

Developing Personal Safety Skills for Young People:



Raising Awareness

Protective Behaviours ED ACT 2018

What Are Protective Behaviours?

Protective Behaviours is a way of looking at personal safety to develop life skills to recognise safe and unsafe situations.

‘Everyone has the right to feel safe all the time’.

Everyone has the right to feel safe from all types of abuse, including bullying and violence both in person and online.

‘You can talk about anything no matter what it is with someone you trust’.

It encourages all young people to develop a network of safe and trusted ‘go to’ people if you have a problem, and to explore your own level of safety and risk taking. There is a difference between feeling safe and being safe.

Asking for help with others is about taking steps to ensure you are listened to and someone can take action to keep you safer.

My safety is important

Personal Safety and Early Warning Signs

How does my body let me know if I am feeling unsafe?

Early Warning Signs are physical sensations that serve as indicators that we are at risk or that our risk is increasing. A quick body scan can help you notice any feelings or sensations that you may be having.

Most people get one or more indicators eg

- ✓ heart pounding
- ✓ dry mouth
- ✓ hands perspiring
- ✓ legs trembling or feeling frozen
- ✓ butterflies in the stomach
- ✓ feeling sick
- ✓ wanting to go to the toilet

This is also known as the Fight/Flight/Freeze response when our primitive brain stem is activated.

What to do?

The first step is to start taking some deep calming breaths.

Just breathe and calm your body
--

Talk to someone on your network

Safety Questions for Me

- Do I feel safe?
- Can I get help if I need to?
- Do I know how to get help?
- Do I know where to look for help?
- Do I know who to call?
- Does an adult or support person know where I am?

**It's smart to look
out for yourself**

**It's ok to ask for
help when
things go wrong**

AM I SAFE or AT RISK?

It is ok to look out for yourself and check if you are feeling safe. Am I choosing to take a safe risk? How safe am I?

Where am I on the **Safety Continuum?**

SAFE

No early warning signs
Lots of choice and control

FUN TO FEEL SCARED

Some mild early warning signs
Some choice and control

RISKING ON PURPOSE

Getting moderate early warning signs
Some choice and control and a time limit

UNSAFE

Early warning signs strong
No choice No control No time limit

What is Sexual Abuse?

- It refers to any unwanted sexual contact by another person (male or female).
- It involves inappropriate touching.
- It involves having someone show you explicit images.
- It can involve being forced to engage in sexual behaviour with another person.
- It can occur at school, at work or in a social situation.
- It is not the fault of the person being abused.

REMEMBER It is against the law.

If it does happen to you find the courage to speak up to a safe person.

It's ok to tell a friend or network person

If it doesn't feel right then trust your instincts

What is the Entrapment Process?

What is it and how do young people and teenagers get caught up in it? **Am I being groomed or being taken advantage of?**

While most adults and other young people in our community are trustworthy some may try to gain power over a young person to manipulate them into engaging in sexual activity.

Tactics may include:

Shame: making them feel bad about themselves

Tricks: misleading someone eg saying all teenagers watch this stuff or take this or do these things.

Lies: saying everyone does it.

Blackmail: threatening them or embarrassing them.

Bribes: giving presents, drinks or substances or money.

Guilt: through making them feel that it is their fault.

Remember: **It is never the young person's fault if they are caught up in sexual activity.**

**Be aware of tactics
and think safety first**

WHO CAN HELP ME ?

Remember you can talk about anything with someone you trust no matter what it is. It can sometimes be hard to ask for help and identify the safe people who will provide what you need. Everyone needs to develop their own **personal network**.

How do you know if someone is safe to talk to?

Practice how to start the conversation.

So who can you talk to?

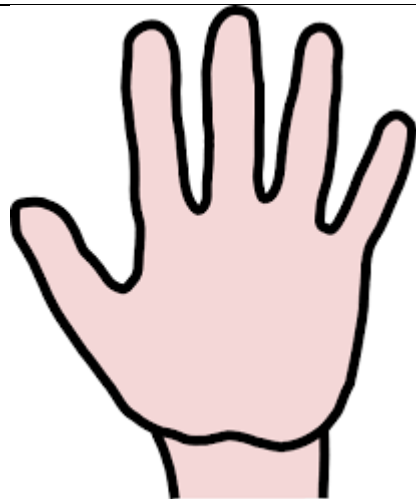
Network people		
Teachers		Parent/ Step parent
School Psychologist	Friends	Youth Worker
Librarian		Social worker
	Parent's friend	
School Chaplain		Other family members
	Sports coach	Police
Doctor	Lifeline	
	Kids Helpline	Family Friends
Counsellor	Religious Mentor	Neighbour

Our networks are people who will listen, who you can rely on, trust with your information and can take action to help you feel safe. They must be available and accessible.

It's ok to tell

Keep persisting and find someone who will really listen

WE CAN TALK ABOUT ANYTHING NO MATTER WHAT IT IS WITH SOMEONE ON OUR SUPPORT NETWORK



What stops people from speaking out?

