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# Sexual Safety

## **Session 10:**

### Sexual Safety

#### **Goals:**

- Reinforce the resources available to students if they have questions or feel unsafe
- Cultivate a culture of respect and support for peers
- Encourage students to identify ways they are each unique

#### **Objectives:**

- Describe the definitions of sexual harassment, sexual assault, and sex trafficking
- Identify appropriate, inappropriate, and illegal social behaviors
- Name 2 adults they can call in if they have questions or feel unsafe
- Identify 2 ways they can support their peers if they are experiencing and uncomfortable or unsafe situation

# Anonymous Question Box

## Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of questions during class time as well.

## Anonymous Question Box Guidelines:

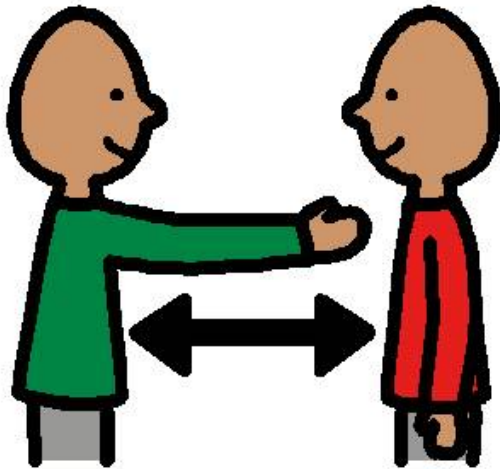
- Everyone must put a paper in the box. If students do not have a questions at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write "no question". This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used t hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

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# Safe vs. Unsafe Touch

# Body Boundaries

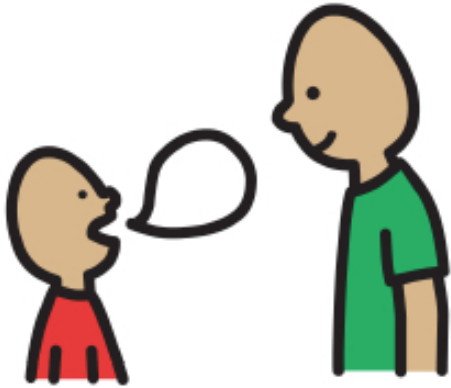
A boundary of **space** between you and another person's body



It must be a distance that you **both** feel comfortable with!

# Body Boundaries

**Everyone** has the right to choose if they want to be touched or not



Ask: Can I give you a hug, please?

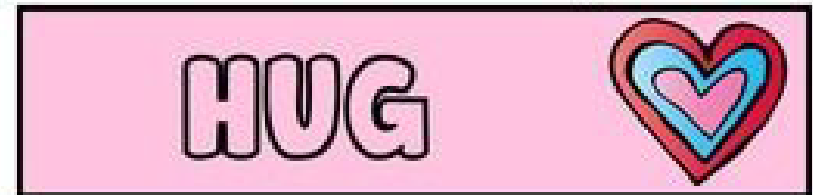
**Ask** before you enter someone's personal space!

# Consent

1. **Ask** for permission
2. **Agree** before you act

# Consent – Let's Practice!

1. **Ask** for a hug, handshake or high-five
2. **Listen** to their answer before you act





# Safe Touch

Touching that makes us feel **safe** and **cared for**

For example: hugs, high-fives, holding hands, pats on the back



# Unsafe Touch

Touching that  
makes us feel  
**unsafe** or  
**uncomfortable**

For example: touching  
private body parts  
without consent



# Safe vs. Unsafe Touch

Does everyone have  
the right to touch you?

**NO!**

# Safe vs. Unsafe Touch

What should a person do  
before they touch you?

**ASK!**

# Safe vs. Unsafe Touch

What should you say if you don't want another person to touch you?

**No!      No thank you.**

**Stop!      Please stop.**

# Safe vs. Unsafe Touch

What should you do if another person is touching you without your consent?

**Say “Stop!” or “No!”**

**Tell a trusted adult like a parent or teacher**

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# Public vs. Private Types of Affection

