

The Friendly Enemy

Adolescent Workbook



The Friendly Enemy wears a mask of deception

Learn to Protect Yourself Against
Sexual Abuse & Trafficking

Plus...

Getting To Know
All About Me

*What's important is
how you see yourself*

Lorraine M. Fast



"Facts You Should Know"

There are over 60 million survivors of sexual abuse in America.

Somewhere between 2/3 and 90% of sexual abuse victims never tell

Over 300,000 children and youth are estimated to be at risk of Trafficking!

20% of child sexual abuse victims are under the age of 8... Most never tell, and some don't recall the abuse.

More than 60% of pregnant teens have been sexually abused.

55% of girls living on the streets engage in prostitution.

20% of prostituted girls are transported across state lines for Trafficking.

The average age of girls in prostitution is 12 to 14 years old.

One in 7 children who are regular Internet Users receives Sexual Solicitations Online.

1 in 25 receives a request to meet someone in real life that they met online.

On average 2,000 children are reported missing every day in the United States.

90% are Abused by Someone They Know, Love or Trust!!!!

The Friendly Enemy

Adolescent Workbook

And

Getting To Know All About Me

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Table of Contents

Section One: What is an Adolescent?	1
Section Two: What is Sexual Abuse ?	2
Section Three: Who is to Blame?	4
Section Four: Thinking for Yourself	6
Section Five: What kind of People are Sexual Abusers?	10
Getting To Know All About Me	11
Section Six: Age of Consent Laws	14
Section Seven: Date Rape Drugs - What's That?	17
Section Eight: What is Sexting?	19
Getting To Know All About Me	21
Section Nine: Learning about STD's - Being Responsible	24
Section Ten: Is it "Getting Lucky" or is it Sexual Abuse?	27
Section Eleven: Who should I talk to?	31
Section Twelve: Protect Yourself against Internet Dangers	32
Getting To Know All About Me	34
Section Thirteen: Trafficking In Persons - What Is It?	36
Section Fourteen: Incest - The wrong kind of love	40
Section Fifteen: If You are a Victim- What To Expect	43

Getting To Know All About Me	49
Section Sixteen: Reviewing what you've learned	50
Section Seventeen: How do I protect myself and others?	52
Section Eighteen: Recognizing The Friendly Enemy	56
Section Nineteen: "Grooming" the Victim	58
Section Twenty: Dealing with threats from the abuser	60
Section Twenty One: Who can I trust?	61
Getting To Know All About Me	63
Section Twenty Two: What do I do with the Memories?	71

The Friendly Enemy Adolescent Workbook And Getting To Know All About Me

Introduction

Adolescence should be a wonderful time of life. You are developing life skills and discovering new emotions. This is a time when you learn how to deal with trust issues and increase your problem solving skills. Like adults, you have all kinds of life experiences. How you deal with them as you mature will shape your self-esteem and determine your productivity in society.

There are many fun and interesting experiences during these years. Finding out cool things about yourself—who you are, what you enjoy doing and learning what things you should avoid can be exciting and challenging, all at the same time.

Some of these experiences may be difficult to understand and deal with. As you learn more, you may see and hear things you would rather not know, but it is important to gain this education that could one day save a life, even yours.

Getting To Know All About Me

This exercise is a theme that will continue throughout the book. It's like journaling, only better. It's a way to help you think about who **YOU** are. Discovering the good things about yourself will help you continue to make wise decisions. Finding out the negative things will give you an opportunity for self-improvement..

Your Motto Should Always Be!

**I am Somebody
cause God don't make no junk**

The Friendly Enemy—Section One

What is an ADOLESCENT?

It is YOU!

This is a time of life, which varies for individuals aged 10 -17, when you begin to notice many physiological changes, develop sexual feelings, and define your identity.

Adolescence is viewed as a highly transitional phase during which youth begin the long process of leaving childhood behind and slowly become adults. Generally, this period of time is regarded as emotionally intense and stressful.

WOW!

What does that really mean?

Simply put, it means, you are no longer a child and not quite an adult. It's common to experience strong physical, mental, emotional, intellectual, and spiritual change during adolescence.

Like a butterfly that spends time maturing inside a cocoon before emerging in an entirely new form, this is a period of your life when you grow and morph into a unique and awesome **YOU!**



The Friendly Enemy—Section Two

What is Sexual Abuse?

Adolescence appears to be a time when most teenagers become attracted to the opposite sex. Even peer relationships that are considered normal, feel like riding an emotional rollercoaster; but if you get tangled up in an unstable relationship that is truly “not normal,” it can be very harmful to you.

- ! Because you are less experienced, you may be deceived by others who are older or more skilled in things you aren’t prepared for. During adolescence, you are at high risk for sexual abuse.

In this chapter, you will learn about a crafty enemy that hopes to snare you in a web of deceit. By knowing this information, you can better protect yourself against him or her. Let’s begin by defining who this is.

PEDOPHILE: A Latin word, “pedo” means child, and “phile” means lover of, or one having a strong preference for.

A pedophile has a perverted sexual desire toward children and kids in their early teens. No matter what anyone says, adults should never be sexually involved with youth.



They like to take pictures of young people and often tempt them with gifts, such as money, promises of good times, trips to the mall, and other fun places.

Pedophiles are especially friendly, wanting everyone to like and trust them. They come across as being good (on the outside), but on the inside their intentions are very bad!

That’s why we call them **THE FRIENDLY ENEMY.**

They wear a mask of deception to gain the love and trust of everyone they know; working hard to make sure no one would ever suspect them as a sexual offender. Then, they begin to “come on” to a youth, much like an adult behaves towards another adult they are attracted to.





How Can Someone Who Seems So Nice Behave So Badly?

- * Pedophiles claim they really care about children and adolescents. But all the while they are developing a close relationship with their intended victim they are cleverly waiting for the right moment to advance to sexual activity. Sexual abuse is mostly an issue of control, manipulation and power over the abused.
- * They start with cuddling, tickling, and other seemingly innocent touches.
- * Their next move is to show their victim pornography to spark an interest in sexual acts. As soon as they think the time is right, they convince the youth to have sex with them.
- * By this time, the child or teen is feeling confused or frightened. This person they have come to love and trust has done some unexpected and uncomfortable things.
- * Often, the pedophile will threaten to harm their victim, a pet, or someone else they love—if they **TELL**.
- * These abusers manipulate their victims by convincing them no one will believe their stories if they decide to tell, or that everyone will blame them for participating in the sexual activity.
- * They make the child or adolescent feel guilty and to blame for what has happened.
- * They even convince the victim that “they love them”. That’s not love!

and

1 in 4 GIRLS

1 in 6 Boys



WILL BE SEXUALLY ABUSED BY AGE 18!

The Friendly Enemy—Section Three

Who Is To Blame?

Feelings of Guilt:

- Most kids have strong feelings of guilt after being sexually abused, but the truth is—the pedophile is the guilty person—**it is not the victim who is guilty!**
- Pedophiles are very good at telling lies and manipulating people.
- Regardless of who it is, anyone who has sexual contact with a child or adolescent faces legal and moral consequences.
- Children and under-age teens are not yet legally responsible for sex acts, nor are they mature enough to make these morally important life-changing decisions.
- If anyone tries to talk you into making a decision like this, or tries to force you into having sex with them, you have the right to:

GO and TELL!

You should know that most pedophiles are not violent, and their threats are usually manipulation tactics used to keep their victims from telling on them. But, it is still a good idea not to let them know that you are going to **TELL**...just go and do it right away.

Sexual abuse victims always have the right to TELL.

**Even if The Friendly Enemy is
a parent, another family member,
or anyone else close to you and your family.**

***No one who truly loves you would ever try to have sex with you
while you are still a child or under-age teen.***

***That's one way to tell the difference between a pedophile
and someone who really cares about you.***

Moral Codes

Q: What are Moral Codes?

A: Choosing Between Right & Wrong.



Some Words That Go Along With Morals Are:

Good = Favorable character

Right = Good conduct

Honest = Telling the truth, no matter what the consequences

Decent = The way you talk, dress, act, think, and treat others

Proper = Following a code of behavior that is not offensive

Honorable = Being respectful and having a good reputation

Just = Being fair to others and doing the right thing

How do I measure up to the above morals?

Good _____ Kind of Good _____ Not so Good _____ Why?

When I have children of my own, will it be OK if they act just like me?

Yes _____ No _____ Why?



You should try to follow good moral codes—But, **Always Remember...**If you have been sexually abused it was not you who broke the moral code—It was the adult who Broke The Code—**It was not your fault.**

The Friendly Enemy—Section Four

Thinking for yourself

At some point in your life you have to start thinking for yourself and decide what is best for you. Getting **Professional Counseling** is a good way to help you make wise decisions for your life.

If I make some wrong moral decisions, who is affected by it?

Me _____

My Parents _____

My Siblings _____

My Friends _____

Everyone who really cares about me _____

ALL OF THE ABOVE _____

Am I willing to make wrong moral decisions in order to be popular?

Yes _____ No _____ Why?

Can my choice of morals have an affect on my future?

Yes _____ No _____ How?

When I make wrong moral choices, am I really happy with myself?

Yes _____ No _____ Why?

Someone I love and trust asks me to make a wrong moral decision. Would I?

Yes _____ No _____ Why?

If someone really cares about me, would they ask me to do something wrong?

Yes _____ No _____ Why?



You have the right to say **No** to anyone who asks you to break a moral code.

**If I decide to change my way of living,
can I still be the kind of person I really want to be?**

The answer to that question is YES!

