

P.A.U.S.E.™

Presented By

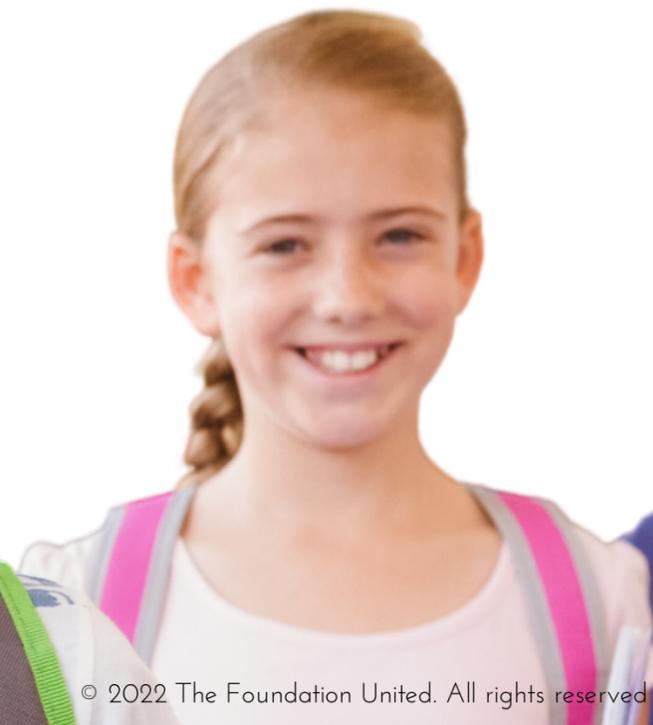


THE FOUNDATION UNITED
GLOBAL SOLUTIONS TO ERADICATE SEXUAL EXPLOITATION



OPERATION UNDERGROUND RAILROAD

S.A.F.E.-T. PRE-Training
Survey



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

Power in learning

All secrets can be told

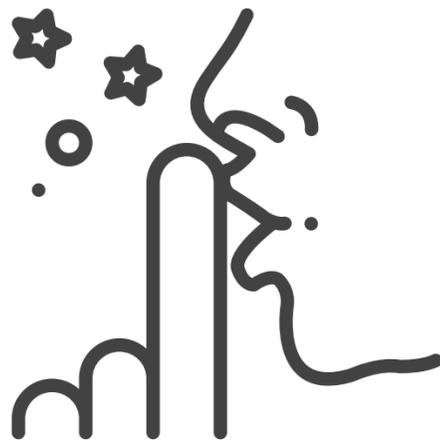
U are the boss of your body

Safe adults are there to help

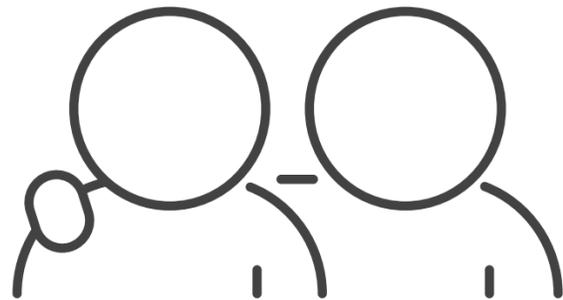
Everyone can find their voice

Power in learning

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



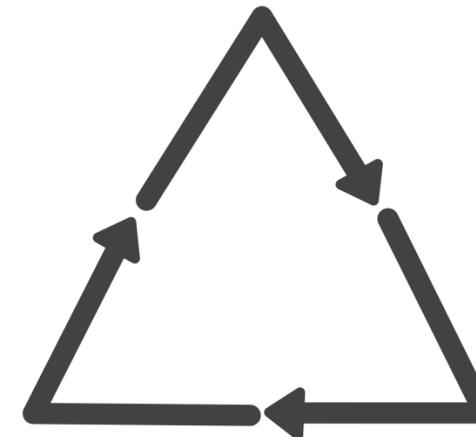
**The Truth
About Unsafe
Secrets**



**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**



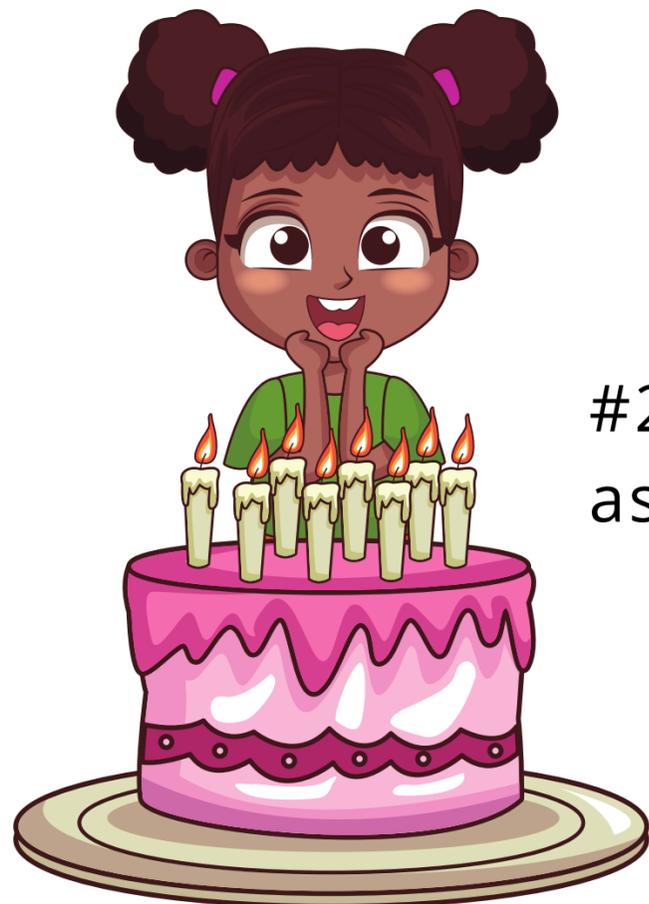
Unsafe Secret vs. Surprise

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.



