

NEWSPAPERS IN EDUCATION ENCOURAGES YOU TO BECOME MORE AWARE
OF YOUR SURROUNDINGS AND REDUCE RISKS BY PARTICIPATING IN

SITUATION AWARENESS

Human
Trafficking

Date Rape

Alcohol
& Drugs

Cyberbullying
Online Predators

Suicide



NEWSPAPERS IN EDUCATION
THE OKLAHOMAN

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TABLE OF CONTENTS

What is Situation Awareness..... **3**

Someone is Following Me..... **4**

Social Media & Online Predators **5-6**

Technology **7**

Cyberbullying **8-9**

Alcohol and Drugs **10**

Date Rape..... **11**

Signs of Abusive, Authority-Based Relationships **12**

Human Trafficking..... **13**

Suicide **14**

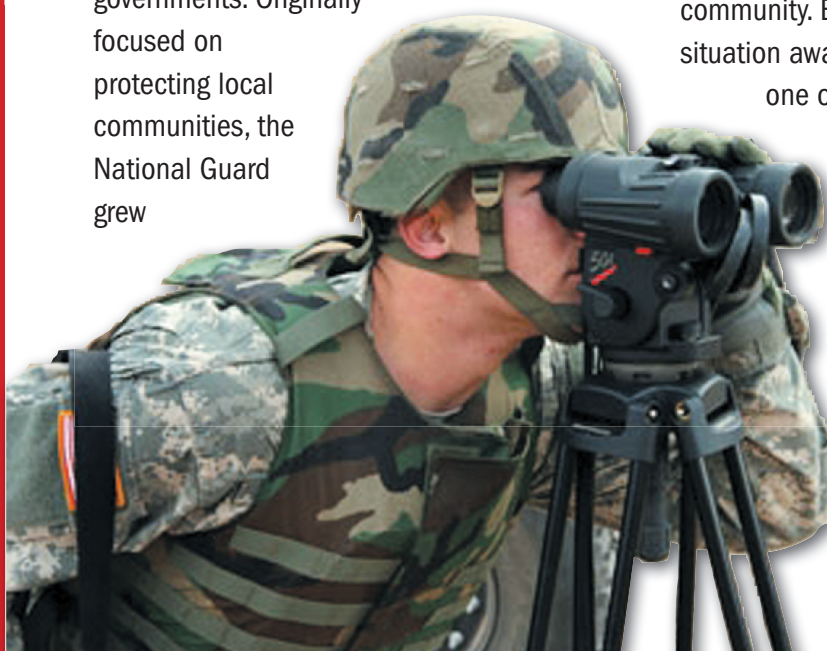
Speak Up **15**



The National Guard's roots date back to 1636, when colonial militias made up of ordinary citizens would put down their plows and pick up weapons to protect families and towns from hostile attacks. Today, Citizen-Soldiers hold civilian jobs or attend college while maintaining their military training part-time and are always ready to defend the United States in the event of an emergency. The National Guard serves both state and federal governments. Originally focused on protecting local communities, the National Guard grew

into a force that compliments the Active Duty Army when help is needed anywhere in the world. When compared to other branches of the military the biggest difference is that National Guard units are combat-trained soldiers who can be deployed overseas, or serve in their home communities.

As Citizen-Soldiers, the National Guard is reaching out and taking steps to ensure the safety of students and young adults in their community. Because lacking or inadequate situation awareness has been identified as one of the primary factors for incidents attributed to the harm of young people, *Situation Awareness* provides students with a real life overview of safety threats and easy to remember tips and steps to help them guard their lives and stay safe.



>> What is Situation Awareness?

Situation Awareness is the process of recognizing the early stages of a threat and taking measures to avoid it. Practicing Situation Awareness should not be limited to highly trained government agents or specialized corporate security counter surveillance teams but rather adopted and employed by everyone.

Situation Awareness is more of an attitude or mindset than it is a hard skill. It is about realizing that real threats exist everywhere, being observant of one's surroundings, and having a keen understanding of how information, events, and choices impact plans and goals, now and in the future.

To keep out of danger, one needs to think with a preventive mindset by becoming aware of his or her surroundings. The characteristics of ignorance, denial, apathy and complacency contribute to the lack of situation awareness and making one's chance to recognize lurking danger slim to none.

Examples:

- 1.) People who are driving always need to be aware of their surroundings, both focusing on driving and what is going on ahead of them and in their peripheral vision. Anticipating another person's next move is often as important as planning one's own.
- 2.) Individuals walking alone or even in a group need to look around at what is going on in the surrounding area. Too often, a person is busy texting while crossing a busy intersection, or chatting on a cell phone unaware of potential danger surrounding them.
- 3.) Street criminals rely on their victim's low situation awareness. Leaving an open bag or purse dangling from an arm is a temptation to a perpetrator when the owner is not paying attention.



Important! Read This!

Each situation presented in this student workbook has happened and is happening to young people every day. The best way to read through this information is to learn what it is teaching and think about creating a plan for your own life to avoid these dangers. Your life depends on having a plan that protects and guards your life and a dedication to following it.

What are the 4 characteristics that contribute to the lack of situation awareness?

Apathy – lack of feeling, emotion or interest

Complacency – self-satisfaction especially when accompanied by unawareness of actual dangers or deficiencies

Denial – refusal to admit the truth or reality

Ignorance – lack of knowledge, education, or awareness

>> How to tell if you are Being Approached by a [REAL] Law Enforcement Officer

Being pulled over or interacting with a law enforcement officer has become more than an issue of your safety, it has become a question of their authenticity. The following tips can help you better determine if you are interacting with a real law enforcement officer, and not an imposter.