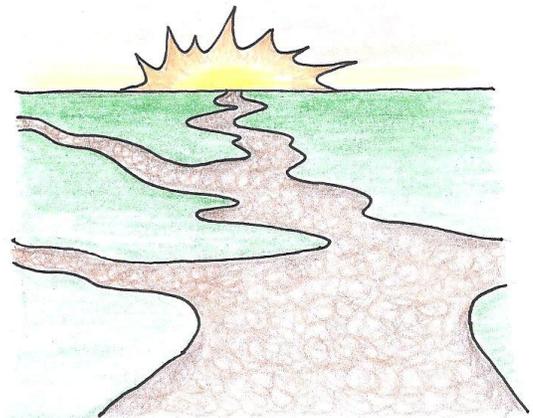
It's **NEVER** too late to turn your life around. While it may not seem easy to do, you should know that many people have successfully done it. With the help of God, loving family members, a few good friends, and determination, it can happen.

Walking down the wrong path is always self-destructive; yet, choosing a path that is going in the right direction is exciting, challenging, educational, inspiring, and filled with many rewards.

Going through challenging times can teach us good moral lessons. You won't learn what works and what doesn't work until you look at your trials as a learning experience.

You are hereby challenged to work hard, move forward, and be all that you were born to be. Never let anyone influence you in a harmful, negative way.

Remember...it's your life and no one has the right to lead you down the wrong path.



CHOOSE THE RIGHT PATH AND WIN!

If you accept the challenge, sign here:

Name: _____ Date: _____

Thinking Responsibly Benefits Me

There are some practical ways to help keep yourself out of circumstances that could possibly lead to making unwise decisions—from being talked into sexual activity or from being forced into an abusive incident.

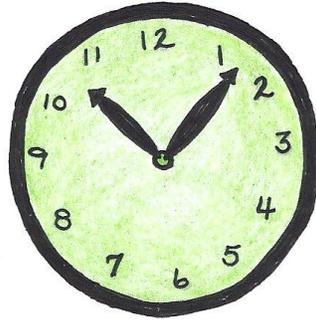
- For instance, when you are dating, go out with groups of other kids rather than on single dates. That way you won't put yourself into a situation where something sexual might happen.
- Always make sure that your parents or guardians know who you are with, where you are going, how to get in touch with you and when to expect you home.
- Always carry a cell phone with you and don't hesitate to dial 911

Some other ways that I can help keep myself out of danger or from making unwise decisions are:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Did You Know?

A child or adolescent is sexually abused every **2** minutes.



- There are **60 million** survivors of childhood sexual abuse in America today.
- Approximately **600,000** convicted pedophiles currently live in the United States. On average, that's one per square mile.
- Although there are over 600,000 known pedophiles, only **10%** of child sexual abuse cases are reported. You do the math!

To find out if there are any registered sex offenders
in your neighborhood go to:

www.sexoffendersregistry.net

The Friendly Enemy—Section Five

What Kind Of People Are Sexual Abusers?

- * Pedophiles are most often **adult men**, but they can also be a woman or a **teenager**.
- * They range in occupations, from **day laborers to corporate executives**, from **community leaders to celebrities**.
- * Pedophiles come from **all backgrounds, races, and religions**. Some have a **distinct interest in only one gender**; others will target anyone, boys or girls.
- * Some are **parents, grandparents, aunts, uncles, cousins, friends, neighbors, pastors, rabbis, priests, school or church employees, and sports coaches**. It can be anyone.

How Do Pedophiles Gain The Love And Trust Of Everyone?

- * Over **96%** of victims, and their family members, know the sexual abuser. He or she is not a stranger. But, no one would ever suspect they are a criminal or dangerous sexual offender. This makes it far too easy for the pedophile to get close to his or her victim. Strangers are not the only enemy we have to worry about.
- * Once you have this important education, you can more easily recognize...
The Friendly Enemy.



It is very important that you learn the age of consent laws. You will find this in Section Six. Don't risk being charged as a sex offender and go through life being known as a pedophile.

Getting To Know All About Me

Let's chill a little and have some fun with this exercise. It's simple, like looking in a mirror and writing a journal about yourself.

It's all about you. Read each question and take a few minutes to get in touch with your inner thoughts. Some questions might be easier than others. Answer them all honestly and have fun getting to know yourself better.



**What's Important is
how you see Yourself**

Let's get started!

My middle name is: _____

I am _____ **years old.**

My favorite color is: _____

My favorite day of the week is: _____ **Why?**

My favorite thing to do is:

My least favorite thing to do is:

My favorite subject in school is: _____ Why?

My least favorite subject in school is: _____ Why?

The thing I like most about myself is:

The thing I like least about myself is:

The kind of person I'd like to be is: Why?

One way I can improve myself is:



I realize that improvement takes time.

So, I will not get discouraged.

The job or career I most want to have is:

I would like to go to college.

Yes _____ No _____ Why?

Am I willing to look into grants or loans to go to college?

Yes _____ No _____

If the answer is No Why?

If the answer is Yes What am I waiting for?

I am having trouble with my school work. Am I willing to talk to my teacher, counselor, or other adult about getting help?

Yes _____ No _____

If the answer is No Why?

If the answer is Yes What am I waiting for?

The Friendly Enemy—Section Six

Age Of Consent Laws

Question: How Old Are You? How Old Is The Other Person?

What does the age of consent mean?

It is the age at which a young person is legally and morally able to understand and consent (agree) to acts of sex.

What is the age of consent?

It varies. In some places, the age of consent is different for boys than it is for girls. It depends on the country or state where you live.

The average age of consent is 16 years old.

Until you reach the legal age of consent, it is illegal for anyone to have sex with you, regardless of his or her age. This is the law in most countries, not just here.

Why do we have the age of consent law?

Although some young people feel they are mature enough to be involved in a sexual relationship, others may lack the emotional development to be able to deal with the consequences, or they may not have the confidence to...

! Say No

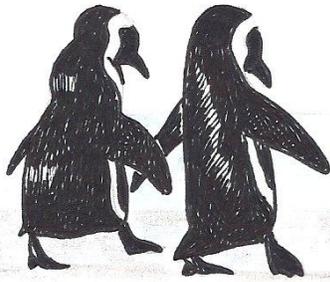
Age of consent laws are there to protect children and adolescents from being used for sexual purposes or exploitation.



DON'T TOUCH ME!

It is your right to say NO!

And it's your right to TELL!



At what age should I start dating?

How many years older or younger than me can my date be?

Remember the Age of Consent Laws & Statutory Rape.

Would I risk breaking the law to be popular or because I have an attraction to someone who is much older or much younger than me?

Yes _____ No _____ Why?

If a person is much older or younger than me, have I thought about how this could affect my life and my future?

My thoughts on this life-changing decision:

Will I do things that I don't actually want to do so others will like me? How much do my friends mean to me? Will they always be there for me? Can I count on them? REALLY?

If I am held responsible for my decisions then I will also hold others responsible for their sexually abusive behavior. If someone has abused me sexually or ever tries to sexually abuse me I will hold them responsible— and not take that guilt upon myself.

! I Will Tell

What Counts As SEX?

This depends on where you live.

- * Some places say **kissing** is sexual contact.
- * Other places consider **intercourse** as being sex.



You should know the laws in your state!

WARNING!

What Is Statutory Rape?

- * Statutory rape is a crime. Someone can be charged with this if they have sex with a person who has not reached the age of consent. It doesn't matter if the two parties agreed to have sex. **It is against the law.**
- * Some states call it **unlawful sexual penetration, or rape.**

What Is Sexual Abuse?

- * Sexual abuse is when any person uses his or her authority or power over a child, adolescent or any person for sexual purposes. This includes touching offenses and non-touching behavior, such as talking about sex, and sharing sexual pictures.

If you are a young person involved in an abusive situation,

**TELL, and keep telling, until someone believes you,
and does something to protect you.**

The Friendly Enemy - Section Seven



Date Rape Drugs—What's That?

They are drugs that can be slipped into your drink for the purpose of reducing your resistance to sexual advances. Once a person is drugged and made helpless, they are then sexually assaulted. They are helpless or unconscious and cannot escape, resist, or call for help.

It is not unusual for teens and college students to mix these drugs purposefully with alcohol to get a faster and better "high." This can be fatal; it is a deadly combination. NEVER mix any drugs with alcohol!

Physical Effects of Date Rape Drugs:

Nausea, vision problems, slurred speech, drunk feeling, dizziness, seizures, convulsions, all or partial blackouts, sleepiness, difficulty with motor movements, loss of muscle control, tremors, sweating, vomiting, slow heart rate, aggressive or violent behavior, problems breathing, coma, and death.

Mental Effects:

Dream-like state, confusion, hallucinations, lost sense of time and identity, distorted perception of sight and sound, feeling out of control, out of body experience, coma, numbness, partial or complete amnesia.

Partying Smart

Things You Can Do To Protect Yourself Against Date Rape Drugs:

- Do not leave beverages unattended
- At parties, do not accept open container drinks from anyone. Don't take a drink from a punch bowl
- Don't drink beverages that you did not open yourself
- Don't share or exchange drinks with anyone
- If you realize that your drink has been left unattended, discard it and get a fresh one

- Don't drink anything that has an unusual taste or appearance (salty taste, excessive foam, unexplained residue)
- Drink slowly, rather than gulping your beverage, so that if it has been drugged you may have more time to become aware of it
- Hold the drink with your hand covering the opening
- If you must leave your drink, such as while dancing or using the restroom, get a new one when you return
- Immediate reporting makes it easier to detect date rape drugs in the body
- Do not take part in "dosing" other people. This is a felony!
- Stay with trusted friends. "Trusted" means 100%, without a doubt, "know your parents would approve" trust
- The "Buddy System" works. Make plans to check on each other often and before leaving an event.
- If you start to feel strange or unusual get help from a friend right away. A stranger who offers to help you could be the one who slipped you a drug and plans to harm you

If You've Been Assaulted:

- Call the Police and report the crime. You owe it to yourself and the abuser's "next victim."

 **Call 911**

- Get medical and mental health attention immediately.
- Get Support From Other People - like family, friends and professionals

Contact: 1-800-994-WOMAN www.ksu.edu/womenscenter/
and www.4woman.gov/faq/rohypnol.htm

NWHIC, a service of the U.S. Department of Health and Human Services
Office on Women's Health

The Friendly Enemy – Section Eight

What Is Sexting?

Teens Can Face Felony Charges For Misuse Of Cell Phones

When you send or receive sexual text messages or pictures, it is illegal.

It is also called:

- * Sextexting
- * Sextextuals
- * Sextmessaging

If you get caught,
it can be a real
Sextastropy!

Actual Newspaper Headlines

**Teens Involved With Sexting Face Federal And State
Criminal Charges And Civil Legal Battles.**



Teens found guilty of this crime may be incarcerated in juvenile detention, or prison; and be assigned to a probation officer for an extended period of time. Often, the sentence will include many hours of public service work. The jobs can be difficult and undesirable, and you work without pay.

Register As Sex Offenders!

True Stories of Tragic Consequences

Ruined Life: Sexting ruined the life of an 18-year-old who was required to register as a sex offender after he e-mailed nude photos of his underage girlfriend. Both he and his girlfriend were minors when the photos were taken. He has now been kicked out of college, cannot get a job, and must attend sex offender classes with men who have raped children.

Porn Charges: Two 13-year-old girls risked child pornography charges for sending semi-nude photos of themselves to friends via their cell phone.

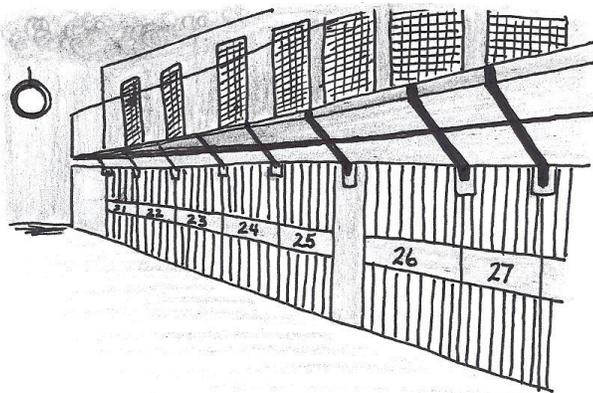
Ignorance Is No Defense: Pictures of partially-naked, or scantily dressed, students were discovered on teen's cell phones...As required by law, the school principal notified police and the parents of each student.

The local district attorney sent a letter to parents about this disturbing trend. They were notified that their teens would be involved in an ongoing investigation of the juveniles who possessed nude or half-nude photos of minors.

Parents received a strict warning about the pending legal consequences and the alarming fact that the teens appeared unaware they were committing serious crimes.

Recommended Reading:

Ignorance is NO Defense, by J. Tom Morgan



1 in 5 teens may be risking **time in prison** for the crime of **child pornography**.

Getting To Know All About Me

Friendships

What I like most about each of my best friends:

Name: _____

Name: _____

Name: _____

Would I like to have me for a friend? Yes ___ No ___ Why?

It's a good idea to try to be the kind of friend that you would like your best friends to be to you—someone that you can confide in and trust.

What are some of the qualities I look for in a best friend?

1. _____

2. _____

3. _____

4. _____



The Question Is...



What's the **BIG DEAL** about having sex, or not having sex?

Why does everyone make it such a **BIG ISSUE**?

Would I consider having sex? **Yes** _____ **No** _____ **Why?**

Think About This!

- * Everything else we do is outside of our body, but sexual activity is about our whole being. Shouldn't it be something that we take very seriously?
- * Is it worth giving myself away—to just anyone?
- * What if it seems right? Am I thinking with my head or my heart?
- * I can choose to wait for “that one person” who wants to make a lifetime commitment to me; a commitment set in stone!



My thoughts on this very important issue:

Some of you are saying...

What if I have already had sex? How do I feel about this?

Others of you are saying...

I was sexually abused. I didn't even have a chance to make a choice of my own. I was talked into it/or forced into it and now I feel so "used". My thoughts are:

Is It Too Late For Me To Start Over?

The answer to that question is **NO!**

Good news: It's never too late to start over!

You may not be a virgin, but you have **great value**.
There's no reason why you can't stop being sexually active until the person willing to commit their life to you comes along.

If you have made the important decision that **you want your life to have more meaning than just sex, and that you are worthy of starting over...then,**

Congratulations!

The next chapter will illustrate some benefits that come with your decision. Serious problems are avoided when you practice abstinence (not having sex).

The Friendly Enemy—Section Nine

Learning About STDs...Being Responsible!

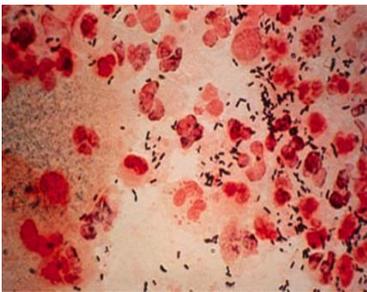
What Are STDs?

S—Sexually
T—Transmitted
D—Diseases

- * Vaginal, anal, and oral intercourse puts young people at risk for serious infections and sexually transmitted diseases (STDs).
- * Vaginal intercourse carries the additional risk of pregnancy.
- * Whether you consent, are forced, or were tricked into acts of sex, you need to know the high risk of getting a dangerous and potentially deadly, sexual disease.

Some Common STDs

Syphilis, Genital Warts
Gonorrhea, Hepatitis,
Herpes, Chlamydia



Gonorrhea



Syphilis



Herpes

! **STDs are contagious and very painful!**



Your life depends on the choices you make **If you have a choice be responsible for your own actions**

Even if you were sexually abused you now have the right to start making your own decisions about your own body. Here are some very serious reasons why this is a good choice. Help is available for you—you will find some good information in this book about who to talk to.

You Should Know:

Each year, there are approximately **19 million** new STD infections, including AIDS. Almost half of the cases involve youth aged 15 to 24.

In a recent study:

55% of males and 54% of females aged 15-19 engaged in oral sex.

48% of high school students engaged in some form of sexual intercourse.

39% of sexually active high school students did not use a condom during sex.

15% of high school students admitted to having four or more different sex partners.

11% of males and females aged 15-19 engaged in anal sex.

3% of males aged 15-19 had anal sex with a male.

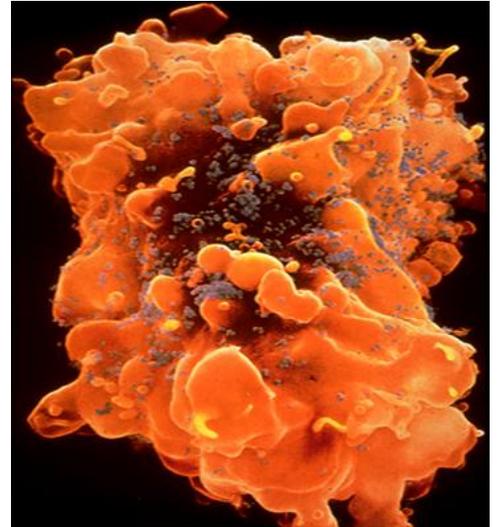
Abstinence means having no sexual intercourse: vaginal, anal, or oral

- * This is the only way to prevent HIV, STDs, and pregnancy.
- * The correct and consistent use of a latex condom can certainly **reduce** the risk, but it is **NOT 100%** effective.
- * No protective method is totally safe.
- * Condom use does not guarantee protection against STDs or pregnancy!

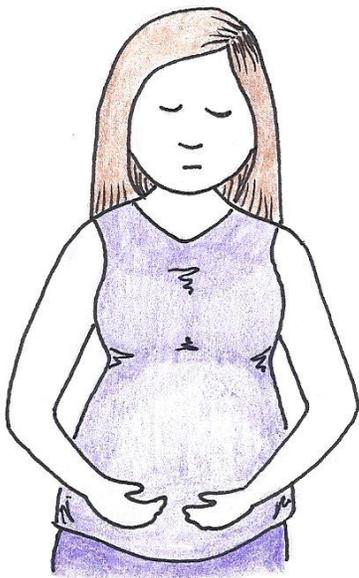
Young people who use alcohol and drugs are more likely to engage in high-risk behaviors and dangerous sex acts.

Alcohol + Drugs + Sex = STD's

- * Millions of adolescents suffer with HIV.
- * This disease is also known as AIDS.
- * In 20 to 24 year-olds, this is the second highest cause of DEATH.



Sex = Unwanted Pregnancies



! Is it really worth the risk?

The Friendly Enemy—Section Ten

Is it "Getting Lucky" or is it Sexual Abuse?

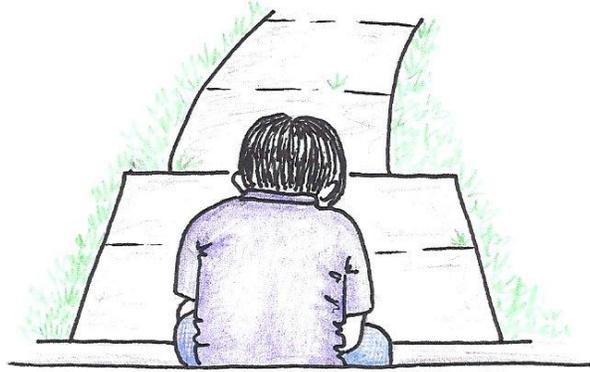
! What's This?

Girls are considered victims
when they are sexually abused by an adult.

When an adult woman convinces a boy to have sex with her,
he is considered "lucky".

THE TRUTH IS...

- * Boys are victims, just like girls, and feel the same kind of depression when they are sexually abused.
- * The younger the child, boy or girl, the more serious the damage.



Sex between a minor and an adult
creates damaging effects that last a lifetime.

Adults have no right to have sex with anyone
but another consenting adult.

Adults have a responsibility to children and adolescents;
to treat them with respect,
and to set a good example—not to take advantage of them.

