

# EMPOWERED

## SPEAK UP

© 2022 The Foundation United. All rights reserved

### Presentation Notes Key

Facilitator Says: Important notations that the presenter should make sure to cover

Students Might: Common questions or comments made by students during this presentation

Prompts: Questions or thinking points that you may pose to students to help engage in conversation

Caution: Important reminders and ways to handle situations that might arise during the presentation



## Pre-Training Survey

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

### Presentation Notes Key

Facilitator Says: Important notations that the presenter should make sure to cover

Students Might: Common questions or comments made by students during this presentation

Prompts: Questions or thinking points that you may pose to students to help engage in conversation

Caution: Important reminders and ways to handle situations that might arise during the presentation

# EDUCATOR NOTE

## Dear Educators:

Dear Educator: Within this presentation, there are slides that contain several versions of select vocabulary. **Please review them ahead of time** and hide the slides that are not the best fit for your audience or site preferences.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## Presentation Notes Key

**Facilitator Says:** Important notations that the presenter should make sure to cover

**Students Might:** Common questions or comments made by students during this presentation

**Prompts:** Questions or thinking points that you may pose to students to help engage in conversation

**Caution:** Important reminders and ways to handle situations that might arise during the presentation

- Explain the power that you have over your body
- Identify the best "safety meter" you have
- Identify your Triangle of Trust
- Define gaslighting and how it can be used
- Describe the risk factors or vulnerabilities that some abusers may look for
- Describe the common tactics that abusers may use
- Explain how technology and social media can be used by abusers
- Describe strategies to stay safe online

**AFTER THIS  
PRESENTATION  
STUDENTS WILL BE  
ABLE TO:**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Facilitator Says:

Today you will take part in an experience designed just for you entitled Equipped.

During today's lesson, we will discuss the meaning of consent, intuition, and gaslighting. We will also talk about the vulnerabilities predators look to exploit, the tactics they use to take advantage of victims, and the role technology and social media play in exploitation.

- Consent
- Intuition
- Triangle of Trust
- Gaslighting
- Vulnerabilities
- Abusers
- Tactics
- Brute Force
- Manipulation
- Befriending
- Threats
- Social media
- Online safety

**AFTER THIS  
PRESENTATION  
STUDENTS SHOULD  
BE ABLE TO DEFINE  
THESE KEY TERMS:**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Facilitator Says:

Today you will take part in an experience designed just for you entitled Equipped.

During today's lesson, we will discuss the meaning of consent, intuition, and gaslighting. We will also talk about the vulnerabilities predators look to exploit, the tactics they use to take advantage of victims, and the role technology and social media play in exploitation.

- Explain the power that you have over your body
- Identify the best "safety meter" you have
- Identify your Triangle of Trust
- Define gaslighting and how it can be used
- Describe the risk factors that some abusers may look for

## **SECTION 1 OUTCOMES**

# WELCOME TO EMPOWERED

Dear Student:

You are **important**. You are worthy of **kindness** and **respect**. You **matter** so much. Sadly, there are some people out there who may try to trick you or hurt you. One of the best ways we can help keep you **safe** is to teach you some of the things these people may try so that you are better **EMPOWERED** to identify their tricks and keep yourself safe. You deserve to be safe.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Prompts:

What does the word “equipped” mean to you? How do you think it relates to the topics that we will be covering today?

# YOUR BODY IS YOURS

- You are the boss of your body.
- You should have total power over how your body is touched.
- This concept is called **CONSENT**. Consent is a synonym for permission.
  - You need to give consent for someone to touch you.
  - You need to get consent before you can touch someone.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## Caution:

We want to make sure the whole group conversation doesn't steer toward sharing about times when consent wasn't given. If a student begins to disclose, you can respond with, "I understand that you have something important that you want to share. I care about you and would like to discuss it more with you (insert time). Would you feel comfortable waiting until then to talk to me?"



# YOUR BODY IS YOURS

- You are the boss of your ENTIRE body.
- However, you must be high alert if someone is trying to touch your penis, testicles, vulva, vagina, buttox, nipples, or breasts. These parts of your body are only yours and you must feel safe and give consent for anyone to touch them.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Facilitator Says:

If someone does touch you and you haven't given them consent you need to firmly tell them to stop and then tell a trusted adult.

## RECAP: WHAT IS CONSENT?

"Permission"

You need to give **consent** for someone to touch you.

You need to get **consent** before you can touch someone.

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Prompts:

You can only be in control of your actions and not how that makes someone else feel.  
Can you think of a time when you set a boundary or stood up for yourself and it made the other person upset?