- Check if the police officer is in a police vehicle. This may not apply to unmarked vehicles, but it's guaranteed if they are in one (unless there was a police car theft).
- If you really doubt the identity of someone trying to pull you over, you should proceed

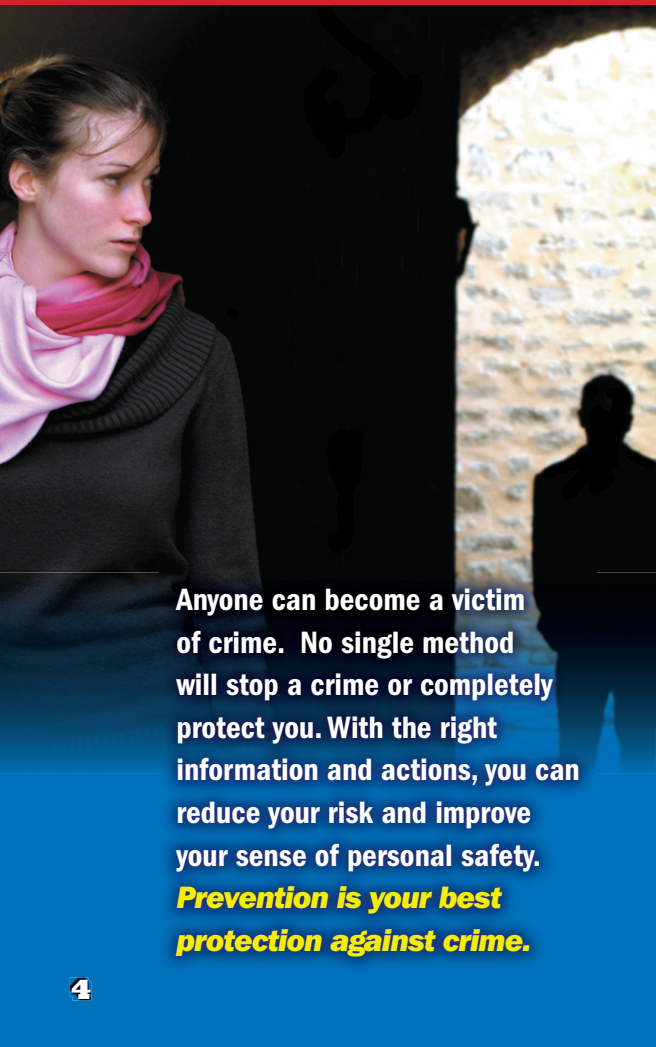
to a well-lit, busy place such as a gas station, fast food restaurant or convenience store before stopping your car. Even better, go to police headquarters or a local sub-station, if you know where one is. While doing so, turn on your four way flashers to notify the officer that you are aware he or she is attempting to stop you.

- Check to see if they have badges. They may be faked, but better safe than sorry.
- Ask for identification; police carry identification cards clearly identifying them

and their agency which are harder to fake than badges.

- Call 911! If you think it may be a fake, you "can" call 911 safely! Don't worry about getting in trouble, it is perfectly fine.
- See if they are in a police uniform. If the officer is not, then request that an identified officer (with a marked police car and full uniform) proceed to the traffic stop.
- Drive away if you suspect that they're an imposter! Better to live and get charged, than to take a chance and possibly be hurt.

COMMON SENSE IS THE MOST IMPORTANT ROLE IN PREVENTION.



Anyone can become a victim of crime. No single method will stop a crime or completely protect you. With the right information and actions, you can reduce your risk and improve your sense of personal safety. **Prevention is your best protection against crime.**

Criminals often work in pairs; one will distract you while the other will steal your valuables. Stay alert and tuned into your surroundings at all times, appear calm and confident in public, trust your instincts, know your neighborhood and avoid dangerous situations, like walking alone at night.

Parking Lots & Garages

- Check surroundings before leaving your vehicle
- Walk confidently and briskly
- Don't carry a lot
- Consider changing shoes from high heels to flats or tennis shoes before leaving work
- Have keys in hand when approaching your vehicle

ATM's

- Use ATM's located inside an open business
- Have card out of purse or wallet when you approach the machine
- Keep pin number out of the view of others
- Take your receipt when you leave

Elevators

- Pay attention, if someone looks out of place don't board
- Take note to whether a person has already pushed a floor button, if not, go back to the lobby
- Stand near the control panel. If threatened or attacked, push the alarm button and as many floor buttons as possible. The attacker is less likely to succeed if the doors keep opening.

Home

- Keep the lights on inside and out
- When someone knocks on the door let them know you are home in some way
- Keep dowels in window and sliding glass door tracks

- ➡ **Facebook** launched in February 2004 and has over 1 billion active users
- ➡ **Twitter** launched in March 2006 and has over 500 million registered users
- ➡ **Instagram** launched in October 2010 and has over 100 million registered users
- ➡ **Vine** launched in June 2012

By the start of 2013, it was estimated that there were approximately 3 billion people online, a large segment of which were children, tweens, teens and young adults. As the Internet continues to grow in popularity, we are depending on it more and more to conduct everyday life. This includes the sharing of private, and at times very sensitive, information about ourselves with others online, at times unknowingly. There is no doubt that the Internet and Social Media have facilitated important positive connections and amazing accomplishments amongst our youth. It is a reality however, that the Internet (just like the real world) has also created an online virtual environment where thieves, vandals, conartists and sexual predators can hunt their prey. Unfortunately tweens, teens and young adults who are using the Internet and Social Media are not always taking the appropriate safety precautions to help lessen the risk from those who might want to victimize others online for personal gain. Students need to consider that everything they do online is public permanently and searchable no matter what their privacy setting.

The anonymity of the Internet provides the perfect camouflage for a seasoned predator to operate. The predator's knowledge of certain teenage subjects is as accurate as his or her calculated ability to speak teens' online lingo. Never before have pedophiles had the opportunity to communicate so freely and directly with each other as they do online. Offline, pedophiles have typically operated in isolation. Their communication on the Internet provides validation for their imagination. They discuss ways to contact and lure children online and exchange tips on seduction techniques, as well as tips on the avoidance of law enforcement detection.

