

## CONVERSATION RESOURCES

### 8th Grade

The following information and suggestions are provided to assist you in your effort to protect your children and to keep them safe.

#### The NO-GO-TELL Rule

**NO** – Say NO when someone suggests or invites you to do something which is wrong or which makes you feel uncomfortable.

- To people who ask you to keep secrets from your parents or teachers.
- To strangers who are offering you gifts.
- To strangers on the internet who invite you to meet with them.
- To strangers who want to take pictures of you.

**GO** – Safely and quickly remove yourself from the situation.

**TELL** – Let a trusted adult know what happened immediately.

- Tell the truth/facts without exaggeration.

#### Day to Day Safety

1. Discuss appropriate and inappropriate touches
  - No one should touch youth in a way to that makes them feel uncomfortable.
  - Role-play: What would you do if someone touched you in a way that makes you feel uncomfortable?
2. “Hurtful Secrets”
  - Remind your teen that silence is not a solution; secrets are a powerful tool for sex offenders who may instill fear into victims who are ashamed of admitting what has happened.
  - Role-play a scene where someone is asking your child to keep a bad secret.
3. Discuss Common Sense rules, such as:
  - Do not accept anything that could contain drugs.
  - Do not be alone with an adult who is not your parent.

#### Scenarios

1. What should you do if an adult or teenager asks you to an event that your parents do not know about?
  2. What should you do if you are invited over to a friends’ house and there is no parental supervision?
-

## **Internet/Technology Safety**

### 1. Internet Safety Guidelines

- Establish house rules for Internet use.
- Place the computer in a central location in the home.
- Establish security settings for Internet access.
- Monitor your child's Internet use and texting history.
- Know your child's online accounts/profiles? (Yahoo, Google, Facebook etc.)
- Some dangers of posting online are: bullying, identity theft, sexual predators, hacking of personal information, stalking.

### 2. Sharing Online

- Make your child aware that anything posted online can be seen by a multitude of people, with sometimes negative repercussions.
- Have you taken, sent or forwarded inappropriate photos of yourself or others online?
- Have people you do not know tried to "friend" you on Facebook?
- What kind of information do you feel is safe to share online?

### 3. Online "Friends"

- Check the privacy settings on social networking accounts such as Facebook.
- Ask: How well do you know your Facebook "friends"?
- Instruct: Do not email or use Facebook with people you do not know.

## **Best Practices**

1. Make time to communicate with your child, on a regular basis, remembering that listening is the most important part of the communication.
2. Be attentive to any behavioral changes in your child.
3. Be familiar with your child's friends and activities. Get to know the parents and home situation of your child's friends.
4. Discuss peer pressure and whether older teens or adults want to be their friend.

## **Resources**

Missing and exploited children: [www.missingkids.com](http://www.missingkids.com)

Netsmartzkids: [www.netsmartz.org](http://www.netsmartz.org)

---