

P.A.U.S.E.™



PREVENTION TRAINING & EDUCATION

What does P.A.U.S.E. stand for?

Power in learning

All secrets can be told

U are the boss of your body

Safe adults are there to help

Everyone can find their voice

Power in learning

- Who has learned about safety before?
- We should never stop learning and talking about these things:



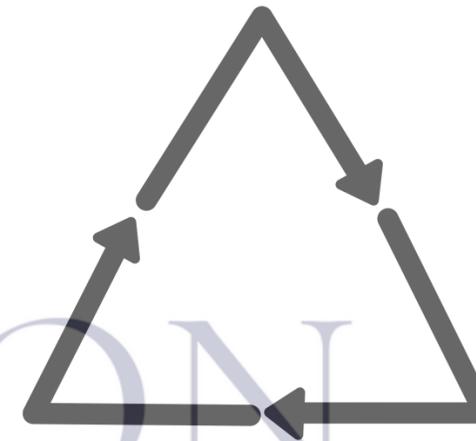
**The Truth
About Unsafe
Secrets**



**Body Safety
Rules**



**How To Have
A Voice**



**Your Trust
Triangle**



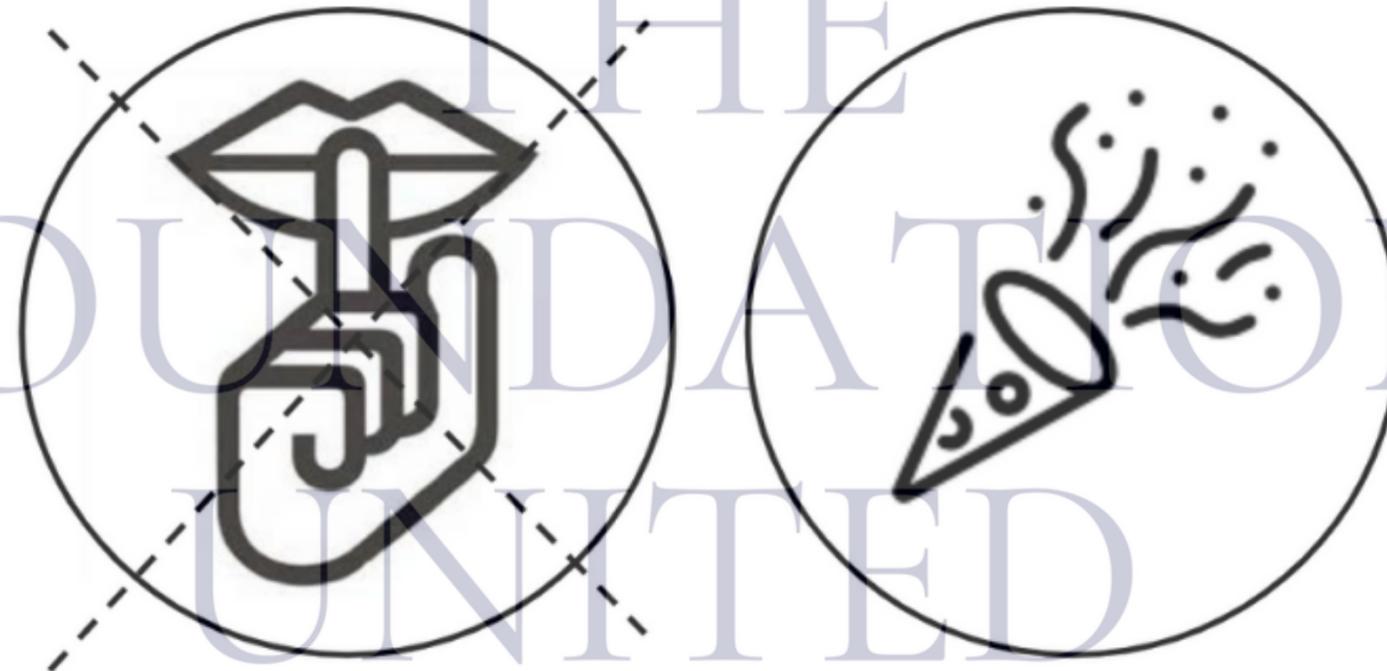
All Secrets Can Be Told

- Surprise vs. Unsafe secret
- No one should ask you to keep an unsafe secret, especially if it makes you feel sad or scared inside.
- **IMPORTANT: you will not get in trouble for telling an unsafe secret to a safe adult**



Unsafe Secret vs. Surprise

Remember, unsafe secrets make us feel uncomfortable, sad or scared, while surprises make us feel happy and excited to tell our friends! A safe adult will not ask you to keep an unsafe secret.



U are the boss of your body!

- What does it mean to be the boss?
 - If someone does something to make you feel yucky, you are allowed to tell them “stop!”
- Your body is YOURS!
- Body Safety Rules:
 - No one should touch or ask to see your bathing suit zone
 - This also means you should not be touching anyone else’s bathing suit zone
 - No one should take pictures of your bathing suit zone
 - No one should show you pictures of other people’s bathing suit zone



Safe adults are there to help



- What does it mean to be a “safe adult?”
 - Trusting, loving, protects you, etc.
- What does an unsafe person do? They could...
 - Tell you to keep an unsafe secret
 - Try to trick you into thinking what they are doing is okay
 - Tell you they will hurt someone if you tell
 - Look like anyone!
- **IMPORTANT: Keep telling more and more safe adults until someone listens.**

Everyone can find their voice!

- What does it mean to “have a voice?”
- When something makes you feel uncomfortable, use your voice!
- Why can it be hard to use our voices sometimes?
- What can we use our voices to say?
 - “That’s unsafe!”
 - “Stop!”
 - “No!”
 - “I felt unsafe when...”
 - “Something made me feel uncomfortable”



THE
FOUNDATION
UNITED

How can we **P.A.U.S.E.**?

Traffic Light



Unsafe



Not Sure



Safe