>> What fuels online predators?

- Easy and anonymous access to children
- Risky online behavior of youth
- Virtual validation
- Law Enforcement challenge

The Internet has fueled the deviant sexual behavior of predators due to their easy access to children. Predators are hiding behind the anonymity of the Internet to target kids, and to entice kids online to try and persuade them to meet in the physical world.

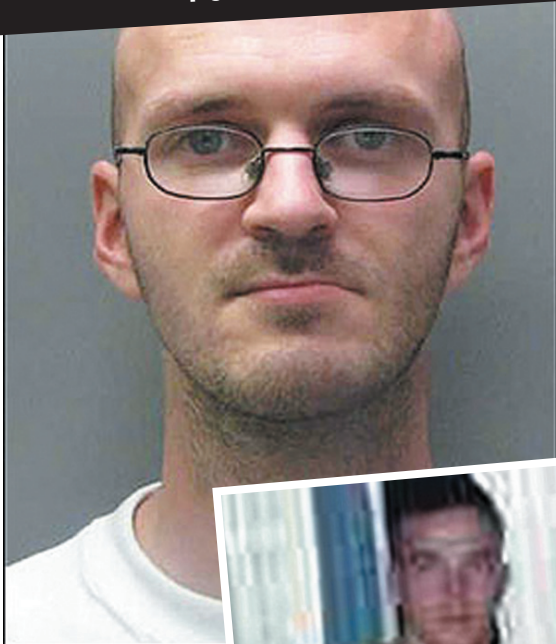
10 TIPS FOR SOCIAL NETWORKING SAFETY

1. Use caution when you click links
2. Know what you have posted about yourself
3. Don't trust a message is really from who it says it's from
4. To avoid giving away email addresses to your friends, do not allow social networking services to scan your email address book
5. Type the address of your social networking site directly into your browser or use your personal bookmarks
6. Be selective about who you accept as a friend on a social network
7. Choose your social network carefully
8. Assume that everything you put on a social networking site is permanent
9. Be careful about installing extras on your site
10. Talk to your parents about social networking



FACEBOOK KILLER

Peter Chapman



Peter Chapman's Facebook profile attracted interest from 14,600 visitors, almost 3,000 becoming online "friends" and all of whom were females ranging from the age of 13 to 31.

Sex offender Peter Chapman age 33 was sentenced to life imprisonment after he admitted kidnapping, raping and murdering a teenage student he had ensnared using a fake Facebook profile.

Ashleigh's body was found dumped in a field near Sedgfield, County Durham (UK), in October 2009. The teenager, from Darlington, had been strangled.

Chapman had used the fake identity of a teenage boy to entice Ashleigh into meeting him. He created

the fake profile on Facebook and used pictures of a boy in his late teens.

"The photograph is not of him. It is of a bare-chested and good-looking boy who is apparently in his late teens," Reeds said. "The defendant is a somewhat plainer looking man who could pass for being rather older than his 33 years. "The prosecution case is that the defendant used this handsome alter ego to entice 17-year-old Ashleigh Hall into meeting him. When she met him, on 25 October last year, he kidnapped, raped, and murdered her."

The prosecutor said the teenager suffered from low self-esteem and boys were uninterested in her.

"According to her friends, Ashleigh was interested in boys but they, generally, were not interested in her," he said, adding that her friends thought that, if a male did show her attention, "she would likely be flattered by it".

The night before her body was found, she told her mother she was going to stay with a friend but had instead made the decision to meet Chapman.

Chapman, who was brought up by his grandparents in Stockton-on-Tees, had a history of sexual offending, that has since emerged. He was the subject of several sexual assault investigations, beginning when he was 15. In 1996, then 19, he was sentenced to seven years imprisonment for raping two prostitutes at knifepoint. He was released in 2001.

The unemployed defendant, who used to live in Kirkby, Liverpool, and has links to Teesside, was arrested by traffic police on suspicion of minor motoring offences soon after he had dumped Ashleigh's fully-clothed body.

He was held for questioning in Middlesbrough, where he asked to speak to detectives and what had been

a routine inquiry took a more sinister turn. He led police to the spot, near a lovers' lane, where Ashleigh's body was found almost 24 hours after she had left the family home.

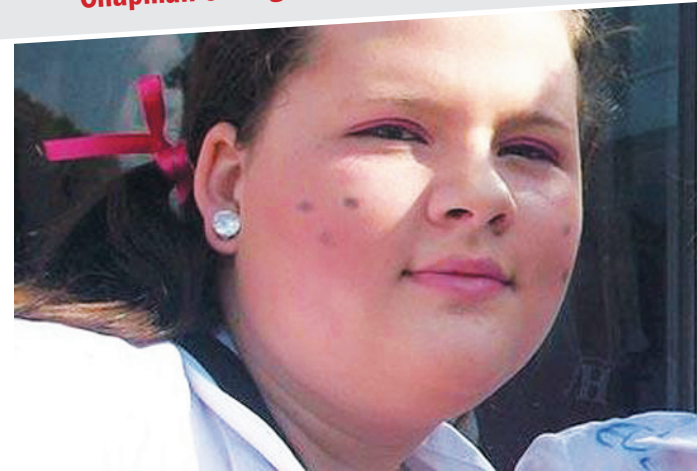
In the days after the killing, Ashleigh's 39-year-old mother, Andrea, called for the return of the death penalty for killers. Before Chapman's conviction, she said: "Whoever did this is going to go prison and sleep in a comfortable bed, but one day they will be out. They will be living and breathing as normal. But my daughter's life had been ended at 17 - and my life has ended because she is not here."

