



6.2 THINK-LEARN-DO SHEET

During Lesson 2 of the MBF Teen Safety Matters™ program, you learned about physical safety concerns, including different types of abuse.

THINK BACK TO THE LESSON AND COMPLETE THE FOLLOWING 3-2-1 REVIEW:

3 THINGS YOU LEARNED OR FOUND INTERESTING IN THE LESSON:

1. _____
2. _____
3. _____

2 SAFE ADULTS AND THEIR PHONE NUMBER:

1. _____
2. _____

1 QUESTION YOU STILL HAVE:

1. _____

LEARN MORE ABOUT THESE TOPICS:

To learn more about these topics, check out the following resources:

- www.kidshealth.org/en/teens/family-abuse.html
- www.pacerteensagainstbullying.org
- www.polarisproject.org/resources

TALK TO YOUR SAFE ADULTS:

1. Make sure you have a current phone number for each of your Safe Adults so you can reach them when you need to talk about your safety.
2. Once you have their contact information, share with them that you have chosen them as a Safe Adult and would like to be able to reach out to them when you Spot Red Flags or if you are ever hurt or unsafe.
3. Let them know they can learn more about being a Safe Adult by visiting www.mbfteensafety matters.org.

DO THE FOLLOWING ACTIVITIES:

1. Do some research on the question you listed above. If you need more information, talk to a parent, guardian, Safe Adult, or a teacher or counselor at school.
2. Choose one topic covered during the lesson and create a social media post telling your friends how to stay safe. Be a leader and post it on your social media pages/profiles. Use #Teensafety matters in your post.
3. Write down any ways you've witnessed bullying or cyberbullying and what you did in each situation. Then do a switch and write down what you could or would do differently now to be an Upstander.
4. Do the activity on the back of this sheet to help you explain what you've learned and to create a culture of kindness and safety.



6.2 THINK-LEARN-DO SHEET

During Lesson 2 of the MBF Teen Safety Matters™ program, you learned about different types of abuse and physical safety. You can now share what you learned with others to help spread the message that every child deserves to be safe. To do this, you want to be prepared to tell others what you learned and why it is important; an **elevator speech** is a great way to do this. An elevator speech is a message that communicates to someone exactly what you want them to know in a clear, brief way. It's typically about 30 seconds; about the length of an elevator ride.

Follow the outline below to write an elevator speech about what you learned in the lesson and why physical safety is so important. To help you begin to create a culture of kindness and safety, post your elevator speech on social media and use #Teensafetymatters in your post.

MBF TEEN SAFETY MATTERS ELEVATOR SPEECH:

During the MBF Teen Safety Matters program I learned about physical safety and the following types of abuse:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

I learned there are Red Flags that can help me identify abuse. Some of the Red Flags include:

-
-
-
-
-
-

I also learned 5 Safety Rules to help me keep myself and others safe. They are:

- 1.
- 2.
- 3.
- 4.
- 5.

Safety is important because:

