

# High School Safe Environment “Abuse”

Resources and Assessment Materials

## Examples of Abuse

**Physical Abuse:** An action that causes a physical injury that was not an accident including beatings, serious or unexplained bruises, burns, welts, broken bones, scars, internal injury, starving or denying water, exposure to extreme heat or cold

**Emotional Abuse:** Action or words that seek to harm or destroy the emotional development and well-being of another, especially his/her sense of confidence, personal worth and dignity. Behaviors include:

Constant criticism

Rejection and isolation

Withholding signs of physical affection, support, and guidance

**Sexual abuse:** Exploiting children through sexual situations that are dangerous/hurtful

Non touching sexual abuse

Indecent exposure

Exposing children to pornographic material

Touching sexual abuse

fondling

rape/sexual intercourse

making a child touch an adult's sexual organs

Sexual exploitation - using children to film, photograph, or model pornography

Coerced/pressured sex

# Warning Signs of Potential Predators

*Avoid adults who seek to do the following:*

- Always wants to be alone with you
- Are more excited to be with you than other adults
- Give you gifts, especially in secret
- Give you contact that is outside your comfort zone (unwanted hugs, extended touching of shoulders or arms, body rubs, etc.)
- Try and wrestle or tickle you
- Use bad language or tell inappropriate jokes
- Show you pornography
- Allow you to engage in behavior your parents wouldn't allow (drinking or drugs)
- Think that the rules don't apply to them

# Myths and Facts about Abuse

***Myth: Abusers are usually strangers who you do not know.***

***Fact: Most abusers are someone that you know, are familiar with, trust, or have seen many times before.***

Potential predators often times work hard to look like everyone else, gain your trust and/or the trust of your family, and work/volunteer in a role that gets them close access to children or young adults.

***Myth: Most abuse is reported right away.***

***Fact: Most abuse goes unreported and hidden for many reasons.***

Some victims do not report because they are afraid that they will get hurt again, are worried that no one will believe them or that they will get blamed for what happened to them, feel ashamed, embarrassed or guilty.

***Myth: Typical sex offenders are old, white men.***

***Fact: There is no “typical” stereotype for a sex offender.***

Sex offenders can be old or young. A sex offender could be your peer. It could be a man or a woman, any race, any ethnicity, any age.

# Myths and Facts about Abuse continued...

***Myth: Sex abuse typically happens when a shady van drives by and swipes a young person off the street, like on TV shows.***

***Fact: Most abuse is from someone you know, not a snatch and grab situation.***

Even though TV shows and movies portray abuse as happening after a snatch and grab situation, in reality, this happens very rarely. Sex abuse happens to most in a familiar situation with someone who they know or have seen often, sometimes even a family member or close family friend.

***Myth: If you dress immodestly and provocatively, you are asking to be abused.***

***Fact: Abuse is NEVER your fault!***

Many sexual abusers will tell their victims that they were “asking for it” by the way they were dressing. They will try and convince the victim that he or she never said no, and therefore it was not abuse. They will try and convince the victim that they should feel guilty or dirty for what they did. The fact needs to be loud and clear – abuse is NEVER the victim’s fault! No matter what led up to the abuse, you are not to blame.

Name \_\_\_\_\_

### **Warning Signs of Predators**

Preventing abuse starts with knowing the warning signs of potential predators. Use the space below to list and explain 5 of these warning signs.

1.

2.

3.

4.

5.

Name \_\_\_\_\_

## True or False: Dating Violence

Circle TRUE or FALSE for each statement. If FALSE, explain a truth that applies to that statement.

Most abuse goes unreported and hidden for many reasons.  If false...	T or F
Abusers are usually strangers who you do not know.  If false...	T or F
Abuse is NEVER your fault!  If false...	T or F
Sex abuse typically happens when a shady van <u>drives</u> by and swipes a young person off the street, like on TV shows.  If false...	T or F
Typical sex offenders are old, white men.  If false...	T or F