Whether you are a boy or a girl, you have the right to say **NO!**

You have the right to **TELL!**

You have the right to protect yourself from **SEXUAL ABUSE!**



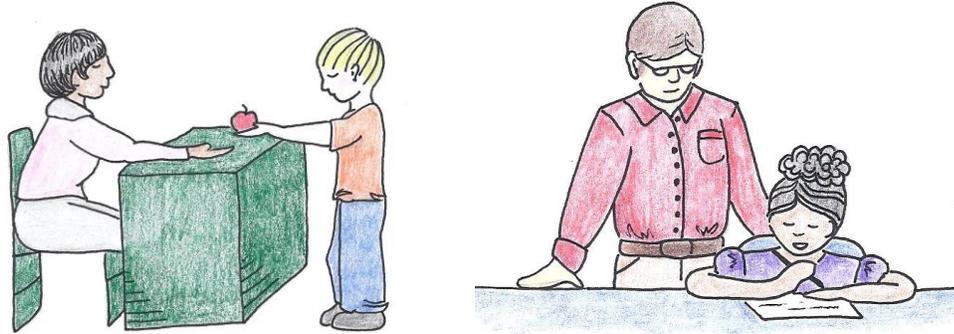
If you have been sexually abused,
or if someone has tried to sexually abuse you,

PLEASE TELL SOMEONE YOU TRUST

and keep telling until someone believes you,
and does something to protect you.

Student/Teacher Issues

What's wrong in these pictures?



Nothing!

A teacher is someone you should be able to trust;
a person who helps guide you to develop a good mind,
character and a promising future.

- * But if a teacher comes on to you **in a sexual way**, there is something seriously wrong with that picture whether you are a girl or a boy.
- * Your teacher has authority. They earn trust and respect. If a teacher ever crosses that line of trust by talking or behaving in a sexual manner toward a child or adolescent, they no longer should be allowed to have that authority.



You have the right to say **NO**

You have the right to **TELL**

Warning!

Children and adolescents also have a responsibility
to the adults in their lives

Lying about sexual abuse is **AGAINST THE LAW**

It's called **PERJURY**

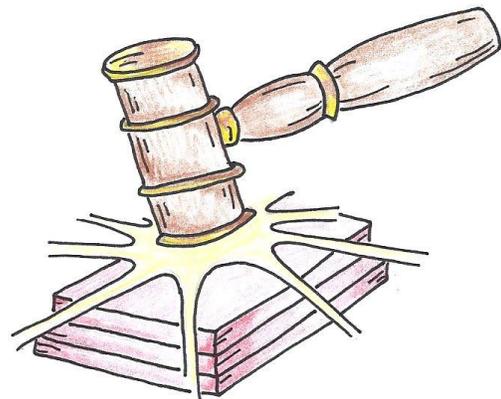
- * It is a crime, and morally wrong, to falsely accuse anyone of something they did not do. No matter how much you dislike someone don't lie about this kind of thing; and do not let anyone else talk you into lying about this, either.
- * This often backfires, and you are the one who ends up in trouble.
- * No innocent person deserves to have their life and reputation destroyed.
- * Never falsely accuse anyone of sexual abuse!
- * It would be an act of cruelty that remains on your conscience and/or your record for the rest of your life.

If you or someone you know is being
sexually abused or exploited,

TELL! TELL! TELL!

But always

TELL THE TRUTH!



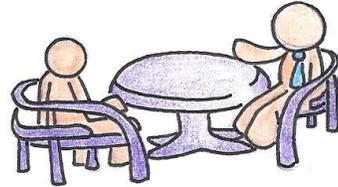
The Friendly Enemy—Section Eleven

I need to know about sexual things

Who should I talk to?

Some of the people you can trust are:

- * A Parent
- * A Grandparent
- * A Favorite Teacher
- * Your Principal
- * A School Counselor
- * A Good Family Friend
- * Your Family Doctor or Nurse
- * An Older Sister or Brother
- * A Preacher, Priest, or Rabbi
- * A Favorite Aunt, Uncle, or Other Relative
- * A Police Officer
- * A Trusted Adult



Although you have to be careful of inappropriate personal relationships, most people can be trusted and will have your best interest at heart.



Remember: You can tell the difference between a pedophile and someone who really loves you because no one who truly loves you would ever try to have sex with you while you are still a child or under-age teen.

Be Careful...But Don't Live In Fear

I choose to talk to:

The Friendly Enemy—Section Twelve

Protect Yourself against Internet Dangers

- * The **#1** search topic is sexual in nature.

DANGER

- * Over **60%** of Web site visits are sex related.

DANGER

- * There are more than **1.5 million** pornographic sites worldwide.

- * Over **50%** of these illegal sites are in the US.

DANGER

- * Internet pornography exceeds **\$12 billion** annually.

- * The largest group of viewers is ages **10 -17**.

DANGER

What Kids Are Doing Online

Over **11 million** teens regularly go online to view pornography, and many give out personal information such as home and email addresses.

58% have visited an offensive Web site.

43% do not have rules about Internet use in their homes.

31% pretend to be older.

39% access offensive music.

25% access sexual content.

20% access violence.

**1 in 4 participate in
REAL TIME CHAT ROOMS**



Youth Privacy And Social Networking

58% don't think that sharing personal information online is unsafe.

70% of girls post photos or videos of themselves.

58% of boys post photos or videos of themselves.

28% have posted his or her cell phone number online.

Pornography's Progressive Pattern Of Addiction

Step 1—Addiction:

Looking at pornography is harmful; you get hooked and go back for more. Once addicted, the dependence on pornography is so strong, it takes over.

Step 2—Escalation:

You begin to lose your ability to express love and show appropriate intimacy.

Step 3—Desensitization:

In this phase, what was originally perceived as unthinkable, shocking, or repulsive is now viewed as acceptable, even natural.

Step 4—Acting Out Sexually:

There is now an increased tendency to act out the sexual behaviors you have viewed in pornography: promiscuity, exhibitionism, and group sex. Some commit rape, child molestations, and other serious crimes.

This progressive pattern demonstrates how reality and fantasy can become blurred for those who are entangled with pornography. Because it is addictive, looking at sexual material is no longer enough.

In over 90% of the cases involving sexually contracted diseases, we have learned that the use of pornography was a contributing factor.

Pornography is immoral, addictive, and dangerous!

Let's take a break from the seriousness of Internet Social Networking and Pornography Dangers. Let's have some more fun with:

Getting To Know All About Me

If I could travel to any place in the world:

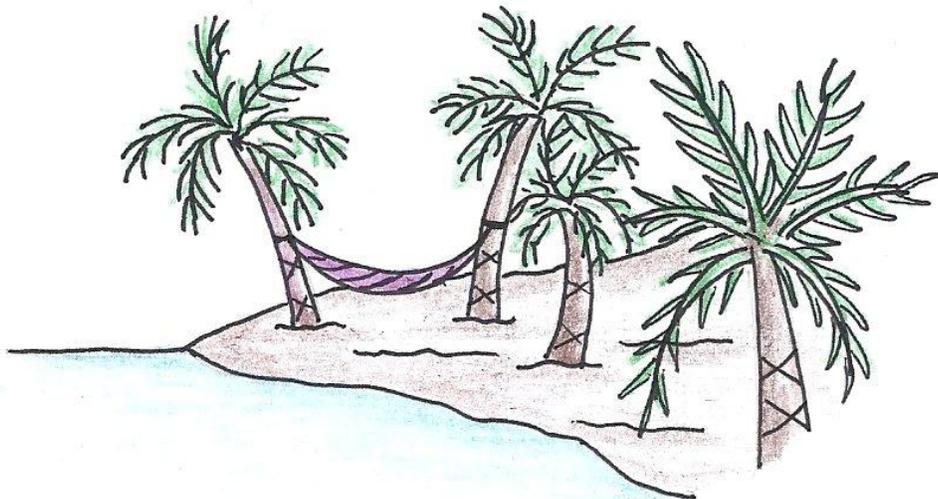
Where would I go?

Who would I go with?

How would I get there?

How long would I stay?

What would I like to do while I'm there?



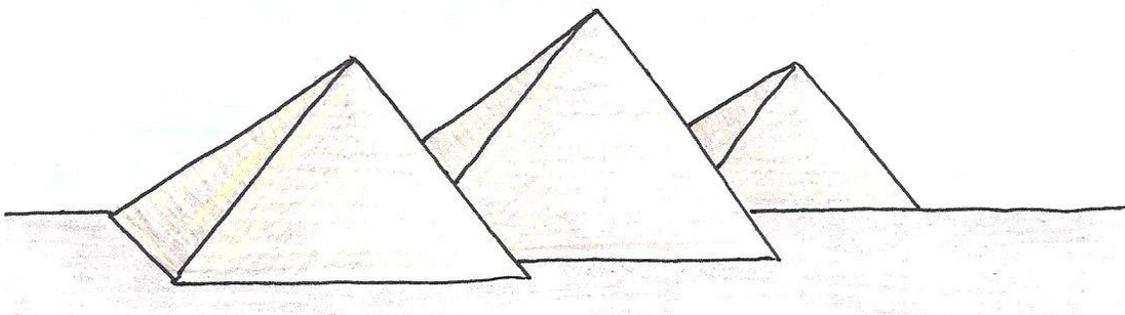
If you can't think of a place, look in an encyclopedia, search online, or ask an adult if they will help you research some places around the world that you find interesting to visit.

It doesn't cost anything to dream dreams and set goals. Having a dream or a goal gives us the incentive to work hard and take control of our lives.

Dream - Imagine - Set Goals - Work to Make it Happen



You be in charge of where you go and who you go with.



The Friendly Enemy—Section Thirteen

Trafficking In Persons—What Is It?

Definition of trafficking persons, from the Trafficking Victims Protection Act:

A commercial sex act through force, fraud, or coercion in which the person who is induced to perform such act has not attained 18 years of age; or the recruitment, harboring, transportation, provision, or obtaining of a person for labor or services through the use of force, fraud, or coercion for the purpose of subjection to involuntary servitude, convict labor, debt bondage, or slavery.



UGH! What does all that mean?

* It means that there are very evil, selfish, greedy, and dangerous, people in this world who think nothing of hurting others to get what they want.

