



SPOTLIGHT – Use your personal power as a power play to protect your body boundaries, and access help by confiding in a peer and telling a trusted adult.

KEY VOCABULARY

- **Personal Power:** The tools we have to help us make safe decisions that help ourselves and others
- **Disclosure:** Telling a trusted adult when something unsafe is happening to you or someone else
- **Accessing Help:** Disclosing information to a trusted adult to get help when you or someone you know is in an unsafe situation
- **S.A.F.E.:** **S**eek help, trusted **A**dults, **F**ace your fears, **E**nact your power plays