Is this an unsecret or a surprise?

#1: John went to his cousin's house & an older neighbor was there. When the two of them were downstairs, the neighbor touched John's private parts. He told John that he can never tell anyone about what happened.



#2: Keesha is helping plan a birthday party for her sister. Her dad asks her not to tell, so that she will be extra excited.

REMEMBER...

- **No one** should ever tell you to keep an unsafe secret that makes you feel unsafe or uncomfortable inside
- If someone does, talk it out with a safe adult!
- Sometimes unsafe people will try to be your friend, so that you keep an unsafe secret...
- Remember, **ALL unsafe secrets can be told!**
- Even if they are your friend, family, or someone you thought you could trust...

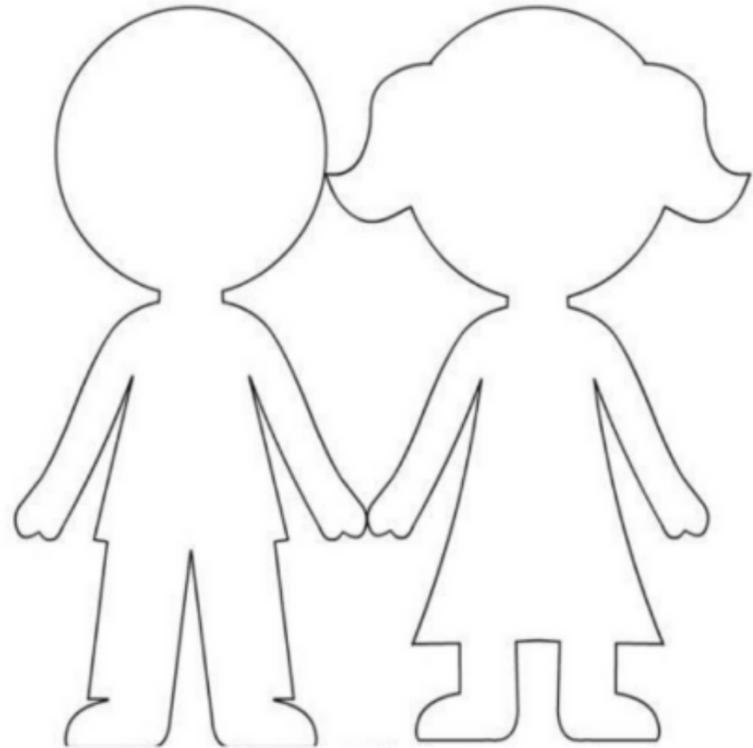


U are the boss of your body!