Ashleigh studied childcare at college in Darlington and helped her mother bring up the family's other children. "I could understand it if Ashleigh had died because of illness," the victim's mother said. "But to actually have someone take someone's life is just unbearable. Ashleigh was my rock."

Her daughter loved chatting to friends online and spent much of her spare cash on her mobile phone so she could also text them. Her mother said: "Ashleigh wasn't a bad kid. She wasn't naughty. She made one mistake and has paid for it with her life."

Durham police led the inquiry, which involved contacting 2,500 people who knew Chapman through internet sites.

17-Year-Old Victim Ashleigh Hall was lured to meet Chapman through his fake Facebook profile.



>> Spring Cleaning: Clean up your digital footprint

Here's a checklist with some tips to get you started

✓ Search Yourself Online

- Do a quick Web search of your first and last name. Don't forget to try slightly different spellings too. Find something about yourself you don't like? If it's posted by a friend, ask them to take it down. Or try contacting the site administrator and request they remove any unwanted content.

✓ Check Privacy Settings

- The privacy settings on your favorite website or social network may have changed since you last checked. Take time to understand current settings so you know just what you're sharing, and update them if there are things you don't want public.

✓ Use Strong Passwords

- Whether email or banking, it's a good idea to have different passwords for different sites. Change the passwords across your various accounts to a combination of words, numbers and symbols that are easy for you to remember but hard for others to guess.

✓ Update Software

- Computer viruses and spyware can wreak havoc on your computer. Check for software updates you may have previously ignored or download one of the many free,

safe programs available online to ensure you have the most up-to-date security for your system. You can even schedule automatic updates and let your computer do the work for you!

✓ Think Before You Post

- Your digital footprint is more than the information available about you on the Web; it's about your interactions too. Before you put anything online, ask yourself if it's something you really want others to see or know about you.

✓ Maintain Your Mobile Device

- Take time to understand your mobile device settings and set a password. It's also a good idea to review any apps you've downloaded and their information-sharing policies. Delete ones you just don't use.

✓ Build A Positive Reputation

- Use your online presence to build a positive reputation for yourself and inspire others! Start a blog about the good things happening in your community, make a virtual fundraising campaign for a cause you're passionate about, or text a compliment to a friend.

*checklist provided by the *Family Online Safety Institute*

Cyberbullying refers to Internet bullying;

it is a form of teen violence that can do lasting harm to young people. Bullying statistics show that cyberbullying is a serious problem among teens.

By being more aware of cyberbullying, teens and adults can help prevent it.

Many teens are affected by cyberbullying on a daily basis and it can take many forms:

- Sending mean messages or threats to a person's email account or cell phone
- Spreading rumors online or through texts
- Posting hurtful or threatening messages on social networking sites or web pages
- Stealing a person's account information to break into their account and send damaging messages
- Pretending to be someone else online to hurt another person
- Taking unflattering pictures of a person and spreading them through cell phones or the Internet
- Sexting, or circulating sexually suggestive pictures or messages about a person

>> How common is Cyberbullying?

- Over 80 percent of teens use a cell phone regularly, making it the most popular form of technology and a common medium for cyberbullying
- About half of young people have experienced some form of cyberbullying, and 10 to 20 percent experience it regularly
- Mean, hurtful comments and spreading rumors are the most common type of cyberbullying
- Girls are at least as likely to be cyberbullies as boys
- Boys are more likely to be threatened by cyberbullies than girls
- Cyberbullying victims are more likely to have low self-esteem and to consider suicide

Effects on someone who is being bullied:

Cyberbullying can have many effects on a person. Kids who are cyberbullied are more likely to use alcohol and drugs, skip school, experience in-person bullying, are unwilling to attend school, receive poor grades, have low self-esteem, and have more health problems. If you know of someone that is being bullied whether in-person or online, someone in distress or danger, don't ignore the problem. **GET HELP RIGHT AWAY.**

Reporting:

- 1) Steps to take immediately
 - Don't respond to and don't forward cyberbullying messages
 - Keep evidence of cyberbullying: record dates, times and descriptions of instances when cyberbullying has occurred and print screenshots of emails and text messages. Use this evidence to report cyberbullying to web and cell phone service providers.
 - Block the person who is cyberbullying
- 2) Report to online service providers
- 3) Report to law enforcement
- 4) Report to schools

Did you hear what she did with him?!

You know you're a loser. Why don't you just end it!

You're so ugly!

Preventing & Reporting Cyberbullying

- Always be cautious about giving out your phone number or email address.
- Keep your password to yourself, you should only share it with your parents and don't write it down in a place it could be found by others.
- Don't share anything through text message or email that you would not want made public.
- Don't share personal information online or meet someone you only know online.
- Keep cyberbullying messages as proof that the cyberbullying is occurring.
- Your parents might want to talk to the parents of the cyberbully, to the bully's Internet or cell phone provider, and/or to the police about the messages, especially if they are threatening or sexual in nature.
- Tell an adult if cyberbullying is occurring.
- If you are the victim you should not be punished, being bullied is not your fault.
- Try blocking the person sending the messages. It may be necessary to get a new phone number or email address.

How to Block Someone on Facebook:

1. Click at the top right of any Facebook page.
2. Click How do I stop someone from bothering me?
3. Enter the name or email address of the person you want to block and click Block.
4. If you entered a name, select the specific person you want to block from the list that appears.

People will not be notified when you block them. If you can't find someone using this method, try going to the person's timeline and selecting Report/Block This Person from the dropdown.

If you still can't find the person you want to block, it's possible that this person no longer uses Facebook or has restricted their privacy settings. Besides blocking, you can control the audience of stuff you share.

