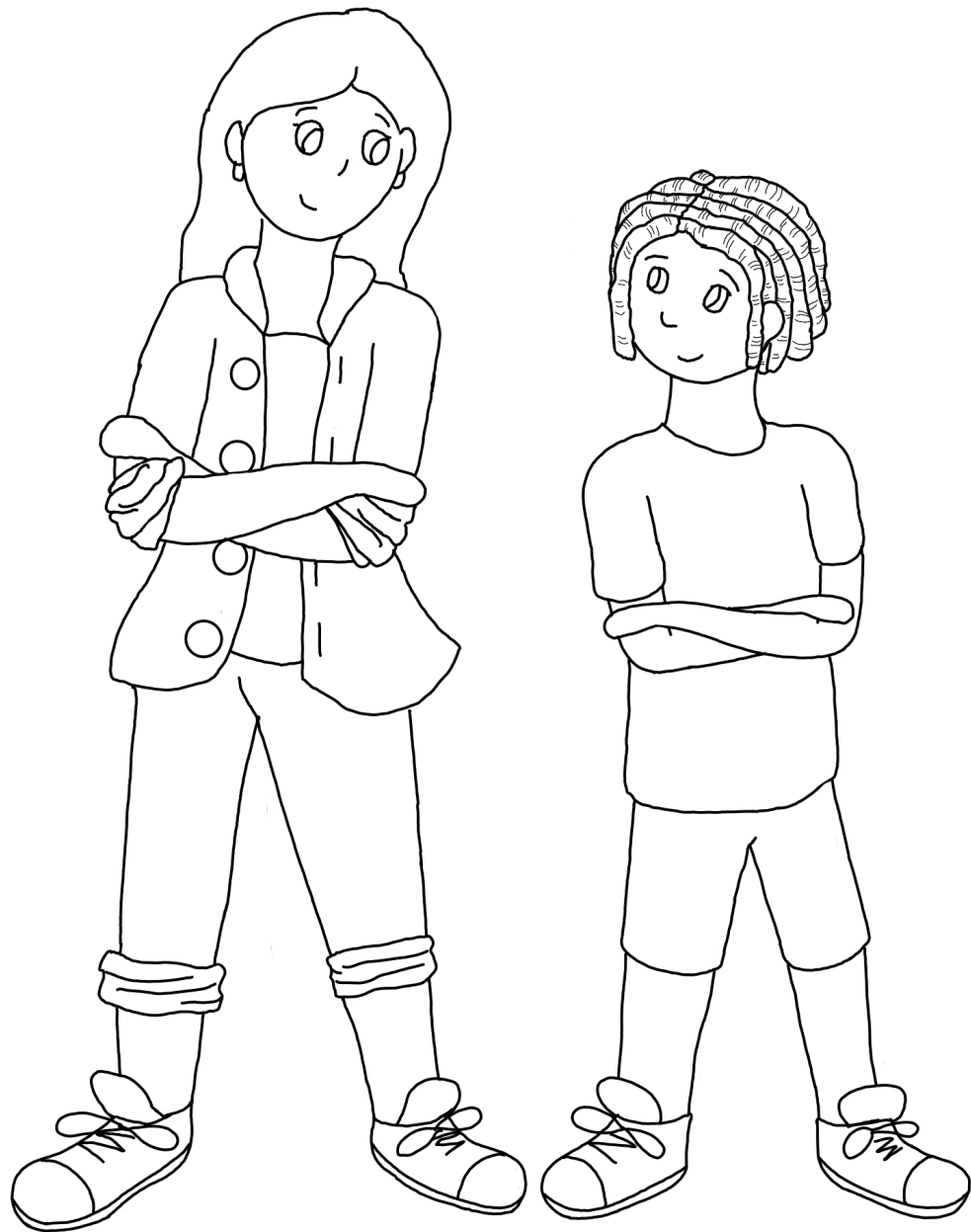


Safe and Healthy Relationships Youth Guide



Psalm 139:1-14

You have searched me, LORD, and you know me.
You know when I sit and when I rise; you perceive my thoughts from afar.
You discern my going out and my lying down; you are familiar with all my ways.

Before a word is on my tongue, you, LORD, know it completely.
You hem me in behind and before, and you lay your hand upon me.
Such knowledge is too wonderful for me, too lofty for me to attain.