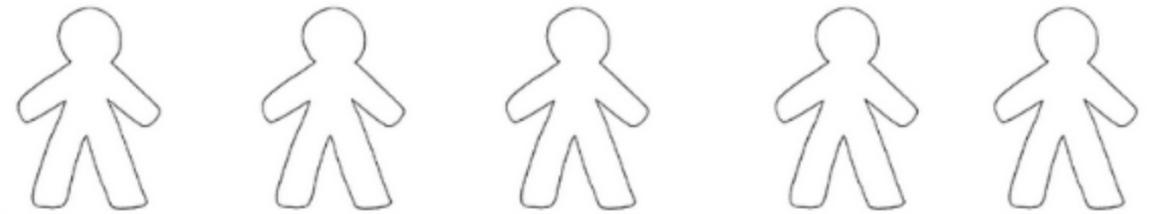
- What does it mean to be the boss?
 - If someone does something to make you feel yucky, you are allowed to tell them “stop!”
- Your body is YOURS!
- Body Safety Rules:
 - No one should touch or ask to see your bathing suit zone
 - This also means you should not be touching anyone else’s bathing suit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



WORKBOOK PAGES 2 & 3



is the boss of their body!

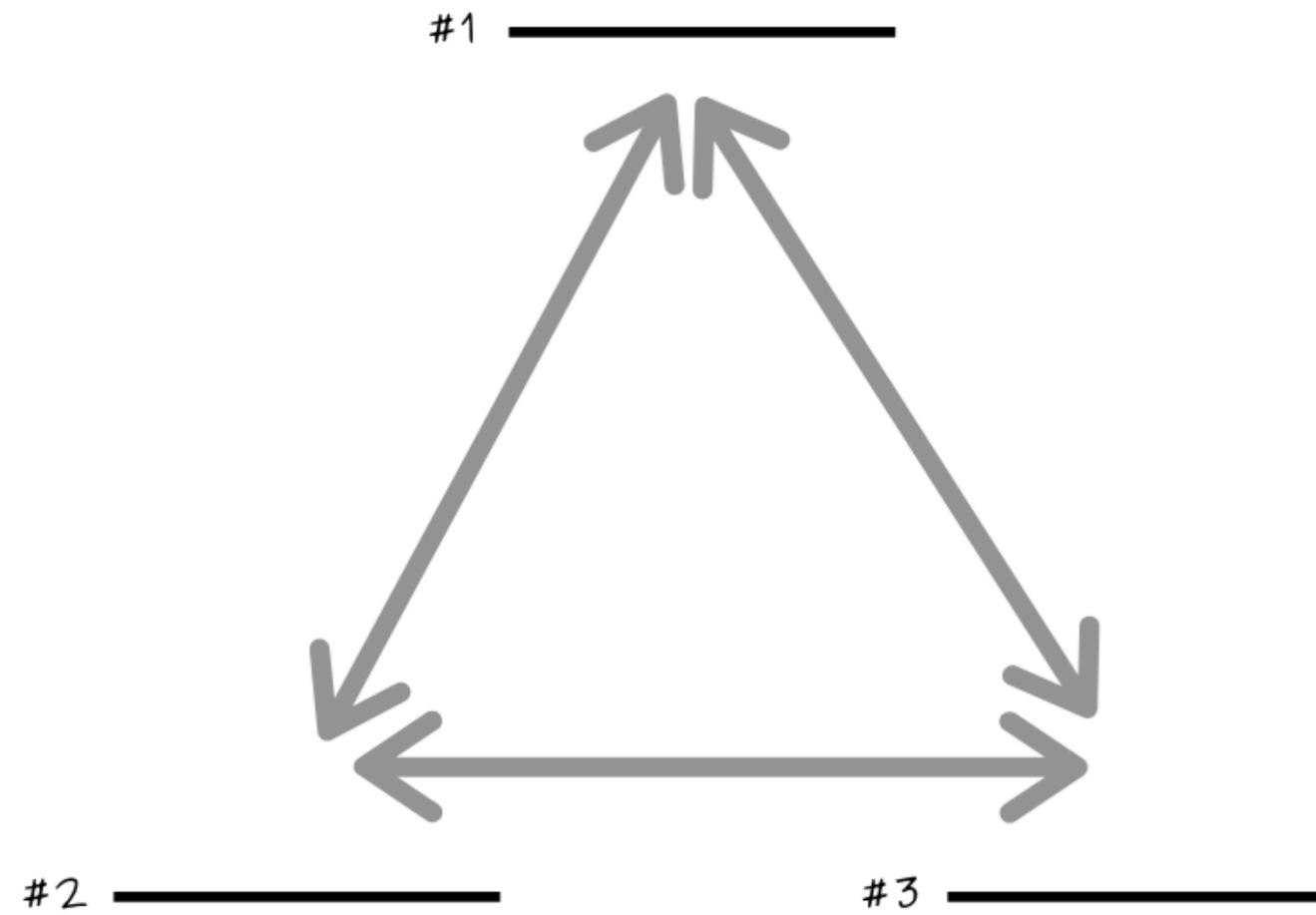


Safe adults are there to help



- 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.**

WORKBOOK PAGE 4



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”

