


# Alternative Safe Environment Training



Middle and High School

# Safety—Basic Human Need

In our Church:

- ◆ Everyone commits to safety for our children and young people.
  - ◆ We have standards of behavior for everyone to follow.
  - ◆ We take care of each other through watchfulness and awareness.
  - ◆ We take action when things are unsafe.
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# How do you define safety now?

How has that changed as you've grown older?

**GREATER  
RESPONSIBILITIES:** money,  
school, work, service

**PERSONAL  
DECISION-  
MAKING**

**NEW AND  
DIFFERENT  
SITUATIONS**



**OFTEN MORE  
TIME WITH  
PEERS**  
(less with parents  
and other adults)

**MORE  
FREEDOM:**  
driving,  
activities



# Safe Relationships

# RELATIONSHIPS WITH OTHERS

## What's Okay

- Both people's **dignity** maintained
- Behavior meant to make other person feel appreciated/valued
- Behavior stopped/ corrected if other person becomes upset or objects to behavior
- Age-appropriate and role-appropriate



# RELATIONSHIPS WITH OTHERS

## What's Not Okay



- One person's dignity is not respected
- Behavior meant to take care of one's own needs even if it makes other person feel bad / uncomfortable
- Behavior continued even when other person becomes distressed or objects to behavior



# ***RELATIONSHIPS WITH OTHERS***

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# Unexpected Risks

Expected dangers—risk from stranger, dangerous setting, alcohol/drugs, etc.  
(things you've always been warned about)

Unexpected dangers when someone you trust tries to involve you in bad decisions





# Recognizing Lures





# Lures

- ◆ Sexual abuse often occurs in stages
- ◆ Offender builds immense trust in future victim
- ◆ Offender may “groom” victim
- ◆ Parents may also be “groomed” to lower suspicion or build trust.

# LURES

To stay safe we must be aware of lures, which include:

- ◆ **Bribery.** When someone wants to give us something or provide a special opportunity, it sounds great. We just need to recognize when it might be a lure:
  - ◆ Expensive
  - ◆ Secret
  - ◆ Not allowed



Example:  
"Hey, I'll buy  
you a new  
video game if  
you come with  
me."

# LURES

- ◆ **Curiosity.** Abusers sometimes try to exploit your natural and wonderful sense of curiosity by offering to show you something exciting, special, fun, magical, dangerous, nasty, or even sexual. In this lure the abuser uses whatever words or actions she or he believes will convince you.

Example: "Hey, I want to put you in my music video. You are perfect for the part."



# LURES

- ◆ **Authority figure or hero.** Some abusers actually choose jobs or activities (police officer, teacher, coach) where they have authority/power over young people.
- ◆ Some take advantage of their authority to intimidate or influence teens to cross from appropriate to abusive behavior.



# LURES

- ◆ **Crisis situation.** You feel pressed to make a quick decision, one that feels risky, because of some perceived crisis.



**Example:** An abuser might find you on a walk home from school and insist that you need to go with him or her to the hospital because your mom or dad has been in an accident.



**Tip:** VERIFY! Get away and if you have a cell phone, call a trusted adult to check out the story.

# LURES

- ◆ **Special affection.** Most adults who show interest in teens really care about them. So when should we worry?
- ◆ Manipulates/controls
- ◆ Allows or encourages inappropriate behaviors: underage drinking, porn, etc.
- ◆ Expects secrecy  
("They wouldn't understand.")
- ◆ Wants you to give up other relationships (family/friends)



*"No one loves you  
or understands  
you the way I do."*

# Lures

- ◆ Victim trusts/feels special relationship
- ◆ Victim may feel helpless—cares about abuser but wants the behaviors to stop
- ◆ Secrecy





# Scenario 1



Marie is almost 16. She is dating Rick, 21. They have been a couple for 15 months. He is in college and takes her to a lot of parties where there are alcohol and drugs. She loves Rick and is very proud of her mature boyfriend.

What do you think?

# Did you know?

## In Kentucky:

- ◆ Anyone who has sex with someone under 12 is guilty of rape. (Kentucky Revised Statutes 510.040)
- ◆ Any adult 18 or over who has sex with a minor under 14 is guilty of rape. (KRS 510.050)
- ◆ Any adult 21 or over who has sex with a minor under 16 is guilty of rape. (KRS 510.060)
- ◆ Any person in a position of authority or position of special trust who has sex with a minor under 18 with whom he/she comes in contact through that position is guilty of rape. (KRS 510.060)

**Note: This applies even if there is "consent" from both parties.**

# Scenario 2

Linda and Jim have been dating for six months. Linda's friends have noticed that she doesn't spend much time with them. All her time is with Jim.



