



7.2 THINK-LEARN-DO SHEET

During Lesson 2 of the MBF Teen Safety Matters™ program, you learned about physical safety concerns, including child abuse, relationship abuse, human trafficking, sexual assault, and bullying.

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 the safety topics from the lesson, check out the following resources:

- www.kidshealth.org/en/teens/healthy-relationship.html
- 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.mbfteensafetymatters.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 #Teensafetymatters in your post.
3. Do the activity on the back of this sheet about how to be an Upstander and how it can make a difference in bullying situations.



7.2 THINK-LEARN-DO SHEET

During Lesson 2 of the MBF Teen Safety Matters™ program, you learned about the importance of being an Upstander. Create an acrostic poem that describes how to be an Upstander and how being an Upstander can make a positive difference in bullying situations.

To make an acrostic poem, use the first letter of each line to spell out a word or phrase (a name, a thing, an idea, or any other thought) that begins with that letter. Each line can be as long or short as you like, and the lines do not need to rhyme.

HOW TO BE AN UPSTANDER AND HOW IT MAKES A DIFFERENCE!	
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