* They have discovered that pedophiles will pay large sums of money to have sex with young people. Traffickers kidnap children and teens and sell them to perverted sex abusers around the world.



They are held captive in SEXUAL BONDAGE

There are three phases in the sex trafficking process:

1. Recruitment—luring or kidnapping the victim, online or in social settings.
2. Transit—moving the victim, often against their will or under false pretenses.
3. Destination—assigning the victim to a lifelong fate of sexual bondage

The Destination is Usually to Another State or Country!

Why Are Adolescents Easy Targets?

- * Many young people fall victim to traffickers because they believe lies such as offers for exciting careers in modeling and acting, or promises of marriage.
- * They are tempted by the promise of a better life.
- * Some are unhappy, wanting to escape hostile or abusive living conditions at home.
- * They think they are different from other kids their age, are struggling with school, living in poverty, or perhaps see no real future for themselves.



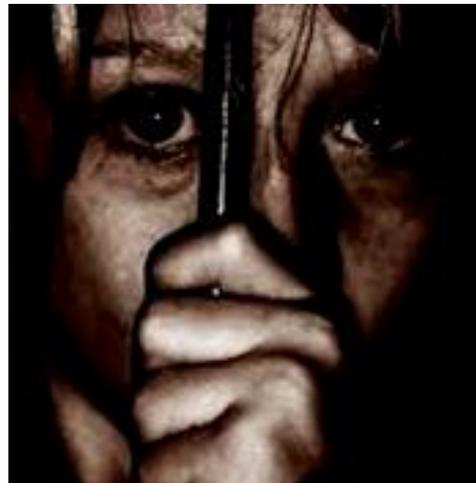
This Is What Happens

Once in bondage, if a victim does not cooperate fully, or if they don't bring in enough money, they are beaten, starved, and put into cages or locked cells.

The majority of runaway, homeless, abused, and at-risk children are approached by pimps and drug dealers within 48 hours of landing on the streets.

The average life expectancy of a juvenile after getting into prostitution is seven years, with homicide or HIV/AIDS as the main causes of death.

Sex Trafficking need not involve actual movement of the victim. Pimps may earn hundreds of thousands of dollars every year from selling minors.



Beware of adults, or older teens, who promise you a better life somewhere else that does not include your parents or guardians!

Fact: Often, adolescents are arrested, charged with prostitution, and sentenced to juvenile detention centers; and the pimps and sex traffickers are still on the streets making money off of many other sexually exploited kids.



When you are careless with your personal information, Sex Traffickers can identify and target you as a Victim

How To Protect Yourself Online

- * Don't give out personal information such as your address, telephone number, parents' names or work address, their telephone number, or the name and location of your school.
- * Tell your parents right away if someone makes you feel uncomfortable.
- * Never agree to get together with anyone you meet online without first checking with your parents. If your parents agree, be sure to meet in a public place, and bring a parent along.
- * Never send anyone your picture or any personal information without first checking with your parents.
- * Do not respond to any messages that make you feel uncomfortable in any way. Tell your parents! They should contact the police and the online service provider.
- * Talk to your parents, and together you can define rules for online safety. Decide on the times of day, length of time, and appropriate Web sites to visit. **This is for your safety, and could save your life!**
- * Never, ever, give your password to anyone, other than your parents or your guardian.
- * Add friends to your site only if you and your parents know them well.
- * Do not respond to harassing or rude comments posted on your profile.
- * Delete friends who leave inappropriate comments, and report these comments to the networking site if they violate any terms of service.

- * It's important to remember that posting information about your friends could put them at risk. Protect your friends and do not post any names, passwords, ages, phone numbers, school names, or locations. Doing this as a practical joke, or because you are angry with someone, is cruel, dangerous and criminal. **Don't do it!**

- * Do not post your plans and activities on your site.
- * Go through your online profiles and blogs. Remove any information that could put you at risk.
- * Once information is on the Internet, anyone can get it, not just people you know.
- * Check the privacy settings of the social networking sites you use. You can set it so only people you approve can be added to your group of friends, and only friends you've approved can view your profile.
- * Remember, your online site can be accessed—even Facebook is not 100% safe.

There are many safe ways to have fun online without letting people know your personal business.

**Have
FUN
But
Think
SAFETY**

The Friendly Enemy—Section Fourteen

Incest -The Wrong Kind of Love

Definition Of Incest:

The forcing of sexually inappropriate acts by one or more persons who gain authority over a child or adolescent through ongoing emotional bonding. It does not have to be a blood relative, but someone who is generally considered a family member or guardian.

What Does That Mean?

Incest is when one or more persons spend a lot of time with a closely related youth to gain their trust—so that the child or adolescent does whatever they tell them to do. They then persuade or force the child or adolescent to have sex with them.

People Who Commit Incest Can Be:

Fathers, mothers, brothers, sisters, step-brothers, step-sisters, grandparents, aunts, uncles, cousins, nieces, and nephews.

They can also be people who have authority over a child or adolescent because they are in charge of their care. This list could include: babysitters/housekeepers/nannies, Mom or Dad's boyfriend or girlfriend, teachers, scoutmasters or other group leaders, priests, pastors, rabbis, etc.

**You might be thinking...WOW!
It's like you can't trust anyone!**

Most people are trustworthy. Just know that pedophiles exist and come from many walks of life. Be alert and mindful of what people ask you to do.

! Remember...Trust Is Not Automatic...It's Earned

You Should Know

Incest happens in both wealthy and low income families,
in any race, culture, or religion,
and all over the world.



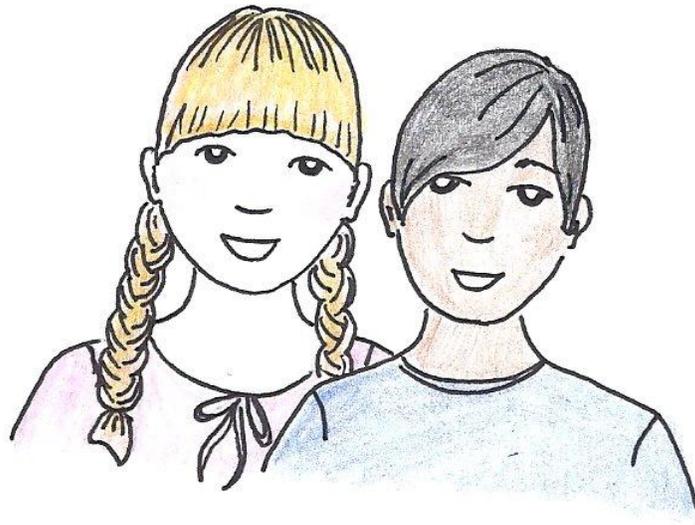
Incest is harmful to children and adolescents.
Don't let anyone tell you differently!

The purpose of this book is to help you know the difference
between healthy relationships and abusive situations.
Pay close attention and learn the truth.

! IT'S ALL ABOUT YOU

SEXUAL ABUSE HAS NO LIMITS

VICTIMS CAN BE BOYS OR GIRLS



EVEN TINY BABIES



The Friendly Enemy—Section Fifteen

If You Are A Victim—What To Expect?

These are some of the people you should go to for help?

- * A Favorite Teacher
- * A School Counselor
- * A Trusted Adult Relative
- * A Close Adult Family Friend
- * A Responsible Adult

Names of people I know I can trust and go to for help:

Always Call the Police

**They Are Trained To
Help And
Protect You**

9

1

1

What will happen to me when I TELL?

There is something called a **SAFETY PLAN**.

Here's How It Works

Step #1

If you have been sexually abused by someone you live with, you need to **TELL** someone outside your home.

In every situation, tell the police. In addition, you can talk to an adult you're sure you can trust. The police have a program, already in place, called Crimes Against Children and they are there to help you.

Step #2

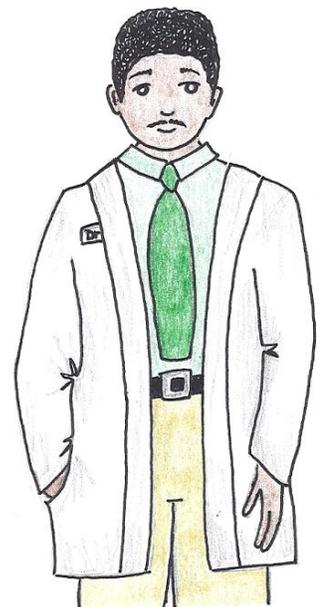
Someone from this department will talk to you in a safe and comfortable place. You will have an opportunity to say, in your own words, what happened.....This is called a Forensic Interview.

If your parent or someone living in your home is the abuser, the police do not need their permission to talk to you. The police are there to protect **YOU**, but they can't help you unless you **TELL**.

Step #3

A compassionate doctor will examine you:

- * To make sure you are physically OK.
- * To collect evidence against the abuser.
- * Someone you trust can be in the examining room with you to make you feel more comfortable.



Question:

If I was sexually abused by someone in my own household, will I be taken out of my home



The answer is in the next step.

Step #4

The goal of authorities is to keep you safe and in your home. Instead of removing you, they will remove the person or persons accused of the sexual abuse.

If you are still in danger, while living in your home, they will see if a family member, such as a grandparent or other relative, will care for you in their home. This is called **Kinship Care**.

You and your family will be able to receive special help during this time.

What about the person who abused me? Am I safe from them?

Read the next step:

Step #5

The sexual abuser will be arrested, tried in court, and usually be sentenced to jail. Once they are paroled, they will be listed as a **Registered Sex Offender**.

That means their name, address, description, and photo will be on the Internet to warn people of the danger they present to children.

What if an offender gets out of jail, or doesn't go to jail?

If the sexual abuser gets out on bail, he or she will be under a legal Restraining Order to stay away from you. They must follow the same rules as registered sex offenders.

Most sexual abusers are not violent, and will usually stay away from you because they fear going to jail for a very long time. It is always safer to Tell someone and they will help to protect you.