# CONSENT SCENARIO

Mateo has an elderly neighbor, Helen, who loves to say hello when he is walking to school. She usually gives him a big hug and a kiss on the cheek. She is very nice, but Mateo feels uncomfortable with the kiss. He does not like it. What should he do?



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

# CONSENT SCENARIO SOLUTION

Mateo is the boss of his body. He needs to give **CONSENT** for someone to touch him. Even though this neighbor is kind to him, he has the authority to say, "I like to say hello to you Helen, but I am just going to stick to high-fives now. That is what makes me feel comfortable." He is not responsible for how his boundaries may make Helen feel.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

# CONSENT SCENARIO

Janelle just started dating Justin and they go to the movies together. Once the lights are out Justin reaches over and unbuttons Janelle's pants without asking. He starts to slide his hand down towards her vagina.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

# CONSENT SCENARIO SOLUTION

Janelle has not given CONSENT for Justin to touch her like that. Even if you are dating someone, you have to ask for and get consent before touching someone else's body. Janelle should speak up and say, "I know you're my boyfriend, but I need you to ask before touching me like that."



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved.

- Inside yourself, you have something called your **intuition**.
- **Intuition** gives us the ability to know something with feelings rather than with just reasoning.
- This is the BEST safety meter you have.
- If something "feels" icky or wrong, it probably is. If you are unsure, you can ask a safe adult to help you determine if it is unsafe or not.

## WHAT IS THE BEST WAY TO KNOW IF I'M UNSAFE?

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

### Students Might:

Students might interchange intuition and conscience. If so, you can clarify that intuition is not linked to morality or if something is right or wrong. Your intuition might tell you that someone is following you to your car when you leave a store at night. Conscience is linked to morality. And there are situations where you might use your intuition and conscience to know something is amiss.

### Prompts:

Share a time when your intuition told you that something was amiss.

## INTUITION SCENARIO

A man appears at the door and says he's there to walk the dog for your family; he's subbing in for the other pet-sitter your family uses. He knows your dog's name and the usual pet-sitter name, but something feels off to you. What should you do?



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved



# INTUITON SCENARIO SOLUTION

Listen to your INTUITION. Do not let this person in or believe them until you verify their story. It is better to verify someone is telling the truth and find out they were being honest than to believe them and find out they were trying to trick you.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

- You can use your words to tell someone in your Triangle of Trust if something feels wrong and makes you feel uncomfortable.
- Your Triangle of Trust is three adults that you know are safe.
- Some examples can be:
  - your parents
  - your teacher
  - your school counselor
  - your coach

**YOU CAN SPEAK  
OUT IF SOMETHING  
FEELS WRONG**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

- Your Triangle of Trust is three people that you know are safe. These are the people you will go to if something feels wrong.
- Some examples can include:
  - Mom, dad, and grandmother
  - Teacher, neighbor, and older sister
  - School counselor, aunt, and coach
  - Who is your Triangle of Trust?

## KNOW YOUR TRIANGLE OF TRUST

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

### Caution:

We want to steer away from categorizing groups of people as “safe.” Someone’s coach might be safe, but that is not true of all coaches. Another student’s pastor might be safe, but again that is not true of everyone in that group. Safe people are individual to each student. Any adult is unsafe, no matter who they are, if they hurt you, ask you to keep an unsafe secret, or try to trick you.

- **Gaslighting** is a term for when someone is trying to get you to accept something as true when it is actually false or invalid.
- **Gaslighting** is a synonym for trickery or deception.
- The major reasons people are deceptive are to get something they want, to promote themselves, or to harm others.
- Gaslighters want you to feel confused.

## GASLIGHTING

Prompts:

Why do you think gaslighting is such a dangerous thing?

If someone tells you that you are wrong over and over, it can make you feel insecure and less confident in your point of view.

# GASLIGHTING SCENARIO

Your mom told you that you were supposed to walk home from school. As you start walking home, a neighbor you don't know well offers you a ride home. You say no, you're supposed to walk home. They say, "No, didn't your mom tell you? She probably did but you forgot. I'm taking you home. I think your mom will be upset if you break her rules because you weren't listening." You say, "I don't know what to do." He says, "Well if you had listened better then you'd know what you're supposed to do. Let's go before she gets mad at me as well."