Where can I go from your Spirit?
Where can I flee from your presence?

If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
If I rise on the wings of the dawn, if I settle on the far side of the sea,
even there your hand will guide me, your right hand will hold me fast.

If I say, "Surely the darkness will hide me and the light become night around me,"
even the darkness will not be dark to you;
the night will shine like the day, for darkness is as light to you.

For you created my inmost being; you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well.

Welcome Youth!

We're excited that you are here to learn and grow in your understanding of safe and healthy relationships! Together, we'll explore what makes good friendships or dating relationships, and what signs might indicate an unhealthy or even dangerous relationship. You'll have the opportunity to create your own safety plan based on what you've learned and how it best applies to your life. These sessions are for you, so join in on the activities and discussions and have fun together over these next four weeks!

Session 1:

Healthy Relationships

Pages 3-6

Session 2:

Online Safety

Pages 7-9

Session 3:

Understanding and Preventing Sexual Exploitation and Trafficking

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Session 4:

Making a Safety Plan and Additional Resources

Pages 15-20

YOUTH GUIDE PROJECT TEAM:

Writers:

Deacon Erica Larson, Director of Faith Formation, Lake Nokomis Lutheran Church, Minneapolis, Minnesota

Joy McElroy, Executive Director, Cherish All Children – Lutheran Social Service of Minnesota

Illustrator:

Sarah Zaepfel, Artist, member of Lake Nokomis Lutheran Church, Minneapolis, Minnesota

Youth Focus Group:

Gabriel, Jonah, Knute, Mareta and Vicar Anne, Christ on Capitol Hill, Saint Paul, Minnesota

See full biographies and pictures at the end of the guide.

Questions or requests for assistance may be directed to info@cherishallchildren.org.

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This youth guide may be printed for educational use and for participants to take home.

Session

1 Healthy Relationships

Ice Breaker

Top 10 Qualities in a Healthy Friendship or Relationship

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Team Agreements

Create team agreements as a group. These will help us to work together in positive, supportive ways.

Let's Get to Work!

List and discuss some unhealthy relationship characteristics you have seen or experienced.

What is Consent?

Consent is _____ for something to happen, or _____ to do something.

Psalm 139:1-14

I praise you because I am fearfully and wonderfully made!

1 Corinthians 13:4-7

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

WHO AM I?



Healthy and Unhealthy Relationship Qualities

HEALTHY RELATIONSHIPS	UNHEALTHY RELATIONSHIPS
<p>Equality Making decisions together.</p>	<p>Control One person makes all the decisions, is demanding and tells the other what to do.</p>
<p>Honesty and Communication Sharing your feelings and thoughts with each other, making decisions together and disagreeing in a constructive way.</p>	<p>Dishonesty and Poor Communication One person lies, hides things from the other, or steals the other person's things. There is miscommunication and the inability to talk about difficult things.</p>
<p>Physical Safety Feeling safe with each other and not scared of getting hurt.</p>	<p>Physical Abuse One person hits, slaps, grabs or shoves the other.</p>
<p>Respect Listening and accepting each other's opinions, friends and interests.</p>	<p>Disrespect One person makes fun of the other's looks, feelings, thoughts and opinions.</p>
<p>Comfort Feeling good being yourself and being comfortable saying "I'm sorry."</p>	<p>Intimidation and Discomfort One person makes threats like "I'll break up with you if..." The other may be afraid to disagree.</p>
<p>Sexual Respectfulness Practicing consent and never pressuring or forcing each other to do things that make the other uncomfortable.</p>	<p>Sexual Abuse One person pressures or forces sexual activities the other does not want to do.</p>
<p>Independence Having friends and hobbies outside of the relationship and not depending on the other to feel good.</p>	<p>Dependence One person thinks they can't live without the other and even makes threats to do something drastic if the relationship ends.</p>
<p>Humor Having fun in the relationship.</p>	<p>Hostility One person is mean to the other.</p>

Resources

Follow on Social Media:

@loveisrespectofficial
@amazeinternational
@join1love

Websites:

loveisrespect.org
amaze.org/?topic=healthy-relationships
scarleteen.com
joinonelove.org

Red Flags Exercise

Which of these characteristics raises red flags about a friendship or dating relationship?

