

Tips for Kids

If you feel bad inside talk about it. Feeling bad doesn't mean you are bad. Here are some ideas:

- ◆ Talk to your school counselor.
- ◆ Talk to a friend.
- ◆ Draw a picture about how you feel.
- ◆ Write in your diary.
- ◆ Get more sleep if you're tired.
- ◆ Read a book or listen to music.
- ◆ Exercise, walk, bike, or shoot baskets.
- ◆ Try to talk and listen to the person who made you feel this way.

Feelings are always OK. But what you do about those feelings is not always OK. No matter how bad you feel, don't hurt yourself or someone else. That will make you feel worse.

Use an 'I' message when someone does something that makes you feel bad: "I get frustrated when you won't listen to my side of the story."

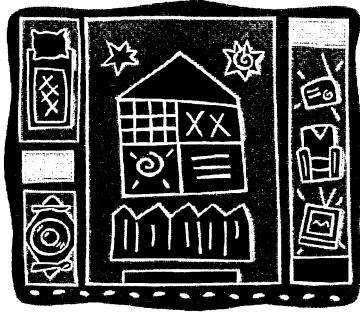
Turn bad into good. When you think something bad about yourself, try to remember something good too. Every morning when you're getting ready for school, look in the mirror, give yourself a big smile and say, "I like myself."

Get support

Call the KIDLINE at 1-800-CHILDREN (244-5373), from 8am – 8pm, 7 days a week. Someone will listen to your feelings and give you information about services for you and everyone in your family.



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If You Are Experiencing Violence in Your Home, You Can:

Stay away from the violence

Remove yourself from the area in your home where the fighting is taking place. You may be hurt if you try to stop the fighting. Go to a neighbor's or a friend's house for safety.

Call for help

You may need to call an ambulance or the police or have a neighbor call for you.

Not blame yourself

The violence in your home is not your fault. No one deserves to be beaten. Violence happens when one person tries to gain power and control over others in the family, not because of other's actions or behaviors.

Find ways to feel good about yourself

Spend time with friends and become involved in school activities. You have a right to grow to be all you can be and to believe in yourself.

Reach out to others

Friends can help you. A guidance counselor or teacher may be able to listen to you and your feelings. Find a person you feel safe with and talk to that person.

Avoid physical fights

Fighting at school or with brothers and sisters may make the problem worse. Learn ways to express your feelings without being violent.

Watch your behavior

You do not have to repeat the cycle of violence. You have the power to break it. Hitting and screaming is a choice. Choose not to be violent. You can stop yourself from punching, kicking, and insulting others by admitting that it is wrong. If you find yourself wanting to be violent, get help.

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Bullying Prevention Tips for Kids and Teens

If You Are Bullied

Stick with friends. There is safety in numbers. Avoid being alone in target areas like locker rooms, restrooms, and places where the bully hangs out.

Be assertive and confident. Stand up for yourself. Use body language to show you are not afraid. Stand up straight and make eye contact.

Ignore the bully. Walk away. Don't respond. Get out of the situation.

Agree with the bully's comments. Say "Whatever" or "You're right." Then walk away.

Don't seek revenge. Remember that using violence to solve problems only makes things worse.

Get help. If you are being bullied, don't keep it a secret. Ask friends or adults for help. Report all bullying incidents.

If Someone Else Is Bullied

Don't be a bystander. When no one speaks up, bullies learn they can get away with it.

Refuse to join in. Don't take part in the bullying. Refuse to even watch.

Speak out. Distract the bully by changing the subject or using humor. Talk to the bully later, in private. Stand up for the victim. Tell the bully to stop. Get a group to do this with you.

Give support. Talk to the person being bullied in private. Be a friend to that person. Make an effort to include others who are normally left out or rejected.

Get an adult. Report any bullying you see to teachers or other adults. They can set clear, nonviolent consequences for future bullying behavior.

Adopted from materials provided by Child Abuse Prevention Services and SCOPE Education Services

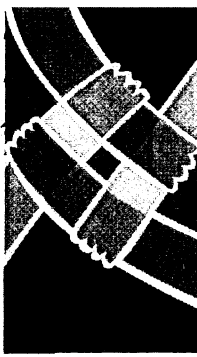
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Helping a Friend Who Has Been Sexually Assaulted

Your support as a friend can make a big difference to someone who has been sexually assaulted. Here are some tips to help you help your friend:

Let your friend know you want to listen. It doesn't matter so much what you say. What really matters is how you listen.

- Find time to be alone with your friend.
- Let your friend talk. Don't interrupt.
- Show interest in what your friend is saying by sitting close and making eye contact.
- Nod your head occasionally to let your friend know you are still listening.
- You may feel uncomfortable with pauses and silences. Just let them happen. Give your friend time to say everything he or she wants to say.
- If your friend needs help to continue talking, try repeating back some of the things he or she has already said.

Believe your friend. People rarely make up stories about a sexual assault.

Let your friend know you care. Give whatever expression of sympathy feels comfortable. These have worked for other teens:

"I said it must have been tough and frightening."

"I cried with her."

"I reached out and touched her hand and put my arm around her shoulder. At first I was afraid to touch her because she had been touched in such a terrible way, but it was fine."

Reassure your friend that he or she is not to blame. Blaming questions such as, "Why didn't you scream?" or "Why were you hitchhiking?" are not helpful. Instead you might say, "It's difficult to scream when you're so scared," or "Hitchhiking can be risky, but you were asking for a ride, not to be raped."

Let your friend be in control of who knows about the assault. If your friend asks you not to tell anyone at school, respect his or her wishes. "I told two friends and asked them not to tell anyone. One of them told a bunch of people at school and rumors spread around the entire school. People treat me differently now—either like I did something wrong or like I have a real problem. I dread going to school. I don't want to go anymore."

Encourage your friend to tell a teacher, parent, or other trusted adult. An adult can help your friend get needed medical care and counseling services. Child Protective Services or the police can be called because sexual assault is against the law.

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