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## GASLIGHTING SCENARIO SOLUTION

This person is trying to deceive you. You should listen to your **intuition** and trust what you know is true. If you are unsure, always verify first. A safe adult will never get mad or upset with you for checking in with your parents or guardians to verify the truth.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

# GASLIGHTING SCENARIO

Your neighbor and you are playing a game in your bedroom. She tries to touch your vulva, but you did not give her permission and it feels very icky to you. You tell her that you want her to stop. She says, "You just asked me to play this game!". You did not do this. You say "No, I did not." She says, "You are losing your mind. Yes you did! Now you're a liar and chicken. You need to get your head checked." You feel confused and stupid.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## GASLIGHTING SCENARIO SOLUTION

If you feel confused, guilty, ashamed, or stupid, SOMETHING IS LIKELY WRONG. This person is trying to deceive you. You should listen to your **intuition** and trust what you know is true. If you are unsure, always verify first. A safe adult will never get mad or upset with you for checking in with your parents or guardians to verify the truth.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved



# WHAT ARE HUMAN VULNERABILITIES?

**Vulnerabilities** are thoughts, desires, or needs that can be exploited or taken advantage of.

**Common Vulnerabilities:**

- Students who feel alone or like they don't belong.
- Students who do not have a strong, healthy, or stable support system.
- Students who have mental health issues that have not been properly treated.
- Students who have been abused in the past.
- Students who spend lots of time in unsupervised settings.

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

**Prompts:**

Can you think of anything else that you believe might make a person more vulnerable to being exploited or taken advantage of?

**Caution:**

It is important to emphasize that just because you have one, or more, of these vulnerabilities, doesn't mean that you will be exploited. It just means that you are more susceptible to exploitation. We do not want students thinking if they possess one of these that they are destined for abuse in the future.

# VULNERABILITY #1

Students can be **vulnerable** if they feel alone or like they don't belong.

**Abusers** target people they perceive as weak or believe are easiest to manipulate. They may coerce a person who doesn't have close people around them and are less likely to disclose the abuse.

# VULNERABILITY SCENARIO

*Mia is an 8th grader who gets bullied a lot because she has a disability that makes her stutter. She is usually by herself and has a hard time making friends. So, she chats with a lot of people online. It's much easier for Mia to make friends through social media even though it's sometimes hard to determine if the people she's speaking to are safe. She recently started a relationship with a guy she met on Instagram. After a few weeks, he began telling her she would feel better about herself if she started taking 'sexy pictures' because it would boost her confidence. Mia took his advice and started sending him pictures. Now, he's been threatening to sell them online if she ever stops sending them.*



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## VULNERABILITY #2

Students can be **vulnerable** if they don't have a strong, healthy, or stable support system.

**Abusers** target people they feel may have a family that is less involved. Thus, the child may be looking for attention and love that they are not getting at home. It is also easier to keep a secret when there is nobody to tell.

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Prompts:

What might be some examples of not having a strong, healthy, or stable support system?

Youth homelessness, foster care, living with extended family, bouncing between family members' homes, etc.

# VULNERABILITY SCENARIO

Jordan is a fourteen-year-old who is self-reliant and was raised in a verbally abusive home. A few months ago Jordan left home and has been living in her car. She recently started a relationship with Joy who is in a gang and influenced Jordan to join the gang culture as well. Joy told her that if she wants to be protected she has to do whatever the other gang members say. Though she knows this is not healthy - she is trying to survive. She figures that at least in the gang she has people who have her back.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## VULNERABILITY #3

Students can be **vulnerable** if they have untreated mental health issues.

**Abusers** target people they perceive as easiest to manipulate. Children who are experiencing anxiety or depression might be less likely to speak up or realize what is happening to them.

# VULNERABILITY SCENARIO

Ruben is an eighth-grader who has struggled with anxiety. Just recently he came out to his parents as gay and they were not accepting of him. In the days that followed a rumor started spreading around school that he has not been living at home because his parents kicked him out of the house for being gay. Ruben's aunt allowed him to stay with her, but she too seems to be judgmental about Ruben being gay. Ruben's anxiety has developed into depression, but with no support system at home he has been trying to battle it in silence.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## VULNERABILITY #4

Students can be **vulnerable** if they have been abused in the past.

**Abusers** target people that are already victims of abuse. Children whose vulnerabilities were taken advantage of once are more likely to have it done again. Some people that were abused before may even think that the abuse was their fault or they deserved it.

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

### Students Might:

Students might want to know what abuse to which this is referring. Anyone who has experienced emotional, physical, or sexual abuse is more at risk of being exploited in the future. Unfortunately, future abuse can feel familiar to a victim. In addition, the victim may feel inadequate and may convince themselves that they deserve the abuse.



# VULNERABILITY SCENARIO

Daniel is a 7th grader who is a star player on the basketball team. His parents passed away when he was in elementary school and he lives with his two younger siblings and grandparents. Daniel has kept a secret about being sexually abused by a babysitter when he was 9 years old. He hasn't told anyone, because he is afraid of looking weak.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## VULNERABILITY #5

Students can be **vulnerable** if they spend lots of time in unsupervised settings.