- ❖ Fear of not being believed
- ❖ Feeling too uncomfortable
- ❖ Fear of being blamed and shamed or embarrassed
- ❖ Fear of being judged
- ❖ Unsure about whether it is consent or coercion
- ❖ Fear for my personal safety
- ❖ Not knowing who is safe to talk to
- ❖ Concerns about how telling someone might impact on my friends and family and the people I know

**Keep persisting and find
someone who will really listen**

CONSENT SEX AND THE LAW

As a young adult this information is useful to know for yourself or maybe to support a friend.

What do you need to know about consent?

- Consent must be free and voluntary
- Consent cannot be given if intoxicated, asleep or not aware of what's happening.
- It cannot involve force, threats, intimidation, deceit or fraud.
- If the victim withdraws consent it is against the law to continue.

FACT It is an offence **in the ACT** for an adult to have sex with someone who is under **16** years of age, even if they agree as the law says that he/she cannot legally **consent**. The person can be charged with a serious criminal offence, jailed and placed on the sex offender register.

No Means No

If it is not an explicit Yes it is a NO

Do I need to report it to someone?

WHAT IS THE DIFFERENCE BETWEEN CONSENT AND COERCION?

Is it consent or coercion?
Know the difference

CONSENT.....

Is when a person agrees to engage in sexual behaviour without any threats or being forced or bribed or tricked. Even if you said yes but you felt you had no choice, it is not consent

COERCION....

Is to keep pushing some things when he/she does not want to engage in sexual activity. It can involve physical force or threats or emotional manipulation.

FACT It is against the law to coerce someone into sexual behaviour.

YOU HAVE A CHOICE

WHAT ARE RESPECTFUL RELATIONSHIPS

Answer yes/no to these questions.

- Do both people feel good about this relationship?
- Do both people feel safe in this relationship?
- Am I able to say no and still feel safe?
- Do I feel safe at parties with my partner?
- Do I get to choose my friends, where I go, what I wear, who I talk to?
- Do I feel safe online in this relationship?

Great relationships have these elements
good communication

fun

trusting

compromise

boundaries

intimacy

happy balanced

honesty

genuine

caring

mutual respect

negotiation

dealing with differences

kind

giving each other space

**Is the age difference between
partners no more than 2 years?**

**Is my relationship
safe?**

WHAT ABOUT ONLINE SAFETY?

So how safe are you online? While being online has many benefits many young people are reporting that they have been experiencing cyberbullying. Cyberbullying involves using technology deliberately and repeatedly to bully an individual or a group with the intent to cause harm. It can leave people feeling unsafe. In the ACT 1 in 5 people have been cyberbullied.

It includes:

- Abusive texts and emails
- Posting of unkind messages or images
- Inappropriate image tagging
- Excluding others online

STOP BLOCK TELL

What can I do if this happens to me?

- 1 Directly report to the website
- 2 Collect evidence
- 3 Report it to
esafety.gov.au/reportbullying

Questions to think about:

- Have I posted anything that will be part of my online identity that may impact on my future?
- Do I know who to contact if I am bullied online?
- Can I distinguish between what personal information to share online and how to protect myself?
- Has anyone sent me naked images online or have I received any sexual images?
- Do any of my friends need support online?
- Can I identify digital grooming and know who to talk to?

REMEMBER There are laws that protect young people against intimate images of them being sent without their consent.

**CHOOSE WHAT YOU
SEND.**

**YOUR IMAGE
BELONGS TO YOU**

**THINK BEFORE YOU
POST**

USEFUL CONTACTS SPEAK OUT TO STAY SAFE

General Help

LIFELINE 13 11 14 <https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat>

KIDS HELPLINE (5 to 25 years) 1800 551 800 <https://www.kidshelpline.com.au/teens>

HEADSPACE 1800 650 890 <https://www.eheadspace.org.au>

YOUTH BEYOND BLUE 1300 22 4636 <https://www.youthbeyondblue.com>

The JUNCTION Youth Health Centre 62322423

SCHOOL PSYCHOLOGIST

LOCAL GP

SAFE and SUPPORTIVE SCHOOLS CONTACT OFFICER (in your school)

Cyberhelp

E SAFETY COMMISSIONER <https://www.esafety.gov.au/report>

to report cyberbullying and Image Based Abuse 1800880176

THINK U KNOW <https://www.thinkuknow.org>

Relationship help

A GENDER AGENDA 61621924

CANBERRA RAPE CRISIS CENTRE 62472525

REACHOUT.com <http://au.reachout.com> for help with tough times

RELATIONSHIPS AUSTRALIA <http://www.raq.org.au/services>

1800 RESPECT 1800 737 732

SACAT Sexual Assault Team 62442185

SAMSSA 62627377 Service assisting Male Survivors of Sexual Assault

SEXUAL HEALTH AND RELATIONSHIP Info www.shfpact.org.au

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