1. They encourage you.
2. There is a large age gap in the relationship.
3. They ask what you want to do on the weekend.
4. You constantly feel nervous or anxious about the relationship.
5. They use guilt to get you to do what they want.
6. They cheer you on at games or recitals.
7. You have a gut feeling that the relationship is not going in a good direction.
8. They are condescending or belittling.
9. You feel pressure to engage in risky behavior.
10. They make you laugh when you're sad.
11. You feel pressure to share things you don't want to share.
12. They use bribery or pressure to get you to do what they want.
13. They become jealous when you spend time with other friends or with family.
14. They are proud when you succeed.
15. They check in on you multiple times a day and want to know where you are at all times.
16. They have constant mood swings.
17. They seem obsessed with you.
18. They respect your opinions.
19. They comment when you look "too good" when going out with others.
20. They say "I love you."

Other Red Flags? _____

Discussion Questions

- What have you learned from those you look up to about healthy relationships? What's the best example of a healthy relationship that you know? What makes it so good?
- What makes us vulnerable to entering into unhealthy relationships?

If there's time, here's a couple more:

- What would our world look like if we intentionally honored each other, simply because of our worth and value as human beings and children of God?
- What is one thing you've learned during this session that you want to remember?

Closing

Closing Prayer

Reflections Box — Share a word, comment or question about today's session and place it in our reflections box. You don't need to add your name unless you want to.

Session 2 Online Safety

Ice Breaker

Take your phones out for this ice breaker! Scroll through your Instagram, Facebook or whatever social media you use. Select one photo to share with the group and explain why you chose it.

Don't have a phone with you? No worries. Draw a quick image of anything you'd like and explain why you chose to draw that.

Let's Get to Work!

Do you know...?

Draw a line connecting the dots to match the word with the meaning you think goes with it:

- Catfishing •
 - When someone shares private pictures (meant only for them) typically after a break-up.
- Sextortion •
 - A process an exploiter uses to win a person's trust and even love, to control and sexually exploit them.
- Revenge porn •
 - When someone sends a sexual photo or message to another person.
- Grooming •
 - When a person creates a fake online identity to trick someone into thinking that they want to have a relationship.
- Sexting •
 - When a catfish or other predator threatens to spread sexual images of you unless you do as they say (a form of blackmail).

Once you're done, we'll have a group discussion and learn a bit more together.

Video: Your Photo Fate
[youtube.com/watch?v=d5b1XZAKTIk](https://www.youtube.com/watch?v=d5b1XZAKTIk)

After watching this together, write one or more responses to someone asking you to share something you're not comfortable with.

I'd say _____

Discuss

What else happened in this video that could have worked out differently?

Without revealing the person, has this ever happened to someone you know?

What were the consequences? This can include consequences for the person exploited, the exploiter or anyone else involved.

What would you tell a friend who's thinking about sending a nude or partially nude image to another person?

I'd say _____

For information about reporting and removing explicit content depicting minors online, go to MissingKids.org/GetHelpNow.

Romans 12:10
Be devoted to one another in love. Honor one another above yourselves.

Ephesians 4:2
Be completely humble and gentle; be patient, bearing with one another in love.

John 13:35
By this everyone will know that you are my disciples, if you love one another.

Staying Safe Online – Five Things I Can Do

With your small group, come up with at least five things you can personally do to stay safe online, whether on social media, gaming, apps, messaging, etc. For example, if I'm going to send someone a picture, I can ask, "Is this a picture I'd share with the whole school?"

1. _____
2. _____
3. _____
4. _____
5. _____

Discussion Questions

- What are some red flags you can be aware of with someone you meet online?
- Do you know who you would go to if you needed to talk about something uncomfortable or unsafe happening online?

If there's time, here are a couple more:

- What impressions and ideas about sexuality do we get from video games, social media and other online content?
- What is one thing you've learned during this session that you want to remember?

Closing

Closing Prayer

Reflections Box – Share a word, comment or question about today's session and place it in our reflections box. You don't need to add your name unless you want to.