**Abusers** target people when they think they won't get caught. Children who spend time alone online without supervision are more likely to be targeted and interact with online abusers.

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Prompts:

Where are some places online where young adults might be vulnerable to predators?

## VULNERABILITY SCENARIO

Chanel's parents both work the second shift, so when she gets home from school she is left alone. After she gets her homework done she usually joins chat rooms to try and meet new people. She has met lots of really cool friends and a couple that even live in the nearby town.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

- Describe the common tactics that abusers may use
- Explain how technology and social media can be used by abusers
- Describe strategies to stay safe online

## **SECTION 2 OUTCOMES**

# WHAT TACTICS CAN BE USED?

## Brute Force

When someone physically forces you to do something you don't want to do.

## Manipulation

When someone tries to use guilt or shame to convince you to do something.

## Befriending

When someone pretends to be your friend, but really just wants something from you.

## Threats

When someone tells you that they will hurt you or someone you love if you don't do what they say.

© 2022 The Foundation United. All rights reserved

### Students Might:

Students might believe that predators are only mean, scary men that jump out of white vans. It is important to stress that predators often look like protectors. They can represent security. They are very skilled at assessing the physical and/or psychological needs of a person. They can easily take the place of a parental figure, friend, or significant other.

### Caution:

We want to make sure the whole group conversation doesn't steer to sharing about times when one of these tactics was used on them. If a student begins to disclose, you can respond with, "I understand that you have something important that you want to share. I care about you and would like to discuss it more with you (insert time). Would you feel comfortable waiting until then to talk to me?"

## TACTIC #1- BRUTE FORCE

*Laura decides to spend the night at her friend Katie's house. Katie's brother is home from college for the weekend.*

*During the night Laura wakes up and goes to the kitchen to get a drink of water. Katie's brother is in the kitchen when she gets there.*

*He tells her she is pretty and lifts up her shirt and touches her breast. She does not give consent, but he is stronger than her so she can not get away.*



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Students Might:

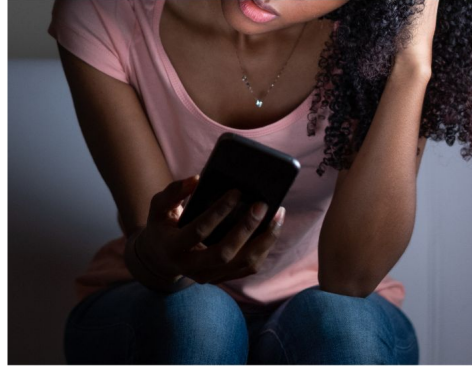
Students might assume that this is the most common tactic, but in fact is the least common tactic used by predators.

## TACTIC #2 - MANIPULATION

*Lucia just started a new relationship with Avery, a boy she met in her Algebra class.*

*After just a few weeks, Avery tells Lucia that he loves her. He showers her with affection and compliments.*

*However, he tells Lucia that if she really loves him she will send him photos of her body, even though she doesn't want to send them.*



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Prompts:

How do you think the affection and compliments allowed for the manipulation to happen?

## TACTIC #3 - BEFRIENDING

*Lamar meets a friend, Mario, online while playing Minecraft. They spend time talking and playing every night.*

*One night Mario asks Lamar if he can meet him at the park to trade Pokemon cards, but Lamar knows his parents wouldn't let him since they haven't met Mario.*

*Lamar doesn't think it is a big deal and goes to meet Mario anyway.*



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Prompts:

Why do you think this tactic might be the hardest one to recognize?



## TACTIC #4 - THREATS

*Wanting attention, Eman sends a text to a casual friend with some photos of her body.*

*The next day Eman gets a text message from an unknown number telling her to send another picture or he will plaster her other pics all over the internet.*

*Afraid of her parents finding out, Eman does what the stranger says. The threats and demands continue.*



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Prompts:

Why do you think threats might be one of the most powerful tactics used by predators?

8-12-year-olds spend six  
hours

13-18-year-olds spend  
nine hours

on technology and  
**social media** daily.

This provides the  
ideal environment for  
abusers to deceive  
and manipulate  
teens.

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved



Because **social media** is  
an ideal environment for  
deception...

We need to be on HIGH  
Alert when we are online.

We need to be on HIGH  
Alert when we are online.

We need to be on HIGH  
Alert when we are online.

# SOCIAL MEDIA VULNERABILITIES

When you post provocative or revealing posts, predators may assume that you are seeking attention and validation from others.