# Consent Review



<https://youtu.be/h3nhM9UIJc>



# Affection

Affection is showing someone that you like and care about them

We can show affection to our family, friends, and partners

# Types of Affection



# Public Types of Affection

Other people are around  
and can see you

These types of affection  
can happen in public or  
private places

# Public Types of Affection



Waving

# Public Types of Affection



High-five

# Public Types of Affection



Handshake

# Public Types of Affection



Holding hands

# Private Types of Affection

Other people are not around  
and cannot see you

These types of affection can  
happen only in private places

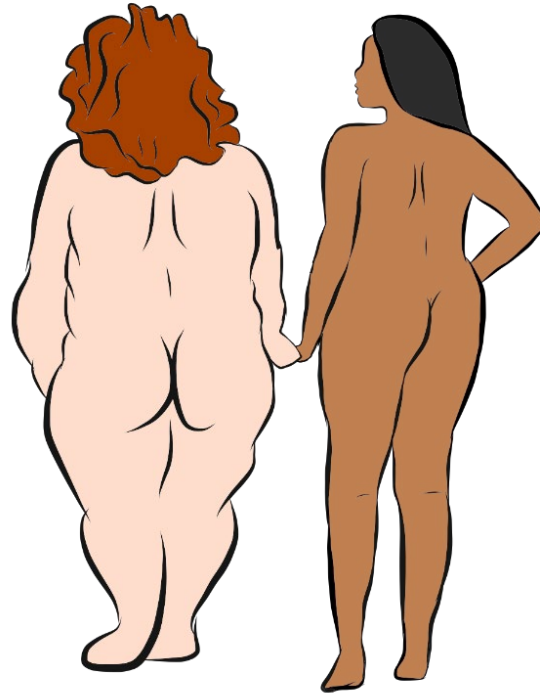


# Private Types of Affection



Touching Private Body Parts

# Private Types of Affection



Being naked with a partner

# Private Types of Affection



Having sex

# Depends on the Situation

Talk to your partner about boundaries first

These types of affection can happen in public or private places depending on your partner's boundaries

# Types of Affection

Hugging



# Types of Affection



Kissing

# Types of Affection



Cuddling

## Appendix G.11: Public vs. Private Types of Affection

### High Five



### Smile





# Waving



# Handshake



# Cuddling



# Kissing



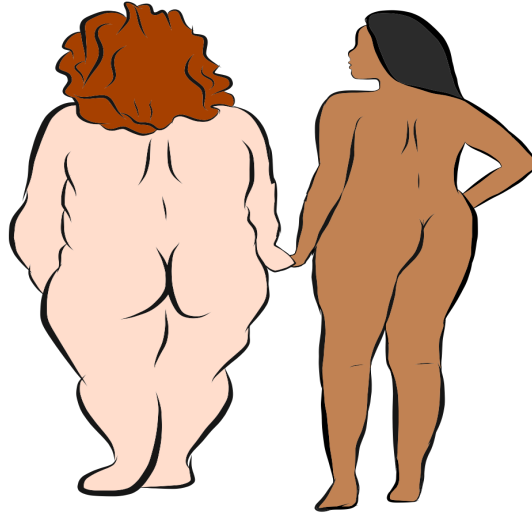
# Hugging



# Touching Private Body Parts



# Being naked with a partner



# Having sex



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# Sexual Safety

# Sexual Safety

## Listen



- NO means NO. Silence means NO.
- Always ask someone if you can touch them.
- Wait for someone to say, "YES."
- If a person says, "YES" to sex after they drink alcohol or take drugs, the "YES" does NOT count.



## Remember

- You can tell a trusted adult or the police about rape even if you did not fight back.
- It is NEVER your fault if you are sexually assaulted.



## How to Get Help:

- Tell a trusted adult what happened
- Call the police
- Call a rape hotline

### National Sexual Assault Hotline

1-800-656-HOPE (4673)

**Rape Trauma Services  
(San Mateo County)**

1-650-692-RAPE (7273)



**I can talk to \_\_\_\_\_  
about my sexual safety.**

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What should I  
do?

# What Should I Do?

## Scenario #: 1



Hi! My name is Juan. Every day at school when I see my friends, I run up to them and give them hugs. When I am introduced to new people I like to hug them too.

1. Juan's behavior is (circle one)

**appropriate**

**inappropriate**

**illegal**

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?



# What Should I Do?

## Scenario #: 2



Hello, I am Jeremy. I want to make new friends. When I go to the mall I walk up to strangers and start talking to them. The last few times I went to the mall, the same woman was there. I followed her around from store to store, talking to her about my life. She walks pretty quickly, so sometimes I need to yell to her to get her attention. Is this the right way to make new friends?

1. Jeremy's behavior is (circle one)

**appropriate**

**inappropriate**

**illegal**

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

# What Should I Do

## Scenario #: 3



My name is Samantha. I've been visiting a tutor two afternoons a week to get extra help with my homework. At first, he was just really nice, but then he started touching my shoulders and my hair. The last time I was there, he told me how beautiful I was and started touching my breasts through my shirt. I was so scared I didn't know what to do! I told him I had homework to do, and got out of there fast. Now, I'm so scared that I'll have to see him again. But I didn't fight him off or yell at him or anything, so maybe this was my fault? What should I do?

1. The tutor's behavior is (circle one)

**appropriate**

**inappropriate**

**illegal**

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

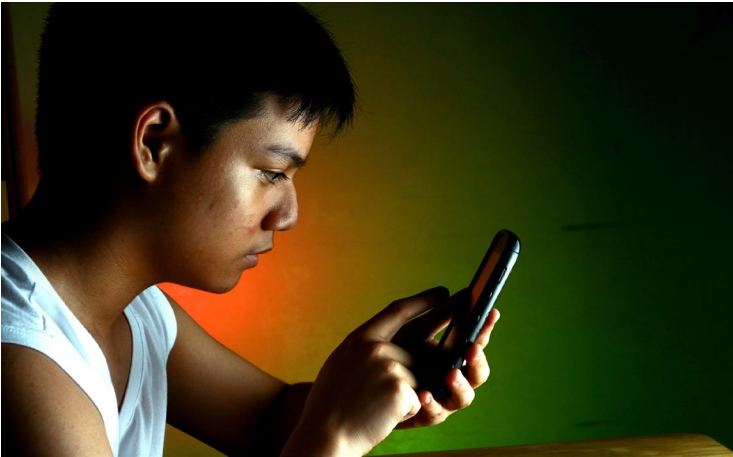
1.