It can happen to anyone: Rachael Neblett's Story



Rachael Neblett, a seventeen-year old student at Bullitt East High School, had that bubbling contagious spirit that draws friends easily. At under 5 feet tall, her small stature was an advantage in gymnastics and cheerleading. As

the smallest gymnast, she was the natural choice to top the pyramid or to be tossed high into the air. Even after she took a bad fall, she was back at it, her confidence barely faltering.

Rachael had a passion for sunglasses and lip gloss, It was her trademark. She loved animals, her friends, and especially her family to whom she was very close. It seemed Rachael could tell her parents anything. Or so they thought.

As with most teens her age, Rachael also loved to chat on the Internet with her friends. She had a MySpace account – a popular social network for kids. In April of 2006, she wrote to her Aunt Sara "I am so happy." No one would imagine that six months later, this beautiful, fun-loving teenager would end her own life.

Because of her small size, Rachael was an easy target for bullies. She seem to take everything in stride until the summer of 2006 when she began receiving threatening emails through her MySpace account. Rachael would keep this from her parents, maybe fearing they would make her close her MySpace account, or maybe she didn't want them to worry.

The emails continued, but still Rachael did not confide in her parents. Instead she told her friends how terrified she was. Later, she would tell her older sister, Peyton, about the threats, and Peyton would tell her mom and dad. When her parents, Mark and Donna, learned of the bullying, they were concerned for her safety. The emails were not the usual type of bullying. These notes had a stalking terroristic nature. Also, the person sending the emails was anonymous. Why Rachael kept going back and reading the emails no one will ever know. Maybe the fear of the unknown was worse than knowing the threat. Mark and Donna didn't ignore the problem. They went into action, taking the emails to the principal at

Bullitt East High School. It was obvious that the bully was another student at the school, since the emails contained details of her movements during class and after school. The bully knew when she caught the bus and where she lived. The principal had school officials watch Rachael as she got off the bus and walked to class. But this did nothing to relieve Rachael's fear.

Desperation came early in October when Rachael received an email stating "I am not going to put you in the hospital, I am going to put you in the morgue." After receiving that email, Rachael did not want to go to school or go out with her friends.

On October 9, shortly after receiving the threatening email, Rachael took her own life.

Since Rachael had been receiving threats, her death was put under investigation by the Mt. Washington police. In the end, it was ruled a suicide. The toxicology report show no drugs or alcohol. No chemical reason for depression.

Mark and Donna feel certain that it was the cyberstalking that caused Rachael to end her life. No person was ever arrested. Even though the police know the computer from which the emails were sent there was not enough evidence to press charges.

How it affects your family: Words from Rachael's older sister Peyton

"My little sister committed suicide October 9, 2006. Her name is Rachael Neblett. I am here to tell you a little about her. She was 17 when she died, and the most amazing girl you would ever meet. She was an outgoing, loving, and caring person. You would never dream that she would do that to herself. But these days you just don't know anyone anymore.

I would take her just about everywhere she wanted to go. I took her to school when I could, and be there to pick her up. There would be times when I would let her practice driving my truck on weekends. Just watching the smile come across her face when she was behind the wheel was the most amazing thing I have seen. If she went out with friends, I was there to take her there and to pick her up. I would even talk to mom and dad to let her stay a little bit longer with her friends. She was not just my sister, she was my best friend. We would do alot of things together, and I loved that. I miss that so much today. All I have now is a big, black hole where my heart was. Because my little sister is gone, I won't be able to see her anymore -- no more trips to the mall, no more smiles, hugs, late movie nights, nothing. It's gone. **How can someone ever get that back?"**

>> The Ugly Truth: Underage Drinking & Drug Use

Alcohol is a neurotoxin, which means it can poison the brain. One of the effects of excessive alcohol use is that it interferes with vitamin B absorption, which prevents the brain from working properly. Alcohol or “booze” is widely used by teenagers and is tolerated as a socially acceptable drug, yet it is responsible for most drug-related deaths in the teenage population. Irresponsible use of alcohol can lead to binge drinking, drunk driving, unsafe sex, impaired brain development, and injury or death.

Binge drinking is the term commonly used to describe drinking heavily over a short period of time with the intention of becoming intoxicated. This can be very harmful to a person’s health and wellbeing. As well as increasing the risk of health problems, this can lead young people to take risks and put themselves in dangerous situations. Common effects of binge episodes include hangovers, headaches, nausea and vomiting, and shakiness.

Facts

- In 2012 72% of students have consumed alcohol (more than just a few sips) by the end of high school, and 37% have done so by eighth grade.
- According to a study by Columbia University, underage drinkers account for 11.4% of all of the alcohol consumed in the U.S.
- Average age for first drink in boys is 11 years, and girls 13 years.
- Teens that start drinking before 15 years are 5 times more likely to develop alcohol dependence or abuse later in life.
- In 2010 there were approximately 189,000 emergency room visits by young people under the age of 21 for injuries and other conditions related to alcohol.
- The three leading causes of death for 15-24 year olds are automobile crashes, homicides, and suicides – alcohol is a leading factor in all three.

6 Reasons Young People Start Using Drugs & Alcohol

Fitting In Many young people feel like an outsider and long to feel included and liked by their peers. This need can be so strong that they engage in underage drinking or drug use to help them make friends, fit in, and be accepted.

Socializing Many young people use drugs and alcohol to overcome their insecurities, let their guard down and feel socially confident with others. Some see “partying” as a way to instantly bond with a group of kids, uniting with them in opposition to the “rules” of school, work – and parents.

Life Transitions Periods of transition in young peoples’ lives – like moving, divorce, puberty or changing schools – can often be a time of upheaval, leading many young people to attempt to find solace in alcohol or drugs.

Cars Make Drug & Alcohol Use Easier

Once a teen – or a teen’s friend – has a car, their world expands exponentially. Kids with cars can get to different parts of town much more easily. Young people can use their car for things they don’t want parents or other adults to see, like drug paraphernalia, empty bottles, and more.

Sex Young people may feel pressured to become sexually active – and may naturally be nervous about it. Many turn to drugs & alcohol to get past those feelings. Once drunk or high, inhibitions are greatly reduced, which may lead young people to engage in behaviors that expose them to risk of pregnancy or sexually-transmitted diseases.

Emotional & Psychological Pain Some young people use alcohol or drugs to dull the pain in their lives. When they’re given a chance to take something to make them temporarily feel better, many can’t resist. Poor grades, a cycle of family problems, loneliness, low self-esteem, depression, anxiety disorders and other mental health issues lead many young people to drugs. Furthermore, compound any one of these with teen drama (jealousy, fighting, and gossip) life can become too much for kids who have not learned how to cope with difficult social situations.



Teens Mix Prescription Opioids with Other Substances

Nonmedical use of prescription (Rx) opioids by teens remains high, and a new study shows that 7 out of 10 teen nonmedical users combine opioid medications with other drugs and/or alcohol. This puts teens at much greater risk of overdose.

7 out of 10 teen nonmedical users combine Rx opioids with other substances¹

The substances most commonly co-ingested were...



Teens who reported co-ingestion of Rx opioids with other drugs were²...

8X

more likely to report abusing marijuana

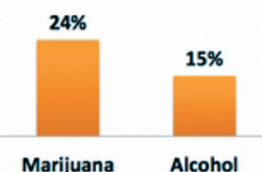


4X

more likely to report being drunk ≥ 10 times



Percent of teens that usually or always combine Rx opioids with marijuana or alcohol³



(1) McCabe et al., Drug Alc. Dep., 2012; (2) Compared to no past year nonmedical use; (3) Among nonmedical users of Rx opioids

>> Date Rape

Societal issues facing teens today include rape, assault, and homicide. One-third of all victims of violent crimes were teenagers. According to RAINN (Rape, Abuse, and Incest National Network) girls ages 16-19 are 4 times more likely than the general population to be victims of rape, attempted rape, or assault. According to USA Today, every 21 hours a female college student is raped. The statistics definitely tell us that young women need to increase their guard and awareness, but that doesn't mean that young men are invulnerable to rape and sexual assault.

Rape is committed by a person, who could be a friend, acquaintance or stranger, against a victim. Commonly, date rape is referring to drug facilitated sexual assault or an acquaintance rape. Sexual assault is any sexual act done to someone without their consent. Drug facilitated sexual assault is any sexual assault where alcohol and or drugs affect the victim's ability to give informed consent. About half of all people who are raped know the person who attacked them. Females are most often raped, but males can and have been victims as well.

Common rumor says that people who have been raped were "asking for it" because of clothes they wore or the way they acted. That is incorrect: the person (rapist) who committed the crime is at fault. One person never owes the other person sex, even in an intimate relationship. If sex is forced against someone's will, that is rape.

Alcohol and drugs are often involved in date rapes. They loosen inhibitions, dull common sense, and in some cases allow aggressive behaviors to surface. Some drugs like Rohypnol (roofies), Gammahydroxybutyrate (GHB), and Ketamine can cause people to black out and forget things or have feelings of being paralyzed and blurred vision.



Protecting Yourself

- Avoid secluded places
- Don't spend alone time with someone that makes you feel uncomfortable
- Stay sober and aware
- Know what you want and what kind of relationship you want with another person
- Talk about your boundaries with those around you
- Go out with a group of friends and watch out for each other
- Don't be afraid to ask for help if you feel threatened
- Take a self-defense course

Unfortunately, even if someone takes every precaution, date rape can still happen. If you have been raped, here are some things that you should do:

- Go to the ER
- Call the police
- Call a friend or family member that you trust and feel comfortable talking with
- Write down as much as you can remember about the event
- Call the rape crisis hotline or rape crisis center

 **Oklahoma Coalition on Domestic Violence & Sexual Assault:**

800-522-7233

Setting Boundaries

Having healthy boundaries means "knowing and understanding what your limits are" – Dr. Dana Gionta

1. **Name your limits** – Identify the following limits for yourself: physical, emotional, mental and spiritual.
2. **Tune into your feelings** – When someone makes you feel resentment or discomfort they may be violating or crossing a boundary.
3. **Be direct** – When you share life views and communication styles with someone being direct might not be necessary, but when these and other things begin to differ, being direct will be necessary.
4. **Give yourself permission** – Sometimes there is guilt associated with setting boundaries, but you need to give yourself permission to set them.
5. **Practice self-awareness** – There are times when your boundaries might become a little fuzzy, during those times it's important to understand why you've been wavering and decide what to do.
6. **Make self-care a priority** – Give yourself the permission to put you first, this may not always come naturally, but when setting boundaries it is very important.
7. **Seek support** – Sometimes setting boundaries can become a daunting task and you might need someone's help to bounce ideas off of. Don't be hesitant to search for help, whether it is from friends, church or a support group. Then you'll have people to hold you accountable.
8. **Be assertive** – Once you have set your boundaries it is important to stick to them. You may find yourself in some situations where you will have to respectfully assert your boundaries to others.



>> Who can you trust?

especially if they are not the parents of other children in the group, should be carefully examined.

Other abusers in positions of authority revered by a child, who can use that reverence and influence to criminal advantage, are camp counselors, religious leaders, law enforcement officers and therapists. Each abuser's role can make an investigation for child abuse especially difficult too, since the abuser often employs fear and shame to manipulate and persuade the victim not to testify against the abuser. These "authority figure" abusers often deny any allegations, and can be very effective and articulate in their own defense.

Statistics

- As many as 1 in 3 girls and 1 in 7 boys will be sexually abused at some point in their childhood
- Most perpetrators are acquaintances, as many as 47% are family or extended family
- In as many as 93% of child sexual abuse cases, the child knows the person that commits the abuse
- Approximately 30% of cases are reported to authorities
- Approximately 1.8 million adolescents in the United States have been the victims of sexual assault
- 33% of sexual assaults occur when the victim is between the ages of 12 and 17
- 69% of the teen sexual assaults reported to law enforcement occurred in the residence of the victim, the offender or another individual

Myths & Facts About Children & Sexual Abuse

Myths

- if a child is sexually abused, he or she will immediately come and tell
- children disclose immediately after the abuse and provide a detailed account of what has occurred.

- children are more likely to disclose if directly questioned by their parent or an adult authority figure that can help.
- disclosure is always a one-time event

Facts

- disclosure of sexual abuse is often delayed; children often avoid telling because they are either afraid of a negative reaction from their parents or of being harmed by the abuser. As such, they often delay disclosure until adulthood
- a common presumption is that children will give one detailed, clear account of abuse. This is not consistent with research; disclosures often unfold gradually and may be presented in a series of hints.
- children might imply something has happened to them without directly stating they were sexually abused – they may be testing the reaction to their "hint."
- if they are ready, children may then follow with a larger hint if they think it will be handled well.

Don't be afraid to SPEAK UP!

If you have been abused by an authority figure it is okay to feel mixed emotions. You may have feelings of guilt, shame, fear, anxiety and depression; you may have an inability to trust, difficulty with intimacy and relationships. There can also be a sense of isolation, withdrawal and poor communication skills.

Surviving childhood abuse means getting help with its aftereffects – people can recover from abuse. Getting help is very important – and it is also important to realize that treatment takes a while.

It might not be easy, but it's important for you to find someone you trust that you can tell about the abuse and begin the healing process.

If you've kept up with the news lately at all you're sure to have heard about some authority figures abusing the trust of a young person in some way. The perpetrators can range from police officers, doctors and therapists, volunteer organizations, park rangers, camp counselors and security guards to daycare providers, school athletic coaches and teachers, clergy and juvenile detention center or prison officials. Sometimes it can even be parents, step-parents or legal guardians.

Studies have shown that 90 percent of convicted pedophiles know their victims through some sort of authority/underling power imbalance, and these pedophiles will exploit that inequality to their advantage.

Teachers, Coaches & Clergy

Youth organizations and schools have been shown to be inadvertent havens for child molesters, giving offenders access to children, a method for bonding and encouraging secrecy, and opportunities to spend overnights with potential victims. The perpetrator will play to the loyalty factor, loyalty to both the leader and the group, and institute systems of rewards and recognitions for his or her prey. The overall long-range goals are control, manipulation and eventual calls to action. The background of all leaders of youth organizations,



>> Human Trafficking

Oklahoma, with its three major interstate highways - I-35, I-40, and I-44 - provides a pipeline out of Texas running to all ports north, east and west, a crossroads for human trafficking.

According to the FBI, there are more slaves in the world today than at any other time in human history. Worldwide estimates are that 27 million men, women, and children are in slavery at any given time. Human trafficking, defined as the recruitment, harboring, transportation, provisions, or obtaining of a person for the labor or service through use of force, fraud or coercion for the purpose of involuntary servitude, peonage, debt bondage or slavery, is a \$32 billion industry, second only to drugs as the largest criminal activity in the world.

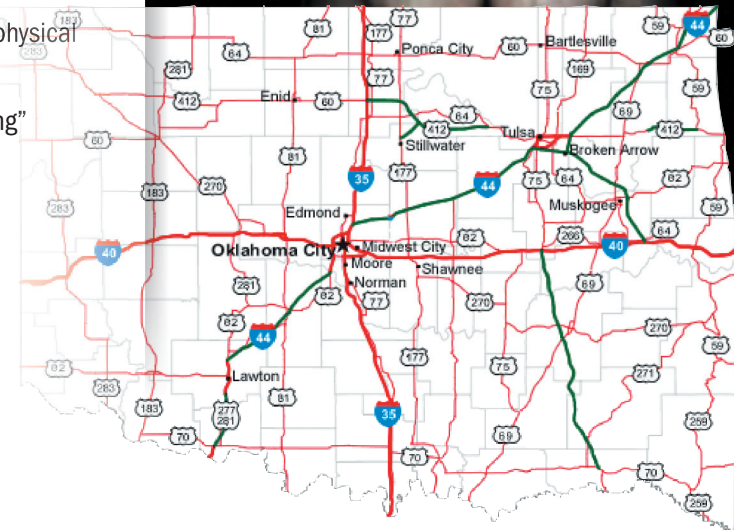
The U.S. State Departments list America as the number one destination for human trafficking, especially of children. California, New York, Texas, and Oklahoma top the list of states most active. After rescuing children from forced prostitution in 40 cities around the nation, FBI agents discovered that nearly each city had harbored exploited children from Oklahoma. An FBI report states that it is well known among truck drivers that if you want good barbecue, go to Kansas City, and if you want young girls, go to Oklahoma City.

- O.A.T.H. - Oklahomans Against Trafficking Humans was organized in 2008 by a small group of concerned citizens in Tulsa that had become aware of trafficking problems in our state. There are many activities O.A.T.H. is conducting that involve bringing awareness to the issue and educational training for

professional agencies and organizations. Volunteer advocates of O.A.T.H. conduct Awareness 101 presentations, work with legislators to form new trafficking laws, host awareness event fundraisers, and lead student clubs at their school, church, or college.

Only one percent of human trafficking crimes are ever reported to police so O.A.T.H. provides a checklist to help identify victims. A person may be a victim if she or he:

- ☐ Has few or no personal possessions
- ☐ Does not know the community
- ☐ Is anxious, fearful, or depressed
- ☐ Shows signs of malnourishment or physical abuse
- ☐ Lives on the streets or is "sofa-surfing"
- ☐ Is involved in commercial sex
- ☐ Lives with a "boyfriend"
- ☐ Is a runaway
- ☐ Does not control her finances
- ☐ May not speak English
- ☐ Owes debt to boss
- ☐ Probably has no cell phone
- ☐ Rarely out of view of the trafficker



Be aware of traffickers' tactics

- Traffickers can be male or female, even classmates.
- Traffickers may use kids to recruit other kids.
- Traffickers frequent locations that teens do and often post false profiles as teen boys and girls on social media sites.
- Average age of entry into forced

prostitution is 12-13 yrs. Most victims are young women but boys are also at risk. Seeing a young teen with a much older "boyfriend" should be a red flag.

- Many approach young women in malls, posing as talent scouts or modeling agents with legitimate-appearing credentials.

Protect Yourself

Be alert when traveling ! Trust your gut instinct ! Speak up !

>> Suicide

The tragedy of a young person dying because of overwhelming hopelessness or frustration is devastating to family, friends, and community. Parents, siblings, classmates, coaches, and neighbors might be left wondering if they could have done something to prevent that young person from turning to suicide.

Suicide is the third-leading cause of death for 15-24 year olds, according to the Center for Disease Control and Prevention (CDC). It is also thought that at least 25 attempts are made for every completed teen suicide.

Suicide rates differ between boys and girls. Girls think about and attempt suicide about twice as often as boys, and tend to attempt suicide by overdosing on drugs or cutting themselves. Yet boys die by suicide about four times as often as girls, perhaps because they tend to use more lethal methods, such as firearms, hanging, or jumping from heights.

Young people with mental health problems – such as anxiety, depression, bipolar disorder, or insomnia – are at higher risk for suicidal thoughts. Teens going through major life changes (parents' divorce, moving, a parent leaving home due to military service or parental separation, financial changes) and those who are victims of bullying are at greater risk of suicidal thoughts.

Factors that increase the risk of suicide among teens include:

- A psychological disorder, especially depression, bipolar disorder, and alcohol and drug use (in fact, approximately 95% of people who die by suicide have a psychological disorder at the time of death)
- Feelings of distress, irritability, or agitation



- Feelings of hopelessness and worthlessness that often accompany depression
- A previous suicide attempt
- A family history of depression or suicide
- Emotional, physical, or sexual abuse
- Lack of support network, poor relationships with parents or peers, and feelings of social isolation
- Dealing with bisexuality or homosexuality in an unsupportive family or community or a hostile school environment

Warning Signs

Suicide among teens often occurs following a stressful life event, such as problems at school, a breakup with a boyfriend or girlfriend, the death of a loved one, a divorce, or a major family conflict.

Teens who are thinking about suicide might:

- Talk about suicide or death in general
- Give hints that they might not be around anymore
- Talk about feeling hopeless or feeling guilty
- Pull away from friends or family
- Write songs, poems, or letters about death, separation, and loss
- Start giving away treasured possessions to siblings or friends
- Lose the desire to take part in favorite things or activities
- Have trouble concentrating or thinking clearly
- Experience changes in eating or sleeping habits
- Engage in risk-taking behaviors
- Lose interest in school or sports

Situation awareness of family, friends, and neighbors could help prevent a suicide. If you notice someone you know giving off warning signs of suicide, don't wait, don't assume, take charge and get that person some help. The Army acronym for suicide is ACE-Ask, Care, and Escort. Ask that person about his or her suicidal thoughts, Care about their thoughts and feelings, and Escort them to someone who can help them with this problem, like a teacher, principal, preacher, etc; don't ignore them!

>> Take a Stand & Speak Up

Situation awareness and personal safety is the responsibility of everyone! This course introduces you to the importance of situation awareness and how important it is to be aware of your surroundings at all times. It could save your life or the life of someone you care about. Law enforcement cannot be everywhere at once. Their job is to arrest people after breaking the law. Prevention is up to you. If you follow the common sense advice being shared in this program you will minimize the possibility of you ever becoming a victim. Share the preventive measures that you have learned here today with your loved ones as well.

In any situation that may arise, speaking up is just as important as being aware. If you see someone becoming a victim to any of the topics that have been covered in this workbook, speak up. Don't ignore the situation, don't assume someone else has already done something, speak up, because the death of another individual that you could have saved if you had just said something may haunt you always. All of the topics covered in this program are very important topics your community deals with on a day to day basis. You have all of them happening around you currently whether you know it or not. This is where situation awareness plays its role. Pay attention to what is going on at home, in school, and in your community. Whether it be your best friend, or someone you don't know walking down the hall at school. If an unsafe situation arises, stand up, and speak up. Don't let that kid bully another in the hall, don't let your boyfriend get you drunk and take advantage of you, and don't let your best friend text while driving you home from the movies. Let them know that you are not going to be responsible for their death or your own death. If they don't listen to you, go to someone that might have more power than you, like a teacher, parent, or sibling.

Make the right choice. Do the right thing even if it means you may stand alone for a little while. Ultimately, you will be left with your dignity, true friends and to enjoy the life you were meant to live.

'Courage is rightly esteemed the first of human qualities... because it is the quality which guarantees all others.'

– Winston Churchill

For Further Thought

This workbook has covered numerous topics which all deal with situation awareness. Some of the topics are relatable to you at this time in your life, and some of them aren't. Whether you realize it or not, you know someone who has been affected by each and every one of these things. Open your eyes a little wider to see what is going on around you and how you can help others do the same.

What are the three most important things you learned from this workbook? Write a short, one page essay on what you learned and how you can apply it in your life.

This program was developed in coordination with the Oklahoma Army National Guard. If you are interested in having the full curriculum taught in your classroom please contact:

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