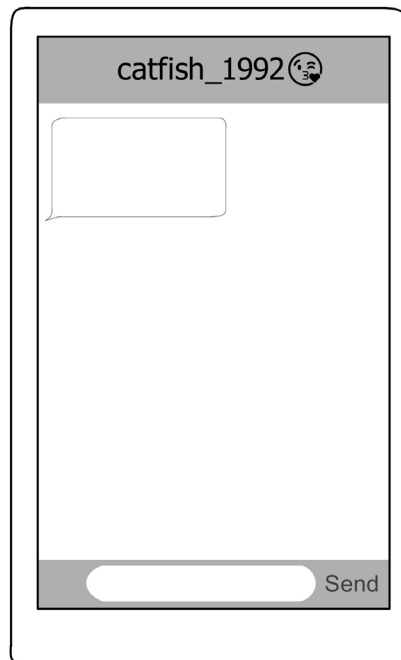
Resources

Follow on Social Media:

@netsmartz
@netflixandconsent
@thorn

Websites:

missingkids.org/NetSmartz
love146.org/online-safety/
wearepact.org/guides
connectsafely.org/parentguides
youthonline.sharedhope.org/
stopsextortion.com/



Session 3

Understanding and Preventing Sexual Exploitation and Trafficking

Ice Breaker

Share with your small group three emotions you've felt in the past couple days. You can also share how the emotion affected you in that moment.

Having a hard time naming the emotions? Here's a list of some primary emotions:

- Anger
- Fear
- Sadness
- Disgust
- Surprise
- Anticipation
- Trust
- Joy

Let's Get to Work!

Vulnerabilities

A vulnerability is something that _____
or _____.

Write down some vulnerabilities you see in your friends, classmates or in yourself.

What is Sexual Exploitation and Trafficking?

- **Sexual exploitation** happens when anything of value or a promise of value (like money, drugs, food, a place to stay, rent or higher status in a gang or group) is given to you or another person in exchange for any type of sex. A grooming process is often used.
 - This includes involving minors in pornography, threatening to share or sharing sexually explicit photographs or videos, strip clubs and exotic dancing.
- **Online sexual exploitation** includes grooming, coercing and blackmailing minors for sexual purposes (sextortion); and consuming, sharing and live-streaming child sexual abuse material (child pornography).
- **Trafficking** may involve a third party who facilitates and profits from the exploitation. Any child under 18 years of age who is involved in a commercial sex act is legally a victim of trafficking, regardless of whether there is a third party involved.

Oftentimes a young person doesn't even realize they're being exploited or doesn't realize the situation they're in might lead to exploitation or trafficking. Your awareness of these crimes goes a long way in keeping yourself and friends safe. It's also important to seek out facts from reputable organizations rather than believing and re-posting sensationalized stories often shared on social media around these topics.

Video: [30 Second Facts About Child Trafficking - Love146](#)

Who Are My Safe People?

Think about people in your life that you can go to and talk about anything difficult that may be going on. These people make up your support network.

2-3 Safe Adults in My Life:

1-3 Safe Friends in My Life:

Talking About the Harms of Pornography

Your leader will share some information on this topic and allow for questions and any discussion. This is a serious and growing concern. We want to provide you with resources to report incidences you may come across or to get help for yourself or someone else if needed.

The National Center for Missing and Exploited Children operates a national CyberTipline for the public and companies to report incidents of suspected online child sexual abuse: missingkids.org/gethelpnow/cybertipline.

The CyberTipline received 18.4 million reports in 2018, with a vast majority containing child sexual abuse material. ¹ Technological advances are helping to find the images, which can then lead to helping survivors rebuild their lives. The extent of this problem is so great, it's important to know you can turn to someone if you come across images unknowingly and are struggling with what you saw, or if you know someone who is at risk of or involved in online sexual abuse material.

Here is a link to a brochure "Coping with Child Sexual Abuse Material Exposure" that offers resources and strategies for coping. This is for children, adults and families. missingkids.org/content/dam/missingkids/pdfs/NCMEC_0022-20_CSAM%20Brochure_Digital.pdf.

¹ missingkids.org/content/dam/missingkids/pdfs/Captured%20on%20Film.pdf



My Strengths

Think about your strengths, and how these can act as a protective barrier to keep you safe in various situations in your life. Circle some of the strengths below that you possess and write in more!

- Creative
- Curious
- Good judgment
- Love of learning
- Positive perspective
- Smart
- Courageous
- Brave
- Perseverance
- Honest
- Good problem solver
- Caring
- Open-minded
- Good listener
- Team player
- Good leader
- Funny
- Spiritual
- Hopeful
- Confident
- Good communicator
- Self-control
-
-

Next, in the boxes below, pick two strengths about yourself to fill in each box.

