safe adults and seek help if you are in an unsafe situation
- Help a friend/peer find a trusted adult if they are in a potentially abusive situation
- If the trusted adult you tell does not believe you or help, tell someone else until you are believed and helped
- It may be hard to ask for help = it is never your fault, it will only be ok!

What is Erin's Law?

- A law created by Erin Merryn, a **victim and survivor** of sexual abuse
- Because of this law, we are required to teach students about **personal body safety**
- The goal of the law is to **educate and empower students** on what to do in certain unsafe situations



Video



Abuse

Do you know the 3 different kinds of abuse?

- ✓ Physical abuse
- ✓ Emotional/Verbal abuse
- ✓ Sexual abuse

Abuse doesn't only happen with strangers..

SOMEONE YOU KNOW

DATING PARTNER

FAMILY MEMBER

PARENT/STEP-PARENT

FRIEND

WHAT IS PHYSICAL ABUSE?

- ✓ any intentional and unwanted contact with you or something close to your body

WHAT IS VERBAL ABUSE?

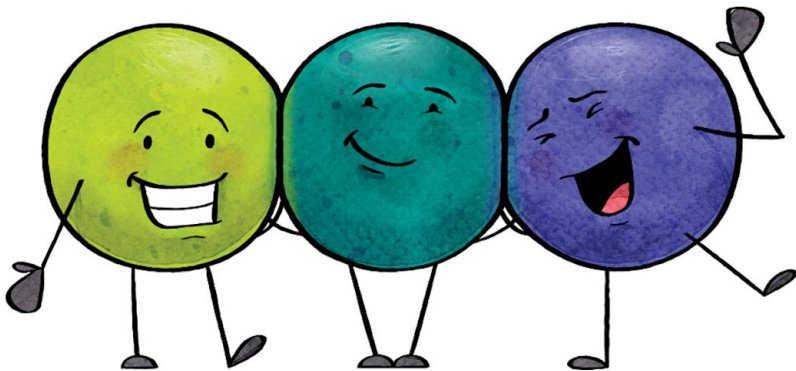


- ✓ non-physical behaviors such as threats, insults, humiliation, stalking, controlling behaviors, etc.

WHAT IS SEXUAL ABUSE?

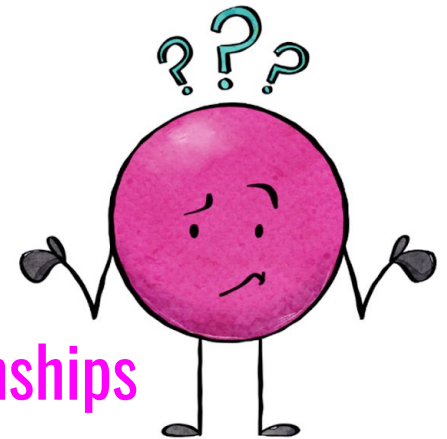
- **unwanted sexual touch, contact or sexual behaviors without consent = people must ask and you have the power to say “no”**

Healthy Relationships



HEALTHY RELATIONSHIPS can include...

- **Friendships**
- **Romantic** Relationships (a significant other)
- **Parent** relationships
- **Family** relationships (sibling, aunt/uncle, cousin, etc)
- **School** relationships (trusted adults, teachers, school counselors, coaches, etc)



*We are going to learn today that any of these relationships
can be unhealthy too

Healthy Relationships: What makes it healthy?

Healthy Relationships:

- Trust
- An equal balance of power
- Respect
- Forgiveness
- Understanding of boundaries
- Being comfortable
- Non-judgemental

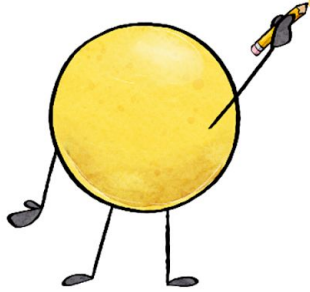
Unhealthy Relationships:

- Insults
- Tears you down
- Controlling
- Isolating
- Obsessive
- Judgemental
- Uncomfortable
- Disrespects or ignores boundaries

Unsafe Adults:

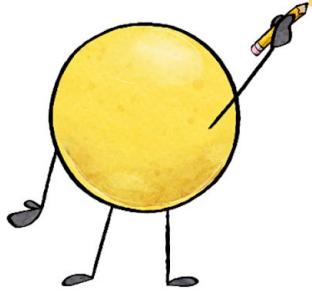
- an individual **gaining trust** of a child and slowly **pushing their boundaries**
- Lures = May give **special gifts** to children (ice cream, etc)
- Manipulation = Gives the child **extra attention**, lets them do things they are not usually allowed to do, this allows them to gain **power** (“If you tell, I will tell on you for playing all of those video games”)

Boundaries



- represents an invisible line you can draw and create in a relationship, that shows what you are comfortable or uncomfortable with while interacting with that specific person.

Boundaries



An *invisible boundary* may include:

- ✓ Your fears
- ✓ Your beliefs/values
- ✓ Anything else that makes you feel uncomfortable
- ✓ When you feel something is wrong

***The power of saying “no” = if you don’t feel good in a situation, stand up for yourself**

Sexting

- Sending, requesting, receiving, or sharing/forwarding of inappropriate, semi-nude or nude videos, pictures, or sexually suggestive messages over the phone or computer, including through apps (Snapchat, Instagram)
- **Sexting is illegal!** No matter the age, it is a crime in NYS to send or post

Sexting

- Once you have sent a sext, it's out in the world, and you no longer have control over who sees it. **The best way to control the situation is to never send one!**
- Sexting may cause feelings of embarrassment, shame, humiliation, guilt, and hopelessness
- Keep personal information private online = privacy settings, don't add strangers, etc.

**Please let us know if you
have any questions.**



**If you do not want to ask now, you can go to any
of the trusted adults listed before.**

Social Work Office is available for all students.