

TEEN SAFETY

AWARENESS. BOUNDARIES. BETTER DECISIONS.

Know yourself. Trust your judgment. Make safer choices.

01 | SITUATIONAL AWARENESS

Pay attention to what's happening around you.

- Know where you are and how to leave.
- Notice who is around you.
- Avoid being completely distracted by your phone.
- Identify places to seek help.
- Pay attention to changes in someone's behavior.
- Trust when a situation feels off.

REMEMBER: Awareness creates options. The sooner you recognize a potential problem, the more opportunities you have to avoid it.

02 | BOUNDARIES & CONSENT

Being polite should never come at the expense of your safety.

- You can say no.
- You can change your mind.
- You do not owe anyone physical affection, personal information, or an explanation.
- Use clear, direct statements.
- You are allowed to leave any situation that makes you uncomfortable.

REMEMBER: Someone who repeatedly ignores your boundaries is giving you important information about their behavior.

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Your space. Your choice. Your safety.

03 | FRIENDSHIPS, DATING & SOCIAL PRESSURE

Healthy relationships respect your choices.

- A real friend respects your boundaries.
- Watch for pressure, manipulation, or jealousy.
- You should never be isolated from friends or family.
- You are not responsible for someone else's anger or emotions.
- You can walk away from people who don't respect you.

REMEMBER: Someone liking you, dating you, or being your friend does not give them control over your decisions.

04 | ONLINE SAFETY & DIGITAL BOUNDARIES

Your digital life is part of your personal safety.

- Limit sharing your real-time location.
- Protect your privacy settings.
- Be cautious about sharing personal information.
- Don't send intimate images under pressure.
- Watch for manipulation, threats, or requests for secrecy.
- Tell a trusted adult if something feels wrong.
- Save evidence of harassment or threats when safe to do so.

REMEMBER: You never owe someone access to your body, your information, or your private life - online or offline.

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Create distance. Plan your exit. Seek help.

05 | TRUSTING YOUR JUDGMENT

You don't need proof to decide you want to leave.

- Pay attention to uncomfortable feelings.
- Watch for repeated boundary violations.
- Notice when someone tries to keep things secret.
- If a situation feels wrong, it probably is.
- You are allowed to pause, create distance, or seek help.

REMEMBER: You don't have to wait for something bad to happen before leaving an uncomfortable situation.

06 | HAVE AN EXIT PLAN

Knowing how to leave is a skill.

- Identify exits when entering unfamiliar places.
- Stay with friends you trust.
- Have a reliable way to contact a parent or trusted adult.
- Establish a code word or message to ask for help.
- Know how to get a ride or arrange alternative transportation.
- Call 911 if you are in immediate danger (in the United States).

REMEMBER: Leaving isn't weakness. It's often the smartest decision available.

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Knowledge creates options. Confidence comes from preparation.

07 | PHYSICAL SELF DEFENSE

The goal is escape, not winning a fight.

- Avoid and recognize dangerous situations.
- Use verbal and physical boundaries.
- Maintain distance.
- Learn to escape common grabs and holds.
- Understand appropriate physical responses.
- Get to safety and seek help.
- Know that your response depends on the circumstances, the threat, and applicable law.

REMEMBER: The objective is to get safe, not punish someone or prove you can fight.

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FIVE CONVERSATIONS EVERY TEEN SHOULD HAVE

1. What would you do if someone refused to accept your "no"?

Discuss boundaries, disengagement, and when to seek help.

2. What would you do if you felt unsafe at a friend's house or gathering?

Discuss transportation, emergency contacts, and how to request help.

3. What would you do if someone online pressured you to share private information?

Discuss privacy, manipulation, reporting, and trusted adults.

4. What would you do if a friend or dating partner became controlling?

Discuss healthy relationships, warning signs, and available support.

5. Who are three adults you could contact if you needed help?

Identify trusted people and make sure their contact information is accessible.

REMEMBER

Teen safety isn't about raising fearful kids. It's about raising capable, informed young adults.

We cannot eliminate every risk our teenagers may encounter. But we can help them develop awareness, recognize concerning behavior, establish boundaries, and make informed decisions about their safety. And most importantly, we can make sure they know that asking for help is always an option.