Examples:

- I am creative, and I can think of ways to get out of a difficult situation.
- I have good judgment, and I can sense when someone's not being honest with me.

I am/I have

_____ ,

and I can

_____ .

I am/I have

_____ ,

and I can

_____ .

Discussion Question

- What is one new thing you learned today that you could share with a trusted adult or friend?

Closing

Closing Prayer

Reflections Box

Share a word, comment or question about today's session and place it in our reflections box. You don't need to add your name unless you want to.

Resources

Follow on Social Media:

@polarisproject
@love146
@mncasa
@worldwithoutexploitation

Websites:

lssmn.org/services/youth/education/cherish-all-children/resources
missingkids.org/HOME (National Center for Missing & Exploited Children) missingkids.org/gethelpnow/cybertipline
nsvrc.org/ (National Sexual Violence Resource Center)
rainn.org/ (Rape, Abuse & Incest National Network)

1 John 4:18

There is no fear in love. But perfect love drives out fear,
because fear has to do with punishment.
The one who fears is not made perfect in love.

Joshua 1:9

Have I not commanded you? Be strong and courageous.
Do not be afraid; do not be discouraged, for the
Lord your God will be with you wherever you go.

Session

4

Making a Safety Plan and Additional Resources

Ice Breaker

Take out your phones for this ice breaker! You'll be searching the internet and social media sites for memes. As directed by your leader, you will find images that seem clearly true, clearly false or that are hard to tell. If you don't have a phone, partner with someone else in your small group.

Do you think you can tell what's real and what's not?

Let's Get to Work!

REVIEW

What is something you learned and want to remember from the session on healthy relationships?

What is something you learned and want to remember from the session on online safety?

What is something you learned and want to remember from the session on sexual exploitation and trafficking?

What is a Safety Plan?

A safety plan is a _____ that can help you _____ of being hurt by another person, avoid _____ and know the _____ when you feel you are in danger. This plan will include _____ specific to you and your life that will _____ at school, home and other places you regularly go.

Challenging Situations

Your small group will be assigned one or more situations to discuss. What would you do in these situations?

<p>Scenario 1:</p> <p>You are excited to be invited to a party, but when you arrive, you see there are drugs and alcohol present, and a couple girls are passed out. What would you do?</p> <p>What would you have done if you had known before you arrived that this might be the scene?</p>	<p>Scenario 2:</p> <p>You and your friends enjoy gaming together. An older kid at your school joins sometimes and says sexual things to one of your friends in the chat. Others joke or laugh along, and you know all of this makes your friend really uncomfortable.</p>
<p>Scenario 3:</p> <p>Someone you don't know sends you a direct message complimenting you and asking you to follow them or add them to your Snapchat.</p>	<p>Scenario 4:</p> <p>One of your friends is approached at the mall by someone claiming to work for a modeling agency. They say your friend is beautiful and give them a business card because they want to meet with them to talk about a modeling contract. Your friend wants to call and meet them.</p>
<p>Scenario 5:</p> <p>Someone you've been chatting with online asks you to meet them alone at a local park. You've enjoyed your chats and they really seem to get you, but you've never met them in person. You say that you're not comfortable meeting them alone, but they keep pressuring you.</p>	<p>Scenario 6:</p> <p>You are changing in the locker room after gym class. You see people getting their phones out to record and overhear some of them pressuring a classmate with disabilities to run around naked saying it would be funny.</p>
<p>Scenario 7:</p> <p>Last month you texted a nude picture of yourself to your partner. You broke up, and now they are threatening to post the picture online because they are angry with you.</p>	<p>Scenario 8:</p> <p>Your youth leader invites the youth group over for a barbecue at their house. Everyone's leaving except one person in the group who says the leader is going to give them a ride home later. You have a bad feeling about this.</p>
<p>Scenario 9:</p> <p>One of your friends starts bragging about watching porn, laughs about it and wants to show you some sites.</p>	<p>Scenario 10:</p> <p>The person you've been dating has been pressuring you to do things that make you uncomfortable. They say that they do so much for you, and this is just one little thing for them. They've changed since you first met, even getting angry sometimes when you don't want to do what they're asking.</p>

My Safety Plan

Who can I call or text to let them know where I'm going when I'm out with friends or on a date?