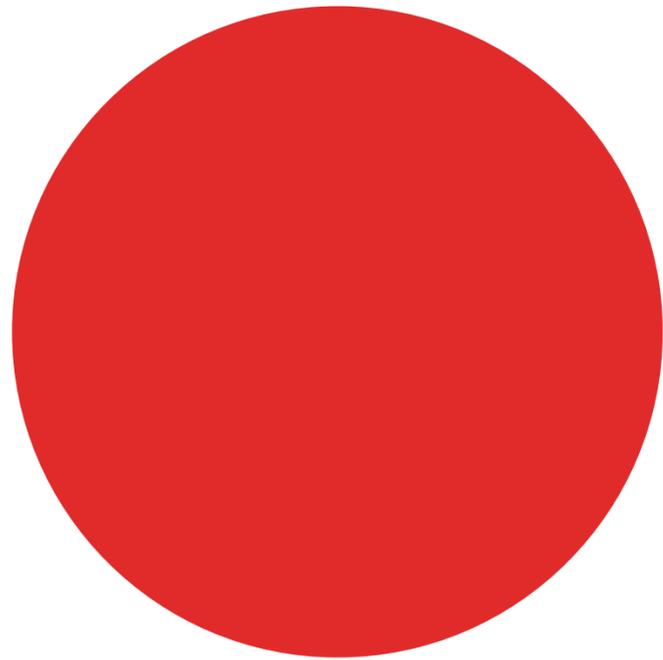


WORKBOOK PAGE 5

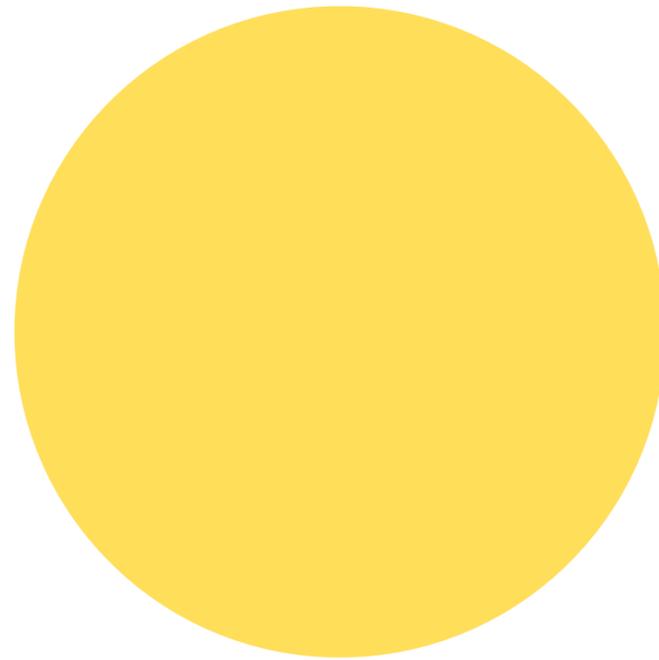


How can we **P.A.U.S.E.**?

