

- Who are your five (5) adults whom you trust:
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
- **NO! GO! TELL!** In uncomfortable situations you should:

SAY NO! Be assertive. Stand up for yourself.

GO! Leave the situation!

TELL! Talk to a trusted adult!

If others tell YOU to STOP or NO, be respectful of them and stop immediately!
- **Secrets** – You could save a life by telling one of your trusted adults on your list of five.

Tell a trusted person if:

You or someone feels uncomfortable

You or someone is hurt

Someone is hurting you or someone, or is thinking / talks of harming themselves
- **Bullying** – The action or words of one or more persons, intentionally cause harm or discomfort to another person, to try and diminish their worth.

Tell a trusted adult on your list if you or someone you know is repeatedly being bullied

- **Harassment** – When a person continually uses verbal comments, physical actions or written words that offend, hurt, or intimidate another person, unwelcomed conduct that is based on Race, Color, Religion, Sex, National Origin, Age, Disability or Economic Status. It is harassment whether purposely or unintentionally as in jokes that offend.
- **Abuse** – When a person uses actions and/or words that cause physical, emotional, and sexual harm to a person

Physical Abuse – When a person uses non-accidental force that results in bodily injury, pain, or impairment. This includes, but not limited to, being slapped, burned, cut, bruised, or improperly physically restrained including basic needs withheld as in food, water, clothing, or extreme exposure to the elements hot or cold

Emotional Abuse – is a way to control another person by using emotions to constantly criticize, embarrass, shame, blame or otherwise manipulate another person. In general, a relationship is emotionally abusive when there is a consistent pattern of abusive words and bully behaviors that wear a person’s self-esteem and undermine their mental health. Emotional Abuse makes people who are being abused feel like they are the

reason for the problem(s) and they blame themselves, and feel they no longer belong there.

Sexual Abuse – When a person has sexual contact, exposure of private parts, physical touch, uses inappropriate language or shows explicit material to someone who does not want or consents to the activity or actions

KEY POINTS: NO! GO! TELL!

Always trust your gut. If you sense something is wrong, or it makes you uncomfortable, NO GO TELL

If you or someone you know is being abused, TELL A TRUSTED ADULT!

Discussion Questions on Abuse:

- Has anything surprised or shocked you about Abuse?
- What will you do if you find out someone you are close to, a friend or relative is being abused? What steps will you take?
- How does it make you feel when you see people abused in films or online?
- Do you understand the impact of sending nude photos?
- Have you experienced bullying or seen someone get bullied? How did you react?

- **Internet Safety – Stay safe!**

1. NEVER give any personal information online. Never disclose your address, city / town, where you attend school or activity locations! If needed, give only your first name and age, to receive appropriate aged material or information needed.
2. NEVER arrange to meet anyone from online who you don't know in real life first!
3. Make parents aware of where you are online – including Groups you want to join or Apps you are using!
4. DO NOT publicly post pictures or photos of yourself. Informational tags and location of pictures taken can easily be obtained.
5. ALWAYS treat people online with dignity and respect!

Final Discussion Questions

1. Is there something you learned in viewing this presentation today?
2. What do you think is most important about this presentation?
3. Have you ever had a gut feeling about a situation? If yes, what was the situation like?

- **Key Points to Remember**

NO! GO! TELL!

1. No one should Bully, Harass, or Abuse you or a friend. If someone is, say NO then GO TELL a trusted adult!
2. If YOU are the Trusted Person, DO NOT KEEP A SECRET, GO AND TELL a TRUSTED ADULT!
3. YOU ARE LOVED AND CARED ABOUT! GO TO YOUR TRUSTED ADULT SO THEY CAN HELP YOU!

Important Contacts to receive help by telephone:

9 1 1 Fire / Ambulance / Police Immediate Imminent Danger Call Emergency Services CT Statewide Answer questions asked, speaking clearly, calmly, and completely as possible. Do not hang up until told to do so by dispatcher.

2 1 1 United Way system of help via telephone – A single integrated source for information about Community Services, Crisis Intervention, and referrals to Health and Human Services. It is accessed toll-free from anywhere in CT by simply dialing 2 1 1 and operates 24 hours a day, 365 days a year.

State of CT DCF (for Minors) 1-800-842-2288
(Adults ages 18-59) 1-844-878-8923
(Adults ages 60+) 1-888-385-4225
1-800-624-7407 Diocese of Norwich Hotline to Report Suspected Abuse/Neglect involving a minor or vulnerable adult by ministerial personnel, employee, volunteer, or member of the Diocese of Norwich.

TO REPORT ABUSE BY A BISHOP
1-800276-1562 www.ReportBishopAbuse.org



Diocese of Norwich
Office for Safe Environments
199 Broadway
Norwich, CT 06360
860-848-2237 x 212

**NO!
GO!
TELL!**

Student Handout

Annual Fall Pre-Recorded Presentation
Approved for all Faith Formation Students
Middle School – High School