_____ Phone # _____

If I'm not comfortable where I'm at or if I'm stranded and need a ride home, who can I call or text to meet me or pick me up?

_____ Phone # _____

Where else can I go to stay safe (a nearby store, a police station or any other place that's open and has people around)?

If I decide to end an unhealthy relationship, how can I do it safely? What family member, friend or trusted adult can I talk to about the situation?

When I'm feeling down, who can I count on?

A friend I can talk to: _____ Phone # _____

An adult I can talk to: _____ Phone # _____

What word or phrase can I use as a code in a phone call, text or direct message to ask a family member, a friend or a neighbor to call for help without the other person knowing about it?

Important Phone Numbers and Websites

- **Emergency Number:** Always call this number first if you are in immediate danger.
911
- **MN 2-1-1 United Way:** Free, confidential information to access services such as food and housing support, mental health, substance abuse, youth programs and more.
211
211unitedway.org
- **Minnesota Safe Harbor Day One Hotline:** Statewide resource support for local shelter and services for potential or current victims of exploitation or trafficking.
dayoneservices.org
1.866.223.1111 or text 612.399.9995
- **National Center for Missing and Exploited Children:** Their mission is to help find missing children, reduce child sexual exploitation and prevent child victimization.
missingkids.org/home
1.800.843.5678 (1.800.THE.LOST)
- **National Human Trafficking Hotline:** If you or someone you know is in a potential human trafficking situation, call or text this hotline for help and services.
humantraffickinghotline.org
1.888.373.7888 or text HELP to 233733
- **National Runaway Safeline:** Offers expertise in all youth-related issues and provides resources, support and connections to help and hope.
1.800.RUN.AWAY (1.800.786.2929) or online chat nationalrunawaysafeline.org
- **NAMI (National Alliance on Mental Illness):** Provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.
nami.org
1.800.950.NAMI (6264) or in a crisis, text "NAMI" to 741741
- **National Suicide Prevention Lifeline:** Free, confidential support for people in distress, prevention and crisis resources for you or your loved ones.
1.800.273.8255 or online chat suicidepreventionlifeline.org
- **RAINN (Rape, Abuse & Incest National Network):** Partners with local sexual assault service providers across the country to prevent sexual violence and help survivors. Operates National Sexual Assault Hotline.
1.800.656.HOPE (4673) or online chat rainn.org/
- **The Trevor Project:** Helpline for LGBTQIA+ youth providing crisis intervention and suicide prevention services; also, support and resources for educators and parents.
1.866.488.7386, text START to 678-678 or online chat thetrevorproject.org

Discussion Questions

- How do you communicate with another person when you see red flags in the relationship?
- How do you distance or protect yourself from unhealthy relationships?

Closing

Closing Prayer – Read and reflect on Psalm 139

Psalm 139:1-14

You have searched me, LORD, and you know me.
You know when I sit and when I rise; you perceive my thoughts from afar.
You discern my going out and my lying down; you are familiar with all my ways.

Before a word is on my tongue, you, LORD, know it completely.
You hem me in behind and before, and you lay your hand upon me.
Such knowledge is too wonderful for me, too lofty for me to attain.

Where can I go from your Spirit?
Where can I flee from your presence?

If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
If I rise on the wings of the dawn, if I settle on the far side of the sea,
even there your hand will guide me, your right hand will hold me fast.