**Being Placed In Foster Care
or
Sent To Live With Other Family Members**

Understand that foster care is:

- * An option for your safety until your own home environment changes for the better.
- * Temporary. If a child or adolescent has no family members who can care for them in a safe residence, the next plan is to find qualified, adoptive parents who can provide a good home and be loving parents.

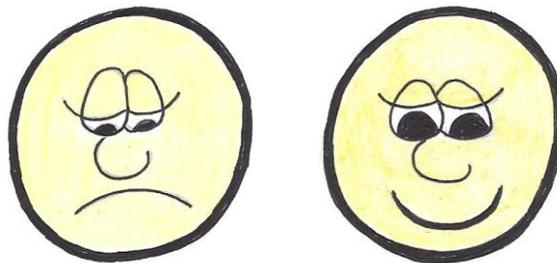
Whether you go to live in the home of another family member, are placed in foster care, become adopted, or remain in your own home, there are things **YOU** can do:

ADJUST, BE SAFE, AND BE HAPPY.

Your attitude is very important to your future!

Which one do you want to be?

IT'S YOUR CHOICE

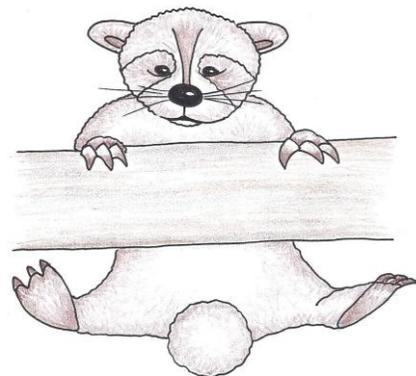


Soooo...Smile

SET A GOAL TO BE HAPPY!

Coping Skills

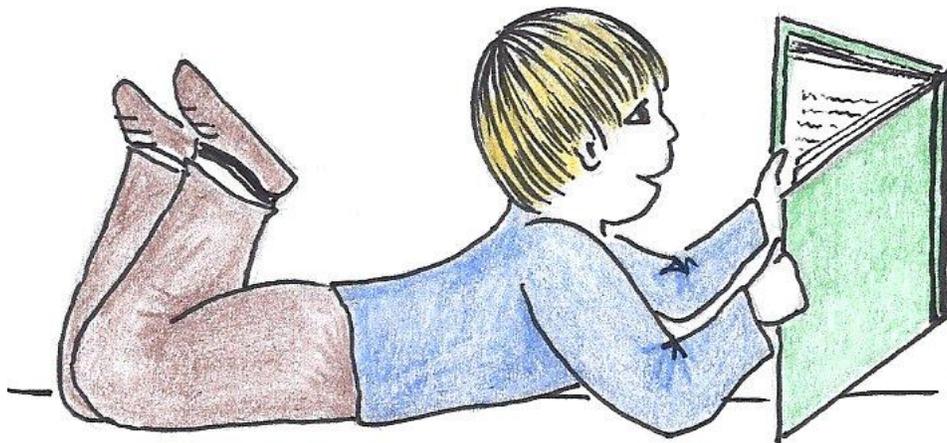
- * **Remember!** You are only responsible for yourself...not your parents, or others.
- * **Remember!** You cannot change anyone else. You can only change yourself. So make your life better.
- * **Don't Forget!** Be respectful of authority figures in your life. Most people care and want to help you, not hurt you.
- * **You Have The Right!** Ask for a counselor who knows how to help you with your specific problems.
- * **Do This!** Work with the counselor and find the key to unlock the confusion inside of you. Make it your goal to be whole.
- * **Be Patient!** You may be moved several times to find the right foster home for your best care. Life is not always easy—sometimes it's very difficult; but remember, everyone faces things they must learn to cope with.
- * **Please Be Kind!** Don't take your hurt feelings out on others. It won't make anything any better. If you are aggressive and mouthy, you may even earn a visit to detention.
- * **Get Along With Others!** Don't invade others' space. Instead, take this time to learn about the things going on in your own life. Get the help you need so you can get on with your life.
- * **Face It And Move On!** Right now, you may be dealing with fear, rejection, abandonment, hatred, and other negative feelings. But don't let your pain eat you alive. Be the amazing person God created you to be.



**Hang in there
You can do it!**

- * **Talk Freely To Your Counselor!** Tell your counselor what's on your mind, and in your heart. He or she is trained to help you sort out painful or confusing emotions.
- * **Healing Takes time!** It won't happen over night; but every day becomes a step in the right direction toward healing and moving on with life. Each of us must learn how to overcome our problems. At the end of the day...we are wiser and stronger because of our experiences.
- * **Good News!** Since you are receiving this education, you can experience healing and be empowered to protect yourself from now on because:

Knowledge Is Power



! And, always remember...

You are an amazing individual

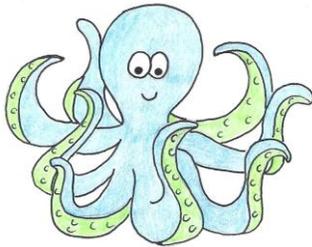
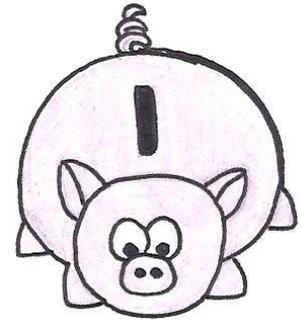
OK, let's take a break and have some fun with

Getting To Know All About Me

Put on your thinking cap.

I have been working and saving my money. I now have \$1,000.00.

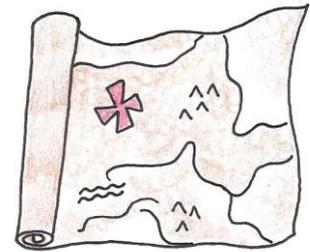
What will I spend it on?



Go Deep Sea Diving



Start A Band



Plan A Trip



Buy a Camper



Take Singing Lessons



Get a facelift

The Friendly Enemy—Section Sixteen

Reviewing what you've learned

Whether you have or have not experienced the dangers of sexual abuse, knowing **WHAT IT IS**, and how to protect yourself and others, is very important.

The Friendly Enemy is always on the prowl, looking for victims.



Let's Review What We've Learned So Far:

Pedophile: A Greek word, “pedo” means child, and “phile” means lover of, or one having a strong preference for. A pedophile prefers to have sexual relations with a child or adolescent.

The Friendly Enemy befriends you and your family, and no one suspects that they do bad things to children and adolescents.

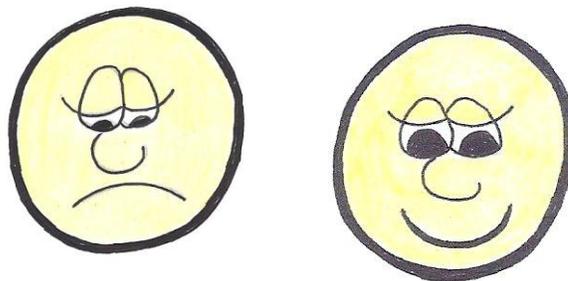
You Know These Things:

- * You have the right to Fight of the Offender AND TELL.
- * The AGE OF CONSENT laws.
- * How to REPORT SEXUAL ABUSE.
- * The Dangers of SEXTING.

You Also Know:

- * Your responsibility to ALWAYS TELL THE TRUTH.
- * The Dangers of The Internet.
- * Trafficking In Persons.
- * The value of Having Good Morals.
- * It's NEVER too late to improve your way of living.
- * What incest is.
- * How parents don't always do what they should to protect their children; and you've learned a few reasons why.
- * There are times when you must be temporarily removed from your home in order to protect you from danger.
- * How to cope with difficult challenges, what your rights are, and how to take steps towards having a better life.

YOU HAVE A CHOICE. WHICH WILL YOU BE?



YOU DESERVE A BIG

HURRAH

The Friendly Enemy—Section Seventeen

How Do I Help Protect Myself And Others?

There are times when a parent, or adult guardian, won't report sexual abuse. In this section, you will learn the legal terms for this problem.

We'll start with the definition of sexual abuse:

Sexual abuse happens any time a child or adolescent is **USED** for any kind of sexual contact, even if a person is only talking about sex or showing sexual pictures to a child or an adolescent.

Exploitation is when a person is sold to others for sex. You can review Trafficking in Persons – What is it? ...in Section Thirteen

There Are Two Kinds Of Sexual Abusers:

1. The Active Abuser
2. The Passive Abuser

Definition—Active Abuser:

The Active Abuser is the caretaker, parent, or any other person of any age who sexually abuses a child or adolescent for his or her own sexual pleasure.

Definition—Passive Abuser:

The Passive Abuser is the caretaker, parent, or any other person who does not report it when he or she knows that a child or adolescent is being sexually abused, thereby allowing the abuse to continue.

A Word of Caution to Parents

Women--especially those with daughters are advised to be overly cautious about who they bring into their home. There is an urgent need for everyone to recognize these dangerous risks and threats against children.

Tell your parent or guardian that we have an **ADULT WORKBOOK** with current information about child sexual abuse. It's unfortunate that many adults are unaware of the ways pedophiles find their victims.

For Example:

You, or someone you know, is living in an abusive situation and Mom isn't doing anything to stop what's happening. It's sad, but there are some women who feel they have no choice but to stay in a relationship even though they are putting their children in danger.

Why Women Do Not Leave The Sexual Abuser

- * They are anxious about being alone without a partner or spouse to turn to.
- * They worry over paying the bills, and being caught up in the dreaded "cycle of poverty."
- * Often, women are controlled by fear; they are manipulated and overpowered by the abuser just as much as the child or adolescent is.

**If this happened to you, you may have to be the strong one.
Remind your parent or guardian that you are more important
than any of these reasons for not leaving an abuser.**

 **Grown-ups Are Human...They Make Mistakes...
And often they are also victims of the Abuser.**

Sexual Abuse is a Felony in every state within the United States.