2.

4. If this person was your friend, what could you say or do to help them?

# What Should I Do?

## Scenario #: 4



My name is Sergio. I just met this boy in my class that I like a lot. We say hello to one another every morning. I got his number from my friend today. I've sent him nine texts so far, but he hasn't responded. I even tried calling him three times and he never picked up. What should I do?

1. Sergio's behavior is (circle one)

**appropriate**

**inappropriate**

**illegal**

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

# What Should I Do?

## Scenario #: 5



My name is Jay. The other day I was walking home from school and needed to go to the bathroom really badly. I didn't know where the closest public restroom was so I ran into an alley and urinated on a building. When I got home I told my mom about it and she got upset at me. Did I do something wrong?

1. Jay's behavior is (circle one)

**appropriate**

**inappropriate**

**illegal**

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

# What Should I Do?

## Scenario #: 6



Hi, my name is Erin. Sean and I have been dating for about six months now. We've held hands and kissed, but I am interested in doing more. Sean and I have talked about our families, how nice it is to spend time together, and how we are both interested in becoming more intimate. I think I might bring up the conversation of having sex. What do you think?

1. Erin's behavior is (circle one)

**appropriate**

**inappropriate**

**illegal**

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

# What Should I Do?

## Scenario #: 7



My name is Jocelyn. Last week, I took a picture of myself topless and sent it to my boyfriend. At first I was really nervous about it, but I wanted to show him I really like him. We broke up yesterday, and when I got to school this morning everyone was laughing. I found out that he had sent my picture to everyone! I feel so humiliated. I can't face going back to school. What am I going to do?

1. Jocelyn's boyfriend's behavior is (circle one)

**appropriate**

**inappropriate**

**illegal**

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

# What Should I Do?

## Scenario #: 8



My name is Carla. Yesterday, when I got home from school, I began to feel tingly all over. I went into my bedroom and closed the door. Then I started touching myself. It felt really good. Now I feel weird about it. Is something wrong with me?

1. Carla's behavior is (circle one)

**appropriate**

**inappropriate**

**illegal**

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

# What Should I Do?

## Scenario #: 9



Hello, my name is Lucas. The other day I went over to my friend, Dylan's, house to hang out and we watched a scary movie. I started to feel scared and moved closer to my friend, our arms and legs were touching. He kept moving over on the couch, and I kept moving with him. It felt nice to sit really close. Ever since Dylan has been avoiding me at school. What did I do wrong? What should I do?

1. Lucas' behavior is (circle one)

**appropriate**

**inappropriate**

**illegal**

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?



# What Should I Do?

## Scenario #: 10



Hi, my name is Amanda. I just met Charlie and I think she is awesome. She makes me laugh and I think I like her more than just friends. I asked if she wanted to grab coffee with me and she said yes! When we met up for coffee we had a great time, and she even touched my arm. While we were walking out of the coffee shop, I asked if I could hold her hand. She said yes again! It feels so nice to be this intimate.

1. Amanda's behavior is (circle one)

**appropriate**

**inappropriate**

**illegal**

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

# What Should I Do?

## Scenario #: 11



My name is Megan. My boyfriend and I have been going out for over a year now and we have been talking about having sex. Last night we went to a party and I was feeling nervous so I started drinking. I don't remember much, one minute my boyfriend and I were dancing together, the next I woke up naked with him next to me. I guess we must have had sex. I feel really uncomfortable and I want to cry. What should I do?

1. Megan's boyfriend's behavior is (circle one)

**appropriate**

**inappropriate**

**illegal**

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

# What Should I Do?

## Scenario #: 12



My name is Kay. I met this guy online, Dave, and he started sending me all these pictures. He asked me to send him some pictures of me in return. I told him I didn't feel like that was a good idea. He promised to send me \$10 for every photo I sent him. I still feel uneasy about doing it, but that seems like a good deal. What should I do?

1. Dave's behavior is (circle one)

**appropriate**

**inappropriate**

**illegal**

2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

# What Should I Do?

Names: \_\_\_\_\_ Scenario #: \_\_\_\_\_

1. The behavior discussed in this scenario is (circle one):

**appropriate**

**inappropriate**

**illegal**






2. If you circled inappropriate or illegal, what is the problem in this scenario?

3. Who could this person go to for help? List **two** trusted adults this person could talk to.

1.

2.

4. If this person was your friend, what could you say or do to help them?

<b>Row 1</b> 1	<b>True</b> 	<b>False</b> 	<b>Not sure</b> 
<b>Row 2</b> 2	<b>Yes</b> 	<b>No</b> 	<b>Not sure</b> 