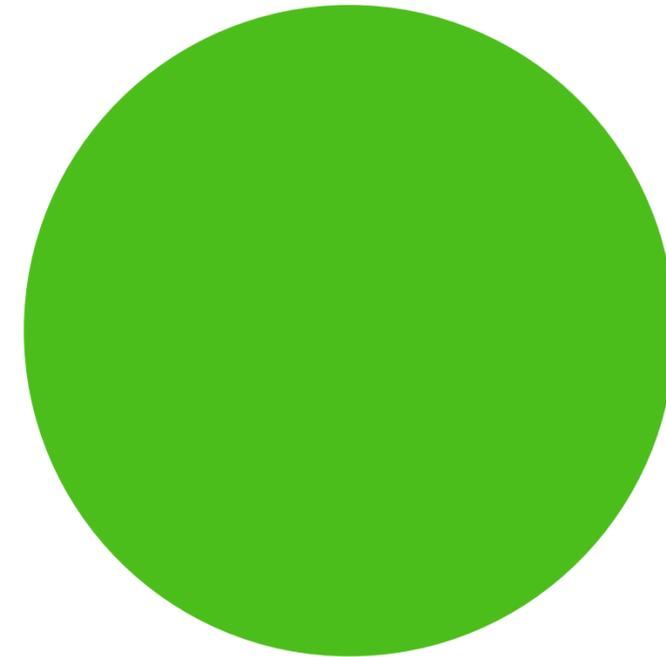
Traffic Light



Unsafe



Not Sure



Safe

Now Let's P.A.U.S.E. and Think

- 6 year old Imani is playing outside when someone pulls up in a car. The man in the car talks to her for a bit, then pulls her inside of his car.
- 9 year old Li wants to watch a funny youtube video his friend talked about at school. When he got home, he asked his grandma for permission before he watched it.
- 7 year old Kai is out to dinner with their parents. They go to use the bathroom and an unsafe adult follows. The man tells Kai that if they do not do what he says, he will hurt their parents.



Now Let's P.A.U.S.E. and Think



- 5 year old Emma is going swimming when her neighbor, Mr. Brown walks in on her as she is changing into her swimsuit. Mr. Brown touches Emma in her bathing suit zone and it makes her feel uncomfortable.

- 8 year old David has a crush on his classmate Tessa. He brings her gifts to make her happy. One day, David tries to hug Tessa without asking.



- 10 year old Rosa heard her friend say she is scared to go home. Rosa asks her friend why she is scared but she just looks away. When Rosa gets home, she tells her stepmom what happened.



P.A.U.S.E. and Don't Forget!



- When can you tell?
 - The first time it happens... Once is enough!
 - Even if you don't know if it was wrong but made you feel uncomfortable
- It is never too late to talk it out with a safe adult.
 - Always remember... It's never your fault if someone breaks the body safety rules
- You will not get in trouble for telling the truth

