



A program of



Program Overview for Parents

Friendlets for 6th Grade- Sexual Violence

Overview:

Sexual violence is an important and serious topic that can be hard to talk about, especially among young people. In our program, we use developmentally appropriate language to discuss the 10 signs of healthy and unhealthy relationships that help children foster positive relationships and friendships. We cover the 4 D's of Pro Social Bystander Intervention, "F.R.I.E.S." which is an acronym to help children understand consent, and boundary setting. Through interactive activities, students can practice applying the information. We know this can be a difficult conversation to discuss, so our **24-hour helpline at 301-662-8800** is available for parents and students.

Ten Signs of a Healthy and Unhealthy Relationship

Healthy Signs

- Comfortable Pace
- Trust
- Honesty
- Independence
- Respect
- Equality
- Kindness
- Fun
- Healthy Conflict
- Taking Responsibility

Unhealthy Signs

- Intensity
- Possessiveness
- Betrayal
- Isolation
- Manipulation
- Sabotage
- Guilt
- Volatility
- Belittling
- Deflecting Responsibility



What is a Bystander?

A Bystander is someone who witnesses a situation happening between other people but is not directly involved.

- Example: if your child sees another child being teased or left out at school, they are a bystander to that situation.
- Bystanders can play an important role because they have the opportunity to help and make things better for others.
- Encouraging children to be prosocial bystanders means teaching them to step in and support others, whether by speaking up, distracting from the situation, getting help from an adult, or taking other positive actions.
- It's important for children to understand that bystanders have the power to make a difference and contribute to creating a kind and inclusive environment at school and in their community.

4 D's of Pro Social Bystander Intervention

By using these 4 Ds, children can learn to be proactive and supportive bystanders, contributing to a safer and more respectful community. It's important for parents to encourage and reinforce these behaviors, as they empower children to make positive differences in their social environments.

Delegate: getting help from someone else who might be able to do more.

- Example: if your child sees someone being bullied, they could go over and say something to stop it or get help from an adult.

Direct: directly helping someone when you see they need it.

- Example: if your child notices someone feeling left out, they could invite them to join in a game or activity.

Distract: distract or change the subject to help someone in a tough spot.

- Example: if your child sees someone who is hurt, they could change the subject or draw attention away from a situation that doesn't feel right.

Delay: can help you come up with a safe and effective way to support someone.

- Example: if your child isn't sure what to do, they can take some time to think about the best way to help.

What is Consent?

Consent is about giving permission or agreeing to something freely and willingly. When we talk about consent with children, we're teaching them that they have the right to make choices about their own bodies and personal space. It's important for children to learn that they should always ask for consent before touching someone else or entering their personal space, and they should also understand that others should do the same for them.

F.R.I.E.S.

"F.R.I.E.S." can help facilitate conversations about consent that are age-appropriate and emphasize respect, communication, and personal agency. It teaches children to recognize and respect boundaries, both their own and others', and empowers them to navigate relationships in a healthy and respectful manner.

F

Freely Given

Explain that children should never feel pressured or forced into any activity, whether physical or emotional. It's crucial for them to understand that they have the right to make their own decisions.

R

Reversible

Help them understand that consent is not permanent and can change based on how they feel. They should feel empowered to speak up if they feel uncomfortable at any point.

I

Informed

Discuss how important it is to fully understand what they are agreeing to. This can involve discussing the potential consequences of their actions.

E

Enthusiastic

It's important to be enthusiastic about what they're doing and that both parties are excited and clearly agree to participate in an activity. They should look for positive verbal and non-verbal cues that show the other person is comfortable and enthusiastic.

S

Specific

They should clearly communicate their boundaries and intentions, and they should also listen carefully to the other person's boundaries and intentions.

Talking Points

Discussing these sensitive topics can be difficult, so here are some tips and talking points to make this easier for you and your child. By having these conversations, it can help to strengthen the parent-child relationship and motivate them to come to you for future encounters.

- **Encouraging open communication with your child-** it's important to keep an open mind when your child wants to share their experiences with you. Avoid being judgmental and creating an environment where your child feels comfortable to express themselves freely.
- **Be prepared-** your child might have been through hard experiences and it may be hard to hear. You can utilize our hotline number at 301-662-8800 or you can scan the QR code below for references and resources.
- **Do your research-** it's important that as the parent you are educated on these topics in case your child may have any questions. To better your understanding of these topics, scan the QR code below for references, resources, and tutorials on how to block other users on social media.
- **Offer reassurance and support-** making sure your child feels secure is essential, so be sure to let them know you're there for them and that coming to you was the right decision.
- **Use a soft tone of voice-** when addressing your child, try to maintain a gentle tone. Sounding accusatory can give the impression that they are in trouble, which may cause them to be defensive and shut down. By adopting a softer tone, you'll create a welcoming environment that encourages openness and honesty. Some examples of this would be, "I am so sorry this happened to you and thank you for sharing this with me" or "Thank you for coming to me, let's figure this out together."

Here are some talking points to have with your child to help the conversation:

- "What do you know about respecting other people's personal space?"
- "Let's pretend you're playing a game with a friend. How would you ask them if they want to participate, and how would you respond if they say 'no'?"
- "How do you feel when someone respects your boundaries?"
- "Can you think of a time when you felt uncomfortable? What did you do about it?"
- "Who are the adults you feel comfortable talking to if something is bothering you?"
- "Do you know you can come to me with any questions or concerns, no matter what?"
- "Imagine if you were in a situation where someone was pressuring you to do something you didn't want to do. What would you do?"
- "What would you say to a friend who told you they were feeling uncomfortable with someone's actions?"
- "How do you think friends should check in with each other to make sure everybody feels comfortable?"
- "Why do you think it's important to listen carefully to what others want and feel?"

Where to Find Us!

- **24-Hour Helpline- 301-662-8800**
- youth@heartlyhouse.org
- [Heartlyhouse.org](https://heartlyhouse.org)

Scan Below for References and Resources

Grab your cellular device, click your camera app and press and hold the QR code to scan.



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