Several weeks ago, Linda had a black-eye. She said her little brother hit her with a toy. Yesterday, she had a large bruise on her neck. She tried to hide it with a scarf.



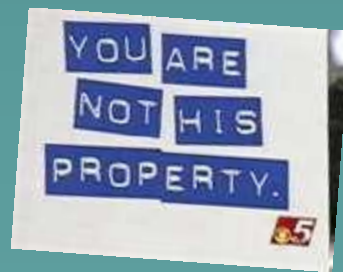
Jim gets mad if Linda talks to other guys.

When she is not at school, he calls her every 30 minutes to find out what she is doing. Linda tells you that Jim loves her so much that he wants to hear her voice as much as possible.

One night, Jim was so mad he made Linda get out of the car and walk home.

# What should you do?

- ◆ Talk to Linda. Tell her what you have observed. Encourage her to talk with a trusted adult.
- ◆ Talk to an adult about your concerns for Linda and ask if they can help.



# LURES

- ◆ **Assistance.** As teens you're old enough to volunteer and help others. So how do you keep safe when offering or accepting help from others?

**LOST PUPPY**



**REWARD FOR RETURN**



# LURES

## ◆ Assistance.

- ◆ If you need help, you choose who helps you (a trusted adult, a parent with kids, a uniformed police officer). Don't let other people choose you or pressure you to accept their help.
- ◆ If someone asks you for help, don't automatically feel that you have to respond. Trust your instincts if a situation feels off. Really tricky people might get another young person or child to ask for our help. Remember, adults don't ask young people for help; they ask other adults.



# Scenario 3

Paul, 16, is walking home from school. A stranger stops and asks for directions to the pharmacy several blocks away. Paul explains, but the guy still looks confused. He asks if Paul will ride along and show him the way. Paul agrees.





After Paul rides with him the few blocks, the guy says thanks; and Paul hops out and goes home.

Should Paul tell his parents?



Three weeks later Paul is walking home, and the same guy stops. "Good to see you again. Thank you for your help the other day. Since I'm new in town, it really helped. Want to get a shake?"



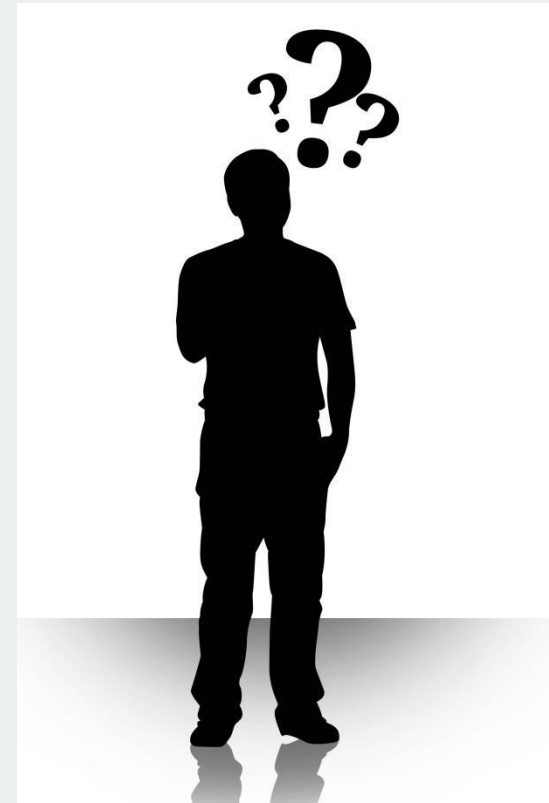
Paul hops in the car, and they go get a shake.

# Think about it.

Should Paul tell his  
parents?

Are he and this man  
friends now?

Is there any reason for  
concern?



A couple of weeks later Paul is walking home. The new guy calls him over to the car and says, "I'm all settled in my new place. I'm setting up a sound studio. Want to help?"

Paul hops in the car.



This is when the abuse began....

A beer

Sexual talk/ pornography

Sexual abuse



Teenagers sometimes make poor choices  
(going places they shouldn't, drinking alcohol,  
looking at pornography, dressing immodestly,  
sharing unwisely on social media, etc.).

