

PERSONAL POWER

PARENT LETTER 6: S.A.F.E.: IT'S OK TO TELL

During the final lesson in the *Safer, Smarter Teens: Personal Power* curriculum, your child watched a video in which Kate stood up for Maddie and helped her get the help she needed by going with her to the school counselor. Standing up for yourself and others may feel risky. Your child may think he or she will lose someone's friendship. A victim of abuse may feel it will be too disruptive to tell. But it's important to keep telling until you are heard and helped. Students learned the concept of S.A.F.E. as a power play to access help: **S**eek help from a trusted **A**dult; **F**ace your fears; and **E**nact your power plays. Lauren provided a recap of the first five lessons, which included:

- Personal Power
- Power Plays
- Red Flags
- Body Boundaries
- Sexual Abuse
- Self-Esteem
- Balance of Power
- Safe vs. Unsafe Relationships
- Guiding Voice
- TFA (Think, Feel, Act)
- Assertiveness
- Grooming
- Isolation
- Unsafe Secrets
- Unsafe Touches
- Disclosure
- A.C.T. (Ask, Care, Tell)
- Sexting
- Cyber-Grooming
- Cyber Safety Plan
- Accessing Help
- S.A.F.E. (Seek help from a trusted Adult; Face your fears; and Enact your power plays)

PARENT CONNECTION

Today's lesson focused on finding one's personal power and making positive power plays to stand up for and to help a friend. "A.C.T." and "S.A.F.E." are two of our acronyms that encompass our empowerment concepts. Continue talking with your child about what it takes to be a safer, smarter teen.

TIPS TO FURTHER TODAY'S LESSON

Ask your child what was most meaningful to him or her in the curriculum. What concepts were most useful to him or her? Does he or she have any questions or concerns?