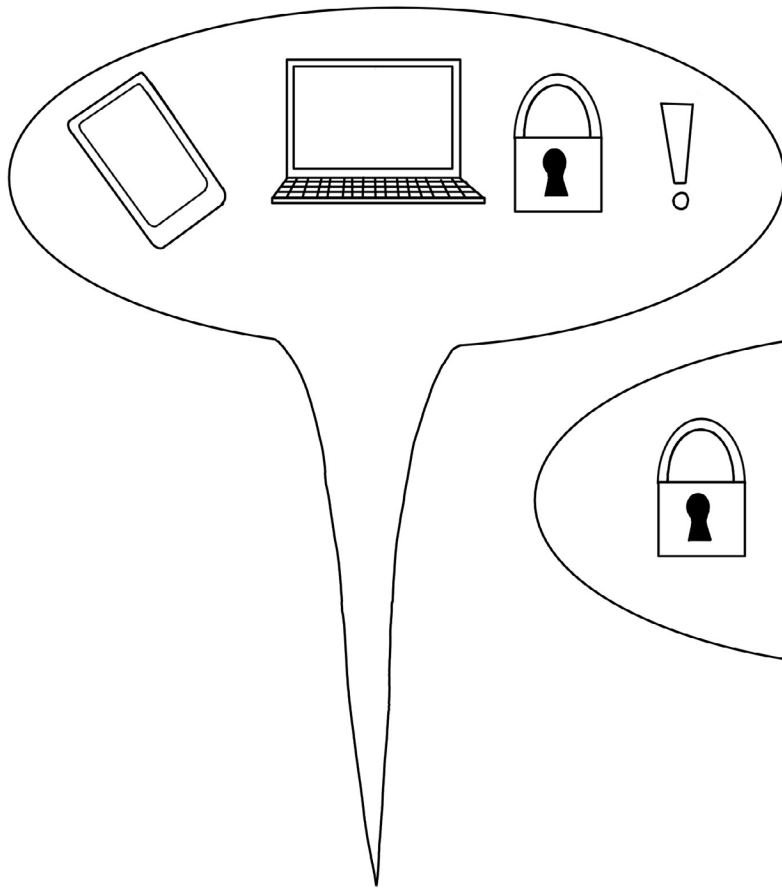
If I say, "Surely the darkness will hide me and the light become night around me,"
even the darkness will not be dark to you;
the night will shine like the day, for darkness is as light to you.

For you created my inmost being; you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well.

Reflections Box – Share a word, comment or question about these sessions and place it in our reflections box. You don't need to add your name unless you want to.

Resources

Additional resources for making a Safety Plan: scarleteen.com/article/abuse_assault/the_scarleteen_safety_plan.



Contributor Biographies



Deacon Erica Larson (she/her), Director of Faith Formation, Lake Nokomis Lutheran Church, Minneapolis, Minnesota

Erica Larson has served as the deacon at Lake Nokomis Lutheran Church since she was called to be the Director of Faith Formation in August of 2010. She started as a youth director fresh out of college, and now has 30 years of ministry experience. She particularly enjoys her role at Lake Nokomis because she works with people of all ages and employs a wide variety of gifts and passions as she teaches, leads and works with others to share God's love and create meaningful experiences for her community. For several years, she was the e-News editor for Cherish All Children.

Erica received her master's degree in Congregational Ministries and Leadership from Luther Seminary, with an emphasis in ministry in daily life. She is usually reading at least two books at any given time, loves spending time with friends and family, looks forward to snuggling with her cat Simon at the end of the day, and has recently taken up watercolor painting.



Joy McElroy (she/her), Executive Director, Cherish All Children – Lutheran Social Service of Minnesota

Joy McElroy has served as the executive director of Cherish All Children since 2017, building and deepening partnerships with churches and community organizations. As a part of Metro Homeless Youth & Family Services within Lutheran Social Service of Minnesota, she has enjoyed how the prevention work of Cherish All Children complements the direct service provided to youth. She is dedicated to raising up individuals into their full and authentic God-given selves.

Joy holds a master's degree in human resources from the University of Minnesota, with a focus on training and development. Her more than 30 years of leadership experience in business, education and non-profit organizations, and passion for serving others keeps the ideas flowing in her work and personal life. She lives in Saint Paul, Minnesota with her family, is active in her faith community and finds peace while kayaking or cross-country skiing.



Sarah Zaepfel (they/them), Artist, member of Lake Nokomis Lutheran Church, Minneapolis, Minnesota

Sarah Zaepfel is a 2020 graduate of Saint Olaf College, and has been a member of Lake Nokomis Lutheran Church since 2006. Sarah has been drawing since they were little and has been exploring the world of digital art since 2018. Recently, one of Sarah's digital pieces was displayed in the Minneapolis Institute of Art's 2020 Foot in The Door exhibit. Sarah has enjoyed the opportunity to combine their faith life and artistic abilities to contribute their artwork for this guide!



Jonah, Joy, Vicar Anne, Knute, Mareta, Gabriel, Youth Focus Group from Christ on Capitol Hill, Saint Paul, Minnesota



1605 Eustis Street
Saint Paul, MN 55108

cherishallchildren.org
info@cherishallchildren.org