Those behaviors DO NOT CAUSE ABUSE.

ABUSE is not the victim's fault...ever.



Sometimes teens do fall for the lures and feel caught in an abusive situation.

ABUSE is not the victim's fault...ever.



Sometimes abusers and even other people blame the victim for “letting” the abuse happen.



ABUSE is not the  
victim's fault...ever.





# Social Media



# Social Media

- ◆ Opportunity to stay connected with others
- ◆ Quick plan updates
- ◆ Ability to talk with others easily when you can't get together



# Social Media Dangers

- ◆ Oversharing online
- ◆ Information shared carelessly is very difficult to remove
- ◆ Sense of anonymity allows peer exploitation
- ◆ Self-exploitation: sexual conversations online, sending/posting images of oneself, either willingly or under pressure



# Scenario 4

Erica has been fighting with Kate. In order to get back at her, Erica posted some harsh statements on Twitter.

“Her sister’s Aderall? Really, don’t you think Kate’s skinny enough! LOL”



“Kate shouldn’t drink if she can’t hold her liquor, don’t you think!”





# Think about it

You are friends with both Erica and Kate. You know the postings are not true.

Should you do anything?

# Now What?

You have just found out that one of the statements posted about Kate is true.

What should you do?

Who can help you?



# Code of Conduct Middle and High School





I will treat everyone with:

- RESPECT
- COURTESY
- DIGNITY
- PATIENCE
- LOYALTY
- INTEGRITY



I will behave in a way that respects the rights of all.



Think of examples.

# Scenario A

During a break while on the class field trip, some guys are making sexual comments about girls in their class. A chaperoning dad overhears, thinks it's rude, and soon has shifted the conversation to the "hot" reality show from last night.

Any problem?

# Scenario A cont.

- ◆ Everyone bears some responsibility here. The young people's Code of Conduct states, in part:  
  
"I will treat everyone with respect, courtesy, dignity, patience, loyalty and integrity. I will behave in a way that respects the rights of all."
- ◆ Just because these disrespectful statements are not made directly to the people involved, these young people are poorly representing their school or parish (and their faith). Plus, gossip can cause a lot of damage.

# Scenario A cont.

- ◆ And the grown-up? The adult's Code of Conduct states, in part:

"I will not engage with minors...in topics of conversation, vocabulary or any other form of personal interaction or entertainment that could not reasonably be used in the presence of parents or a responsible adult. I will not engage in sexually oriented conversations with anyone except in the context of sharing the Church's teaching on human sexuality."

- ◆ When this adult heard the young people, he should have reminded them that the conversation was inappropriate and disrespectful. Then he could have started talking about something different, like last night's ball game or the kids' summer plans.





I will be cooperative and do those things that promote a good reputation for my school/parish and me.



***OOPS!***

I will treat property with care. If I break something, I will tell my supervising adult.





I will avoid posing any health risk to others (i.e. fevers or other contagious situations).





I understand the use of cell phones and other electronic equipment is highly discouraged, unless a supervising adult grants permission.





I will not possess/use/purchase tobacco, alcohol, illegal drugs, weapons, inappropriate videos, inappropriate reading materials, or other inappropriate objects.





## Scenario B:


Bill's dad likes to be thought of as a little wild. When he drives you and the guys home from practice, he shares off-color jokes and tells stories about the crazy (occasionally illegal) stuff he's done. Bill often brags about how easy it is to get beer at his house. This weekend Bill's having a few friends for a party, and he's invited you. What are the risks?

# Scenario B cont.

- ◆ When Bill's dad is operating as a parent (and not as a supervisory adult), his behavior is not governed by the diocese's Adult Code of Conduct; however, your brain should be putting out some serious red flags. Bill and his dad have a distorted view about appropriate conduct.



# Possible choices:

- ◆ Tell Bill you can't go and say nothing about why.
  - ◆ Tell Bill you better not go; explain why. Remind Bill that his dad could get arrested for providing alcohol to people who are underage.
  - ◆ Go to the party. First talk with your parents or other trusted adult. Have a plan for how you'll leave if there's underage drinking or other problem activities.
  - ◆ Other ideas?
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I understand in extreme cases of misconduct, my parents/legal guardian and legal authorities will be notified, regardless of the time. In these cases parents/legal guardians will be financially and/or physically responsible for participant's transportation home from school/event.