A Felony is a very serious crime. If someone knows that a child or adolescent is being sexually abused, and does not report it, they are considered as guilty as the active abuser and can be charged with sexual abuse.

Protect Yourself And Others:

- * If an adult won't report sexual abuse, you will have to report it yourself.

This Might Mean That:

- * The Friendly Enemy will be angry with you.
- * The Friendly Enemy may threaten you with harm.

The Truth Is:

- * You are not responsible for the Friendly Enemy.
- * They deserve to be punished.
- * If the abuser threatens you, they will get in even more trouble.
- * Don't argue with the Friendly Enemy. Get safely away.
- * Go and tell someone you trust.

Remember that most sexual abusers are often afraid to follow through with threats.

They know what they are doing is a serious crime and to follow through with threats could send them to prison for a very long time.



**If you're worried that a young person you know
Is a victim of sexual abuse...
Do the right thing and report it to someone who can investigate it.
You could save a life.**

**There are many Safe Sources
ready to help and advise you.**



- 1. Tell an adult you can trust.**
- 2. Contact your local police department**
- 3. Call the National Sexual Assault Hotline**

1-800-656-HOPE

or

www.rainn.org

The Friendly Enemy—Section Eighteen

Recognizing *The Friendly Enemy*

Monster
Monster

or

Human?
Human?

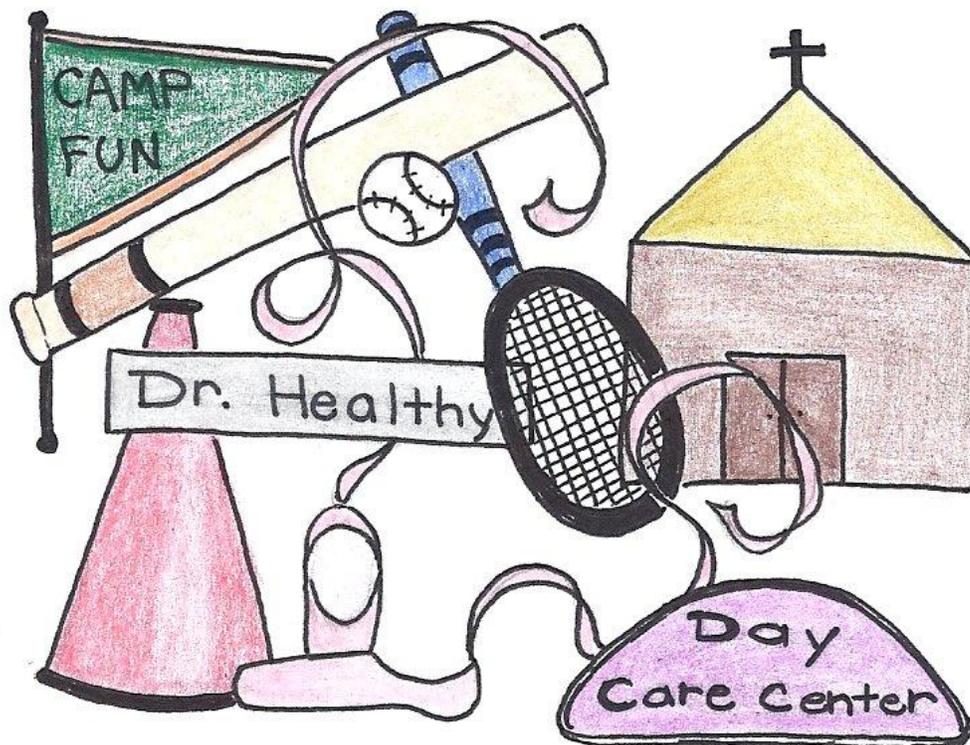
- * Groups of volunteers were shown pictures of different people. They were asked to choose who they thought was the child molester. Most of them chose ugly looking men in old or dirty clothes. They described the molester as being some kind of **“Monster”**.
- * No one suspected the friendly and familiar people known to families and communities.
- * Most parents think they could recognize a child sexual abuser by their actions and appearance. Unfortunately, their actions and appearance are very deceiving...they do not look or act like monsters ... they are **The Friendly Enemy**.

Much of the pedophile's life is centered on children and adolescents. They have jobs and extra-curricular activities that give them many opportunities to target young victims.

For instance, he or she could be a **teacher, day care worker, camp counselor, doctor, church leader, sports coach, or in other positions where they can create ways to be alone with young people.**

They are male or female, employed or unemployed, rich or poor, religious or non-religious, and come from almost any background, race, or nationality.

WOW! It can be just about anybody!



The Friendly Enemy—Section Nineteen

"Grooming" The Victim

- * The pedophile takes time to become the best friend or favorite relative because he or she desires to be loved and trusted by the child and their parents or guardians.
- * About **95%** of sexually abused children and adolescents know the person who is the abuser; even though they don't realize how dangerous he or she is.
- * They gain the trust of children and adolescents and then pressure them into sex acts. A pedophile is able to have a close relationship with a child or adolescent by deceiving their parent or adult caretaker.
- * Giving special treatment and affection to the young person is the most common lure used by sexual abusers.
- * This is called "Grooming" the victim. Grooming can be done online, and in personal relationships.

People who really love and care about children and adolescents will not expect them to have sexual contact with them.

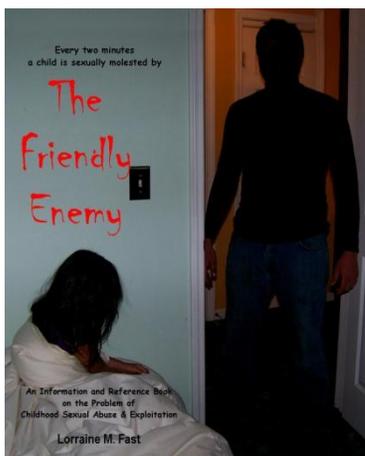
Sex is for consenting adults who are morally and legally mature.

You do not need to be afraid of family and friends who show you the right kind of affection and love; and who love to give you attention and gifts.

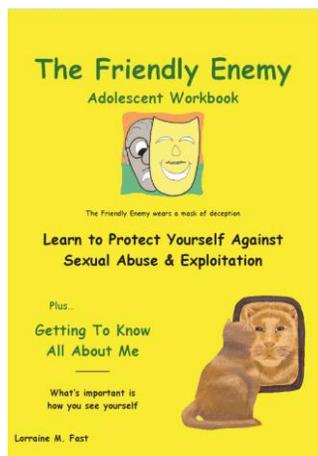
It is very important for people of all ages to have this education so that they will recognize The Friendly Enemy.

We have workbooks for:

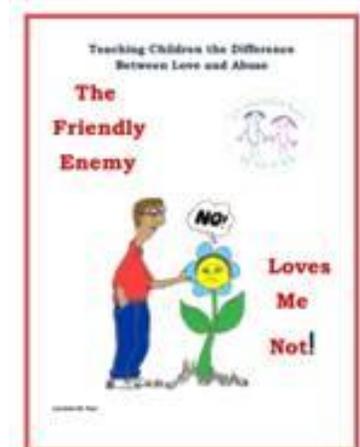
ADULTS



Adolescents



Children



Grooming Tactics

Many pedophiles show pornography to children and adolescents...often pictures of other children in sexual poses or nude. The sexual abuser may persuade victims to pose or act in the same way as the pictures or videos. Drugs and alcohol are often given to the youth to break down their resistance and to keep them from telling.

By this time, most children and adolescents know something is not right, and they may want to escape what's happening to them, but fear, misplaced feelings of guilt, and undeserved loyalty often traps the victims into remaining under the control of their abuser—and sadly, the abuse continues.

Misplaced Feelings Of Guilt: If you are now suffering through this type of situation, or have ever known this kind of abuse, you may feel like you are different from other kids your age. There may be anger directed at parents or guardians for not preventing this (even though, in most cases, they did not know it was happening); or you might feel responsible in some other way for the abuse. Almost all victims have strong feelings of guilt for not coming forward and reporting the abuse. You may feel a sense of loyalty to your family and don't want to cause any trouble for them. You may even feel a kind of loyalty to **The Friendly Enemy**. After all, they manipulated you into trusting them.

All of these feelings listed above are very common, but it is especially important for you to know the truth—it is not your fault!

Remember, The Friendly Enemy

Is Not a Friend At All!

**Don't Believe The Lies.
Know The Truth.
Sexual Abuse**

Is NOT YOUR FAULT!



The Friendly Enemy—Section Twenty

Dealing with threats from the Abuser

You may want to confide in someone about the abuse, but you're afraid of what might happen if you do. The abuser may have threatened you, or someone you know.

These threats range from harm to you, a pet, or a person you love, to ruining your reputation.

**For solutions to these problems, review Section Fifteen,
What Will Happen To Me When I TELL?**

It is important for you to know this:

When the sexual abuse takes place outside of the victim's home by someone who is not a member of the household, the victim is not removed from their home.

WHO CAN I TELL?

- * **A Parent**
- * **A Favorite Teacher**
- * **A School Counselor**
- * **A Trusted Adult Relative**
- * **A Close Adult Family Friend**
- * **Anyone You're Comfortable Telling Who Is A Responsible Adult**



You have the right to TELL

**And keep on TELLING until someone listens
and takes action to protect you.**

The Friendly Enemy—Section Twenty One

Who Can I Trust?

The good news is: MOST people are trustworthy.

We all need lots of love, hugs, and kisses from people we love.

You don't have to be afraid to enjoy APPROPRIATE affection.

A Good Rule To Go By:

- * If anyone touches you in a way that makes you feel uncomfortable, or in places that are obviously private, find an adult you trust and talk it out.
- * Together, you can determine whether there was something wrong with the way it happened.
- * However, you should not tell too many people as this has a tendency to get out of hand.
- * Use this simple way to double-check if something is wrong or inappropriate. It's better to determine what actually took place before it goes any further.

I need a hug



There are a number of agencies
you can safely contact who can give you
information and protection.

