

“DON’T BE DUPED” SAFETY PLAN

We want you to remember this safety plan by using the acronym DUPE.

2. *Write on the board*

D- Discern

U- Understand

P- Protect

E- Execute your Plan

Read each question allowing a few moments for quiet reflection before discussing

The letter “D” stands for Discern

- What prompting is the Holy Spirit giving you about this person or situation?
- Does this person or situation respect your Circle of Grace?
- What would your parents or others who love you say about this situation?
- What trusted adult can you talk to about the situation?

The letter “U” stands for Understand

- In every situation we need to remember that the Holy Spirit is always with us to help us stay safe.
- The Holy Spirit gives us feelings or instincts and we need to listen to them.
- Understanding a situation and our response to it requires us to listen to the Holy Spirit, our family and friends.
- Answering the following questions will help you understand if a relationship is healthy and belongs in our Circle of Grace
 12. How long have you known this person?
 13. Is your knowledge of this person face-to-face?
 14. How much do you know about this person?
 15. How have you verified what this person has told you about themselves?
 16. What do your feelings (instincts) tell you about this person or situation?
 17. How many things do you have in common with this person?
 18. Is the relationship respectful of your boundaries and the other person’s?
 19. Are you able to say, “No,” to this person?
 20. Does this person’s age or status influence your behavior in the relationship?
 21. Does this person ever ask you to keep secrets?
 22. Are people around you apprehensive/concerned about the relationship?

The Letter P stands for Protect

Part of protecting oneself in uncomfortable situations is to know the following 3 key areas that may make a situation or person unsafe. Someone may pressure you to do something that makes you uncomfortable. You may feel confused because you admire them.

They are:

Unequal Power

- Are they significantly older, more popular, or a bigger size than you?
- Are they in a position of authority?
- Do they have access to more resources such as money, knowledge, car etc. than you?
- Are you afraid of them?

Secrecy

- Are they asking you to keep secrets from your parents, friends or other adults?
- Are they asking you to not tell about gifts, time together on line, in person or activities you do together?
- Do they say no one will understand your relationship?

Forced Isolation-

- Do they get angry when you want to hang out with your friends?
- Are they angry if you don't answer your phone or text right away?
- Do you feel like they are trying to control you with their words and actions?

The letter “E” is for Execute your Plan

- There are other things you can do to protect your *Circle of Grace* when your parents or trusted adults may not be around. Some of them are:
 1. Don't reveal personal information on the internet/social media. That includes full names, school, grade, address, phone number, sports teams, church groups, etc. Perpetrators try to identify young people by learning about their activities and schedule patterns. Be particularly cautious of social networking websites and personal blogs.
 2. Stay away or get away from situations that make you feel uncomfortable.
 3. Tactics may include saying, “No,” walking away, calling a parent.
 4. Avoid unsafe situations, which involve alcohol, drugs, or smoking.
 5. Be cautious about situations in which you are left alone with an adult you don't know well.
- To protect your *Circle of Grace*, you need to tell trusted adults you need help.
- Notify your parents or another trusted adult whenever someone has violated your boundaries, such as manipulating/ controlling you or not respecting your *Circle of Grace* or someone else's *Circle of Grace*.

Circle of Grace
Parent Letter and Activities
Saying No to Disrespect
Honoring Everyone's Circle of Grace
Grace 7 Lesson

Dear Parent,

Circle of Grace is a faith-based safety curriculum. Today we presented the *Circle of Grace* Lesson “SAYING NO to Disrespect, Honoring Everyone’s *Circle of Grace*” to your child. The goal of the lesson was to help the youth understand and combat negative behavior especially bullying. Your child has received a *Circle of Grace* Code of Conduct contract. Please sign and review with your child. The signed contract should be returned to the teacher at the next class.

Attached is the “Don’t Be Duped” Safety Plan. Please review with your child and place it in a prominent place in your home.

Thank you for allowing us to be a partner in providing a safe environment for your child.