If I become aware of any violation of this Code of Conduct by anyone, it is my responsibility to notify my supervising adult as soon as possible.



# Scenario C

Ann is a senior girl who has been in her parish's youth group since freshman year. The parish just brought in Joe to work with the youth group, a guy whose family has been friends with Ann's for years. Ann and Joe have grown up together, and now they're interested in dating.



Any problem?





# Scenario C cont.

Yes. These two are not peers in this situation. As a youth minister Joe has accepted a role of leadership and mentoring, and he's there to minister to Ann.

They are not truly equals because as a supervisory adult, Joe has authority over Ann. (This imbalance would exist whether he is an employee or a volunteer for the group.) Diocesan policy reminds the supervisory adult that he/she is to maintain professional boundaries.

# What are their options?

- ◆ If their ages make them peers, Joe could separate himself from the youth group ministry so he could date Ann.
- ◆ If Joe's employed by the parish, Ann may choose to end her involvement with the group so the two of them could date.
- ◆ Or they could choose to maintain a lighter friendship without dating. Then when Ann's out of high school and not active in this youth group, they might wish to date. Joe will have to be extra careful about appropriate boundaries for the time being.

# Scenario D:

- ◆ You and Sue play on the parish's/school's softball team. This year the team has added a local college student as a batting coach, and Sue thinks he is so cute. First she started batting worse so he'd give her extra attention. Then she started talking to you about how she was going to convince him to go out with her.

What are the issues?  
What should you do?





## Scenario D Cont.

The coach has signed a Code of Conduct that states, in part:

“I will not maintain inappropriate relationships/friendships with a minor...I will not have exclusive relationships with a minor...If I become aware of a minor desiring such a relationship, I will ask for assistance from the supervisor or pastor and exercise extra caution.”

## Scenario D cont.



Not only must the coach not date Sue, she's putting him in a situation where he may have to separate himself from the team if she keeps pursuing him. If Sue doesn't notice this or doesn't care even after you've talked to her about it, you may need to tell another trusted adult who can help intervene.

## Scenario E:

- ◆ What a great pair of shoes! Rob tells you the coach got them for him because he thinks he has potential, but Rob's not supposed to mention it to his parents or they might feel bad that they couldn't afford them.

Any problem?




# Scenario E cont.

- ◆ Could be. The coach's Code of Conduct includes the following:

"I will not accept expensive gifts from minors or their parent/guardian without prior written approval from the pastor or administrator. Neither will I give expensive gifts to minors without prior written approval from the parent/guardian and the pastor or administrator. Small gifts or privileges are not to be given to minors without the presumed knowledge and permission of a parent/guardian."

# Scenario E cont.

- ◆ When someone spends a lot of money on someone else, often the receiver of the gift can feel that he/she owes the giver something: blind loyalty or obedience or some future unnamed obligation.
  - ◆ That's why gift-giving is rarely allowed and should always involve the knowledge of those who can help make sure that there's no intended buy-off for secrecy, loyalty, etc.
- 



It is the responsibility of the parent/guardian to see that youth arrive and are picked up at designated times to avoid violation of the Diocesan Policy.

This also applies to teens who drive themselves.



The Diocesan Policy states, “at least two supervising adults should be present when there is only one minor, and at least two participants should be present when there is only one supervisory adult.”



# Scenario F:

- ◆ The bus is getting back late, and everyone's tired. While the bus was still 20 minutes out of town, the leader told everyone to call so their rides would be waiting.
- ◆ Now they're back and the teens are all leaving except Jay and Emma. Diocesan policy states:

“at least two supervising adults should be present when there is only one minor...and at least two participants should be present when there is only one supervisory adult.”

Someone better decide on a plan quickly. What are the options?

# Scenario F -- Options

- ◆ Two adults stay so that when Emma's ride comes, Jay is not left with just one adult.
- ◆ If the second adult has to leave right away, then Emma's parent is asked to stay as the second adult until Jay's ride arrives.

**Note:** Parents are reminded that they have agreed to pick up their children on time to keep this situation from happening.

# Reminder

The Church wants you to be safe. We hope you use this training information and the Code of Conduct to protect yourself and others.



# Closing Prayer

God of justice and compassion,  
Protect all people from abuse,  
And deliver us from hate.

May we seek only justice and truth,  
And trust in your unending mercy.

We ask this through Christ, Our Lord.  
Amen.