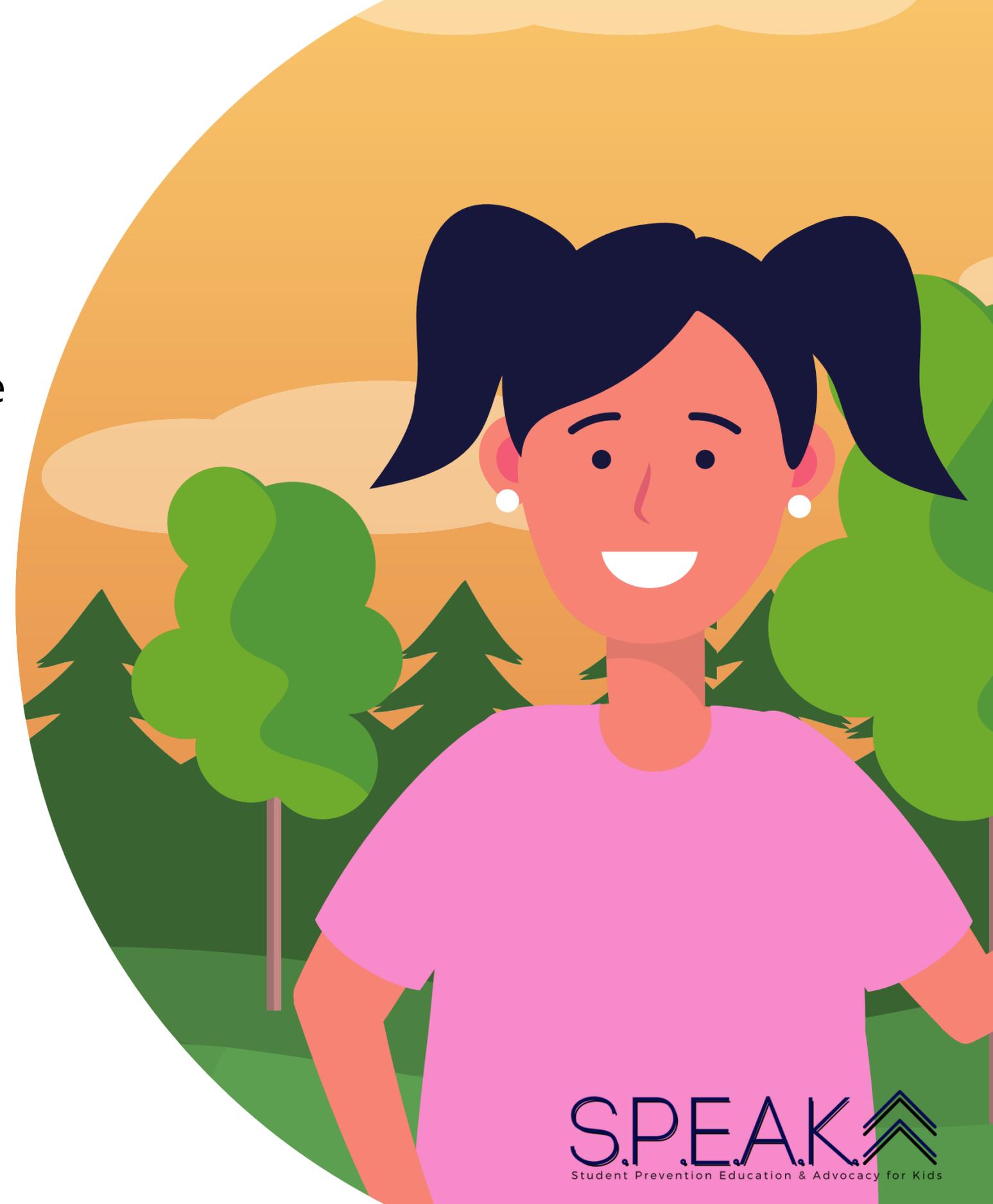
Maya's Story

- How was Maya the boss of her own body?
- Who was Maya's safe adult?
- How did Maya use her voice?
- How did Maya know it was time to talk?

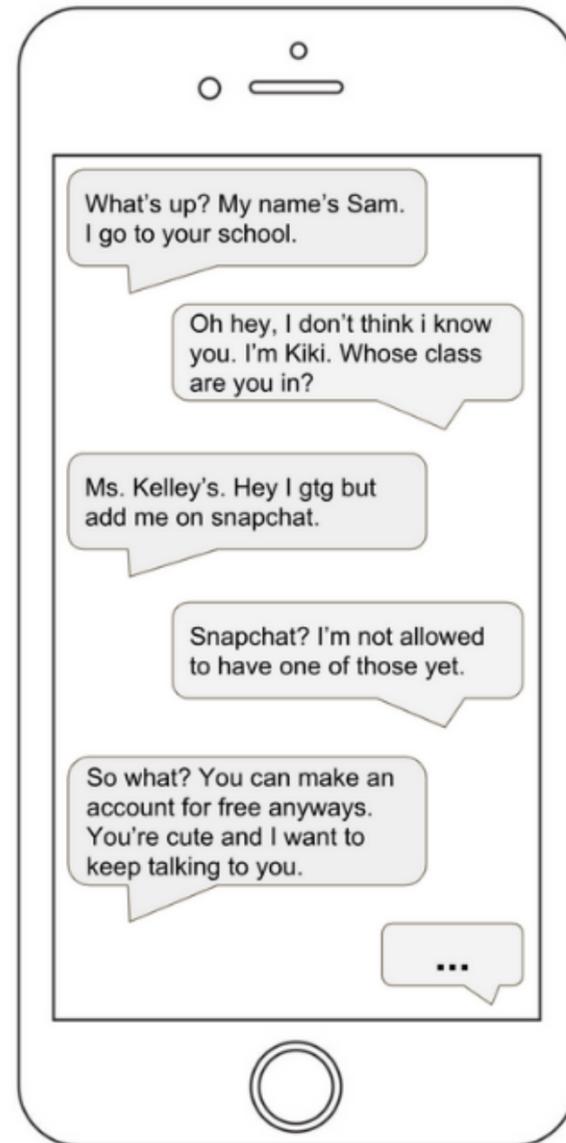


Maya's Story

- How was Maya the boss of her own body?
 - She knew that when Simon asked for the picture of her, she did not send because it made her feel uncomfortable.
- Who was Maya's safe adult?
 - Her teacher who Maya could trust.
- How did Maya use her voice?
 - When Maya felt uncomfortable, she went to her teacher to talk about the messages Simon had sent her.
- How did Maya know it was time to talk?
 - Maya knew that she needed to use her voice and talk to a safe adult right away so that she could stay safe!



WORKBOOK PAGE 9



Kiki feels uneasy and icky about this.
What should Kiki do?

- A) Not respond and just ignore Sam
- B) Stop responding and delete the conversation
- C) Trust her gut and tell her safe adult
- D) Make a secret account and add Sam

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To Learn More About The Foundation United, S.P.E.A.K. UP and our mission to end sex trafficking and exploitation, visit www.TheFoundationUnited.org; Info@TheFoundationUnited.org