Negative or overly dramatic messaging like "I hate school, I hate my parents, etc." can make predators believe you have certain vulnerabilities they can prey on or have needs they can meet.

If you accept requests and messages from people you don't know, you may be deceived about whom you are chatting with.

If you check into places, followers know where you are located and can easily find you.

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Prompts:

What dangers do you foresee in being extremely transparent online?

Why do you think it is so easy for young adults to be so open online?

# SOCIAL MEDIA SCENARIOS

Alisha posts a picture of herself on the beach in her bikini. Her Instagram profile isn't private and she gets lots of likes from new followers.

Raul is furious because his parents said he can't go out and tweets out, "Nobody understands me." A user named Jason responds, "I know what you mean. I hate my parents. What happened?"

Lillone gets a friend request on MineCraft from someone saying they went to elementary school with her. However, they have no pictures of themselves and she doesn't recognize the name.

Marquis goes to the movies with his brother and posts about what they are going to see on Instagram. He tags the theater that he's at in his hometown.

**SPEAK UP** 

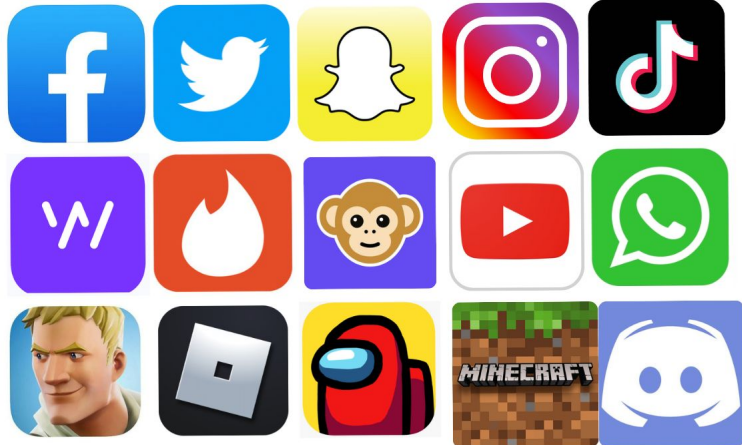
© 2022 The Foundation United. All rights reserved

## Caution:

Unfortunately in our society, there is the assumption that girls are “asking for it” when dressed in a way that is not viewed as modest. We want to make sure that when reviewing these scenarios, that nobody “asks for it” or invites in abuse. The predator is always at fault.

## BE ON HIGH-ALERT ONLINE

Abusers can target you on social media, gaming sites, and in chatrooms.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Prompts:

Which of these apps do you use?

What can make some of these apps unsafe and make users prone to exploitation?

## BE ON HIGH-ALERT ONLINE

At some point you may come across lewd images and videos online. These images have the potential to distort people's view on the realities of how bodies look, what partners might find pleasurable, and the importance of consent and communication in healthy intimate relationships.

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

# HOW YOU CAN STAY SAFE ONLINE

Accept requests and chat with people that you know in person

Turn off GPS/location services on cell phones

Set profiles to private

Block the people that make you feel uncomfortable

Don't send anything you would be embarrassed by if it went viral.

Immediately speak to an adult if someone is harassing you, asking for favors, asking for pictures, or threatening you

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## Students Might:

Students might not be willing to adhere to all of these suggestions. For example, if a student is trying to promote a blog that they are starting, they wouldn't want their profile to be private because they would want more exposure to the public. It is important to reiterate that we just want young adults to be "smart" online and make choices that set them up to be protected and not victimized.



- Explain the power that you have over your body
- Identify the best "safety meter" you have
- Identify your Triangle of Trust
- Define gaslighting and how it can be used
- Describe the risk factors or vulnerabilities that some abusers may look for
- Describe the common tactics that abusers may use
- Explain how technology and social media can be used by abusers
- Describe strategies to stay safe online

## STUDENTS SHOULD NOW BE ABLE TO...



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

### Facilitator Says:

Today you will take part in an experience designed just for you entitled Equipped.

During today's lesson, we will discuss the meaning of consent, intuition, and gaslighting. We will also talk about the vulnerabilities predators look to exploit, the tactics they use to take advantage of victims, and the role technology and social media play in exploitation.

- Consent
- Intuition
- Triangle of Trust
- Gaslighting
- Vulnerabilities
- Abusers
- Tactics
- Brute Force
- Manipulation
- Befriending
- Threats
- Social media
- Online safety

**STUDENTS SHOULD  
BE ABLE TO DEFINE  
THESE KEY TERMS:**

# POST-TRAINING SURVEY



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved