

A Time to Tell for Learning for Life Classroom Guide

Using This Guide

The video *A Time to Tell for Learning for Life* shows several strategies child molesters use to attempt sexual molestation. In addition, one scenario introduces bullying as a personal safety concern. When using this video, we encourage the facilitator to watch each scenario to become familiar with the strategies used.

Each scenario is broken into two segments. The first is the recognition segment. At the end of this segment, the video is to be stopped. There should be a brief discussion about the scenario and some of the indicators that the intended victim is in a risky situation. This guide is intended to help in the discussions.

After this discussion, the video should be continued with the resist-and-report segment. At the end of this segment, the video should be stopped again for discussion. Following each scenario, the video recaps the points made.

Learning for Life uses a simple way to help students learn to prevent sexual molestation. The three R's of Youth Protection convey a simple message Learning for Life wants its youth participants to learn:

- *Recognize* situations that place a youth at risk of being molested, how child molesters operate, and that anyone could be a molester.
- *Resist* unwanted and inappropriate attention. Resistance will stop most attempts at molestation.
- *Report* attempted or actual molestation to a parent or other trusted adult. This prevents further abuse and helps protect other children. Let the student know he or she will not be blamed for what occurred.

Discussion Guide: Abuse by a Relative

Introduction (Before the Scenario Is Shown)

FACILITATOR: In the following scenes, you will see what happens when Justin visits his Uncle Joe. Can you tell what is actually happening? Think about Uncle Joe. Are there things about what he does that would cause you to be concerned if you were Justin? What is Uncle Joe doing? When we finish this first part, we will see if we can answer some of these questions and ***recognize*** the danger signs.

Start the video.

Recognize Discussion

FACILITATOR: What kinds of things was Uncle Joe doing that caused you to think he may not be trustworthy?

- Isolated situation
- Flattery about physique
- Physical contact
- Use of “toys” to interest kids
- No enforcement of rules
- Use of alcohol
- Activities involving removal of clothes
- Pornographic video to break down resistance

FACILITATOR: It’s important to note that these are only *possible* indicators that something questionable is happening, but you should *recognize* them as possible indicators of risk. What might you do in this situation to make sure nothing more occurs?

- **Resist** the breakdown of your personal boundaries. If you know your parents would not approve, behave as if they were present. Why would an adult be so permissive?
- **Resist** any efforts to involve you in activities that require the removal of clothing. This includes games like those shown by the video, as well as wrestling contests and posing for photographs.
- Remember that child molesters often use alcohol and sexually oriented pictures to reduce your ability to **resist** their inappropriate attention.

FACILITATOR: Let’s see what happens next.

Start the video.

Resist and Report Discussion

FACILITATOR: In the video, how does Justin resist his uncle’s attempted molestation?

- He said “Stop! Don’t do that!” in a way that showed he was serious and wanted his uncle to stop.
- He got up and moved away from his uncle very quickly.
- He left his uncle’s house.

FACILITATOR: One thing this video demonstrates is that even after a situation develops, it is often possible to avoid sexual molestation by asserting yourself and resisting the attempts of the molester.

FACILITATOR: Why is it important that anyone in Justin’s situation report the incident to a trusted adult?

- Adults can help protect the young person and prevent further molestation from happening.

- Adults can help the young person report the incident to the police or other authorities to protect others from being molested. Most child molesters have many victims; by reporting, you may be able to stop the molester from abusing more kids.
- Adults can help young people get the help they need if they have been physically or emotionally harmed.

FACILITATOR: Now let's see what we learned from Justin's experience with his uncle.

Restart the video for the wrap-up presentation.

Discussion Guide: Abuse by a Youth Leader

Introduction (Before the Scenario Is Shown)

FACILITATOR: We all have hopes and desires. At times, there may be something you want so badly that you are willing to do almost anything to be able to do it. While the scenario we are going to watch involves a coach, remember that the majority of coaches for youth sport programs are truly interested in the sport and the training of young athletes. It's important to recognize that whether the field is athletics, music, acting, or other driving ambitions, some adults will pretend to be interested in helping the young people with whom they work, but in reality will be looking for a chance to engage in sexual activities with them.

In the scenario we are going to watch, Jamie has a dream of becoming a veterinarian, but her family can't afford to send her to college. Let's see how her dreams are used to put her at risk.

Start the video.

Recognize Discussion

FACILITATOR: In this scenario, the coach pays a lot of attention to Jamie. He tells Jamie that he believes she has the potential to earn a college scholarship. What's happening that should help Jamie recognize that the coach is not really interested in her future?

- Spending a lot of time alone with Jamie. Why is the coach really interested?
- Bribing Jamie with tickets to games, meeting "important" people, new shoes, and keys to a hotel room.
- Constantly touching Jamie. Getting Jamie used to being touched is part of the coach's strategy to accept more intrusive touching.
- Wanting Jamie to have a massage on the floor of the gym.

FACILITATOR: One reason Jamie was vulnerable to the coach was that she thought the coach had control over her future accomplishments. How can you help prevent something similar from happening to you?

- Be realistic about your abilities and aspirations. If you're really good, you don't need to submit to victimization to accomplish your dreams.
- There are no shortcuts. Be true to your convictions and you will be successful in the things that really count.
- Anytime someone tells you to keep a secret that puts you at risk of harm, you must ask an adult you trust for help.
- Remember that an adult who tries to sexually molest you is responsible for your abuse; however, once you recognize what might be happening, you can take steps to help protect yourself from further abuse.

FACILITATOR: Let's see what the future holds for Jamie.

Start the video.

Resist and Report Discussion

FACILITATOR: Jamie has some decisions to make. What are they? How would you act in Jamie's situation?

- Jamie needs to decide if she is going to continue to go along with the coach in what places her in an uncomfortable position. If she asks an adult for help, she will probably find that help is available.

FACILITATOR: Jamie is in an uncomfortable position. How might she resist any further abuse by the coach?

- At this point, Jamie needs to find an adult to help her. She needs to talk with her mother or the school counselor.
- Many athletes in Jamie's position have transferred to another school or joined another team to avoid abusive coaches.

FACILITATOR: As you look at this scenario, think about all the effort the coach had made to communicate with Jamie's mother. How can Jamie let her mother know the coach is not the great guy she seems to think he is?

- It will be difficult, but Jamie needs to tell her mother everything that has happened and that she doesn't want to be alone with the coach.
- Jamie may need to seek help from other relatives or adult friends to talk with her mother.

FACILITATOR: As you can tell from this scenario, the coach has been careful to keep Jamie separated from others when he tried to molest her. Because of this, Jamie may find it hard to convince authorities that the coach molested her—in effect, it will be Jamie's word against the coach's. That should **not** keep Jamie from reporting. Many schools and athletic leagues have policies forbidding one-on-one contact between coaches and

athletes, and barring coaches from contact with players outside their official duties. Violation of these policies may be enough to call the coach's actions into question.

Discussion Guide: Abuse by a Youth

Introduction (Before Showing the Video)

FACILITATOR: Have you ever done something with other kids that you would never have done if you had been alone? Sometimes we do things because we think our friends want us to or because we are afraid what they will think if we don't do it. In the scenario we are about to watch, Kyle is introduced to an older youth by a couple of his friends. See how he handles the pressure to do things he knows he shouldn't.

Start the video.

Recognize Discussion

FACILITATOR: What are some of the things Kyle should recognize as risky in this situation?

- No adults are present.
- Why does Steve hang out with a group of kids so much younger than him? That's a clue that something is wrong.
- Removing clothing.
- Use of alcohol and drugs that can reduce his ability to resist going along with the crowd.
- Pressure to do things he knows are wrong and that he really doesn't want to do.

FACILITATOR: One thing you need to know about this situation is that child molesters often use alcohol and drugs to reduce resistance to sexual molestation. Being under the influence of illegal substances is also one way a child molester can shift the blame for his actions from himself to his victim. If the person is extremely incapacitated, they may have only a vague memory of the incident. The use of drugs in this scenario carries an antidrug message, and it also demonstrates the way drugs can be used to reduce resistance to sexual molestation.

Start the video.

Resist and Report Discussion

FACILITATOR: You might think this party is a bit too much and such events don't really happen. Unfortunately they do. One youth group in a Southern state had more than 10 of its members become victims of a molester who used parties, drugs, and alcohol to reduce their inhibitions—the victims were all guys in their teens.

FACILITATOR: Let's talk about how one might resist going along with the crowd in this kind of situation. What are some ways you can think of to resist?

- Leave when you find out what is going on.
- Don't take any drugs or alcohol.
- Keep your clothes on.
- Stay with the crowd. Don't go into bedrooms or other areas alone with someone you don't feel comfortable with.

FACILITATOR: Place yourself in Kyle's situation. Should you report Steve to your parents or some other trusted adult? Why?

- Reporting this kind of situation will prevent further harm from happening to your friends.
- Steve may be able to be helped. He has a problem that will almost always get worse as he ages. Teenage child molesters can be helped.

FACILITATOR: Some kids in Kyle's situation may not report Steve to their parents or other trusted adult. We've talked about what you should do; the question now is what would you do? (*Note to facilitator: This question is intended to cause the class members to think about their personal values and priorities. Doing the right thing in this situation is not easy, and the students need to be able to express their feelings.*)

FACILITATOR: Let's see what happened.

Start the video.

Discussion Guide: Internet Safety

Introduction (Before Showing the Video)

FACILITATOR: The Internet has become an important source of knowledge as well as offering new opportunities for a lot of fun. Using the Internet also brings some risks if you don't follow basic safety rules. This lesson was learned by Brian in the following scenario. Let's watch.

Start the video.

Recognize Discussion

FACILITATOR: What are some of the things that should have helped Brian recognize that Chuck was not "the real deal"?

- Wanting him to come alone to the apartment
- Asking for his e-mail address and other personal information
- Offering him a free demo
- The inconsistency between having expensive guitars and living in an apartment too small for a few people to visit

- The inconsistency between being successful and wanting to socialize with kids
- A photograph of guitars that was staged versus taken inside an apartment

Start the video.

Resist and Report Discussion

FACILITATOR: It took a while, but Brian did recognize that Chuck was someone he really did not want to see. How did he resist?

- Brian tried to avoid Chuck.
- Brian said he needed to check with his parents.
- Brian made excuses for not meeting Chuck.

FACILITATOR: What other ways can you think of to resist people who act like Chuck?

- Do not respond to any e-mail, IM, or other electronic messages that threaten you or make you feel uncomfortable or scared.
- Set up blocks on your e-mail and IM programs to reject messages from individuals who harass you online.
- Change your e-mail address.

FACILITATOR: Brian seems to recognize that the problem with Chuck has grown beyond his capacity to handle it. To whom might he go to report Chuck's harassment and stalking behavior?

- The immediate situation is at school, so Brian could go to the school principal, school safety officer, counselor, or a teacher for help.
- Brian also needs to talk with his parents to let them know what has been happening. They may be upset that he didn't talk with them sooner, but it's not too late.

FACILITATOR: Let's watch the video.

Start the video.

Discussion Guide: Bullying by Peers

Introduction (Before Showing the Video)

FACILITATOR: The video we are about to watch addresses a topic that has become all too common. We often see it in schools, but it can happen anywhere. The topic is bullying. Let's watch the video and see how Sarah handles unwanted attention by her tormentors.

Start the video.

FACILITATOR: Recognizing bullying is pretty easy if you are the target. Just as in Sarah's situation, many kids who are being bullied don't seek help on their own. What could you do to help someone whom you recognize as being bullied?

- Offer to accompany the bullying victim so he or she will not be as vulnerable as when he or she is alone.
- Talk to a teacher or another adult in charge about what you see happening.
- Let the bullies know you don't think picking on other kids is right. It's not fun for the person being picked on, nor is it acceptable behavior.
- Label the behavior. Some bullies don't realize they are behaving like bullies.

FACILITATOR: Let's see how Sarah tries to resist the bullies in her life.

Start the video.

Resist and Report Discussion

FACILITATOR: As you can see from Sarah's experience, resistance doesn't always work. She did try some resistance strategies that sometimes work. What are some of the strategies that Sarah tried?

- Sarah tried to ignore the bullies.
- She tried using humor.

FACILITATOR: The bullies who were bothering Sarah had begun to use mild physical bullying such as surrounding her when alone. If you were Sarah, what might you have done if the physical bullying became more serious?

- It's difficult to walk away from a fight, but many schools have a zero tolerance for any fighting—even one started by a bully. Anyone fighting may be punished. Avoiding a fight is the best course of action.
- Might does not make right. The odds of winning a fight with a bully are not very good. Bullies generally pick fights with people they feel they can beat.
- If the bullying is physical, then see your doctor or school nurse. Ask them to write down your experience and any injuries so you have a record.

FACILITATOR: Sarah and her brother Mark worked together to address Sarah's problem with bullies. It's important for bullies' victims to know they don't have to deal with bullies alone. What would you do to report the bullying if you were Sarah?

- Talk with your parents about the problem. They may be able to contact the school on your behalf.
- Talk with a teacher or school counselor.
- If the bullying takes place in other places, for example a shopping mall, ask for help from a security guard or police officer.

FACILITATOR: Bullying is a serious problem. It causes some victims to miss school, take weapons to school for protection, and sometimes even to consider suicide; none of these is an acceptable strategy. If you are being bullied, seek help. Ask an adult you trust to help you decide how to handle the situation. Let's watch to see if we have covered all the bases.

Start the video.