

8.2 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 these topics, 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. Write down any incidents of bullying or cyberbullying you've witnessed 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.
3. Think of one thing you could do to change the culture of bullying at your school (such as random acts of kindness, start a kindness/anti-bullying club). Ask for help from an adult and take the steps to do it.
4. Do the activity on the back of this sheet to be better prepared to respond to unhealthy relationships.



8.2 THINK-LEARN-DO SHEET

During Lesson 2 of the MBF Teen Safety Matters™ program, you learned about physical safety concerns, including signs of unhealthy relationships. Below are some scenarios you may encounter in middle school. List various ways you might respond to each situation. Highlight those you would be willing to try.

UNHEALTHY RELATIONSHIP BEHAVIORS	HOW YOU MIGHT RESPOND
<p>The person you like gets jealous and gets mad every time he/she sees you talking to someone else.</p>	
<p>A friend tells you the person they are seeing won't let them do things with you or with other friends anymore.</p>	
<p>You are feeling pressured by the person you are seeing to do something you do not want to do.</p>	
<p>Your best friend is seeing someone who is always putting her/him down in front of other people.</p>	
<p>The person you like texts and calls you all the time asking what you're wearing, what you're doing, and who you're with.</p>	