Call these for help:

Family Violence And Sexual Assault Institute

1121 East Southeast Loop 323, Suite 130
Tyler, TX 75701
(903) 534 - 5100

Incest Survivors Resource Network International

P.O. Box 7375
Las Cruces, NM 88006-7375
(505) 521 - 4260

National Children's Advocacy Center

200 Westside Square, Suite 700
Huntsville, AL 35801
(205) 533 - 0531

National Committee To Prevent Child Abuse

332 South Michigan Avenue Suite 1600
Chicago, IL 60604
(312) 663 - 3520

Voices In Action, Inc.

P.O. Box 148309
Chicago, IL 60614
(800) 7 - VOICE - 8
(773) 327 - 1500
Washington, DC 20036
(800) 222 - 2000
(202) 429 - 6695



POLICE

WHERE YOU LIVE:

Contact the Attorney General, County and City Prosecutor, County and City Law Enforcement.

In the Blue Pages of your local phone book, look under department headings such as: Local Government, County Government, and State Government.

Time to take another break with
Getting To Know All About Me

Who Is Your Hero?

Is there one person you look up to,
who you most want to be like?



Getting To Know All About Me

Advice—Straight From The Horses Mouth

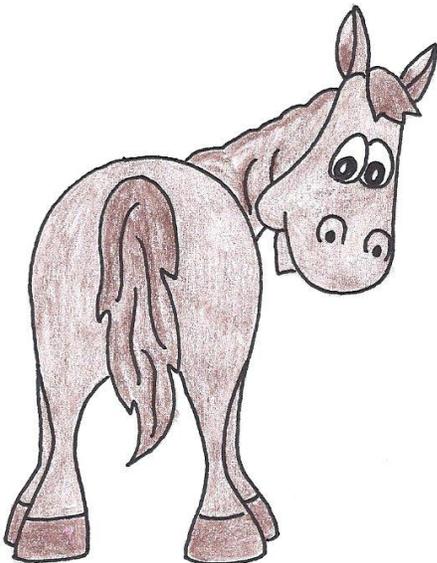
When someone has **INSIDER INFORMATION**, and shares that advice with others, they often say, “This is straight from the horse’s mouth.”

This phrase comes from horse racing, and can mean good “horse sense.” If a person wanted a tip about which horse would likely win a race, they get advice from people with the best working knowledge.

The owners, trainers, stable boys, and riders (jockeys) know the horses well. To get a tip from these individuals, who work closest with the horses, is said to be like getting advice straight from the horse itself.

This might be kind of like saying:

**BEEN THERE
DONE THAT
GOT THE T-SHIRT**



BE CAREFUL!

**You don't want to take advice
from anyone
who is thinking from
the opposite end!**

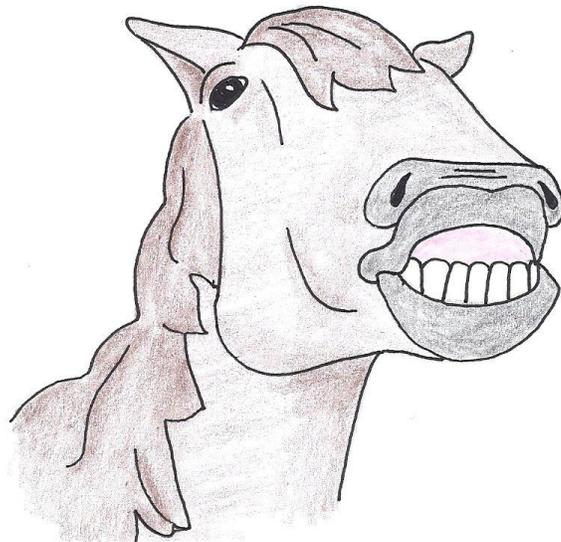
GOOD ADVICE FOR YOU

The following advice comes from people who have
BEEN THERE...

They have gone through life experiences that
some of you are going through right now.

They want you to know you **CAN** get through this,
by choosing to get on with life.

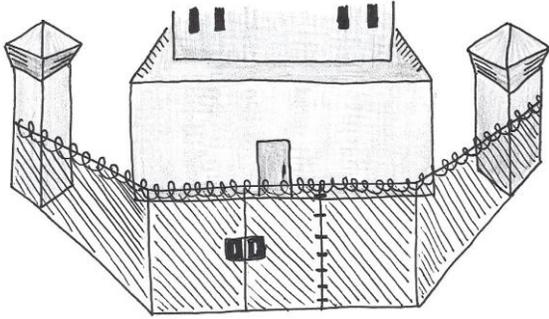
This advice comes to you
Straight from the Horse's mouth.



Insider Information:

- * Don't try to grow up too fast because once you have really grown up, you'll wish you could be a kid again.
- * Sex—you can wait. It's really not all that people make it out to be.
- * Whatever you're going through will pass. It may not pass as quickly as you want it to, but it will pass. Learn from it.
- * Forget what people say about you. Just know that at the end of the day you have to live with yourself, so try to make the right choices because your past will try to come back to haunt you.
- * Life is what you make of it. If you try hard, you get greatness. If you do nothing, you get nothing. If you do things half way, you'll only get half. So whatever you do, do it the best you can. Be enthusiastic and follow through.
- * Don't try to make important decisions about your life without helpful input from people you can trust.
- * It's easy to abandon hope and step onto the wrong path. Do what it takes to stay on the right path.
- * Others don't always notice when you do the right thing. You have to decide what is right and do it for your own self-respect.
- * Your individuality is not judged by a new tattoo, shiny car, or the clothes you wear, but by how you treat other people.
- * There are five things on this earth that are necessary for survival: air, water, food, space, and shelter. The rest is just "stuff". Don't forget to breathe.
- * Make two lists. On one, write down things that are fun to do and won't get you in trouble. On the other list, note things that will probably make trouble for you.

Make the positive list longer and better. Which list will you follow? **Duh!**



*Written by Lil Ci Ci,
who was in juvenile detention
facing up to 25 years in prison.*

*She hopes you'll take
her advice: don't learn
about life the hard way.*

Take My Advice

**Stay on the right side.
Take your time making decisions
and always look for good advice.**

I didn't do that and now I'm yearning for freedom.

**See the possibilities of life within the law,
because you can lose your freedom
by making wrong choices.**

**I go outside from time to time.
Freedom means a lot to you if you're behind bars.**

Just stay on track and don't fight.

Always stay with the Lord.

Being in jail will really depress you.

Love people no matter what they do to you.

Lil Ci Ci

Be good to yourself.

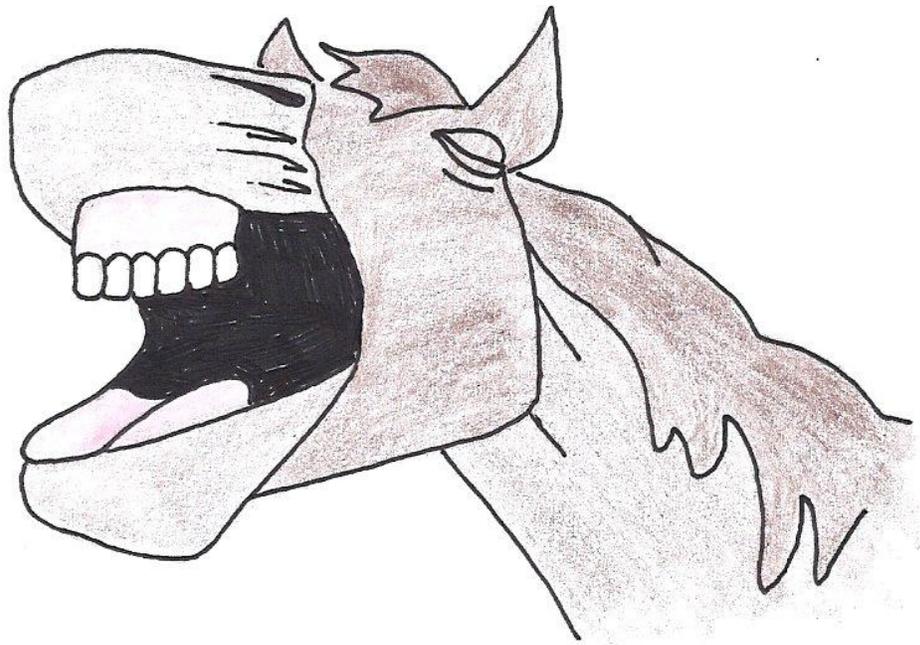
You only have one life.

**You have to live with
the decisions you make.**

**So try to make good decisions,
and always be willing to**

TAKE GOOD ADVICE!

Straight From the Horse's Mouth



Advice From Your Peers

Drugs: Some kids think it's cool to take drugs. But it's NOT!

Family Problems: Some boys who have a single Mom say they need a male role model. Other problems include money matters and not enough quality time with their mother. Some kids blame themselves for the divorce.

Personal Problems: Some kids think that their peers don't understand what they live with; the lack of attention or "things" that other kids have; the death of a loved one, abuse or neglect.

What kids want from their parents:

- * To really listen to them.
- * To let them open up to them and be able to talk about anything, like sex, drugs, their fears and their needs, without fear of criticism or condemnation.
- * For their parents to be open and honest with them and be real with them.
- * To take part in their lives, their school activities, their music and movies, video games, their friends, their likes and dislikes.
- * For their parents to realize that it is a different world today than it was when they were growing up; like it is for every new generation.
- * To realize that they are listening to them, even if it seems like they are not.
- * Not to talk "down" to them but realize that they are intelligent and love to be praised for their accomplishments just like adults do.
- * To nurture them instead of "hammering them".

Some reasons kids bully others:

- ✓ Because they feel rejected by parents and others.
- ✓ They have problems with Anger and depression.
- ✓ They have the inability or lack of opportunity to talk about their problems.

One teen described it like this, **"Bullying puts you into a dark moment"**.

***Let your school counselor or principal know if you have these types of problems; they may be able to help you talk to your parents about making positive changes.**

The Friendly Enemy—Section Twenty Two

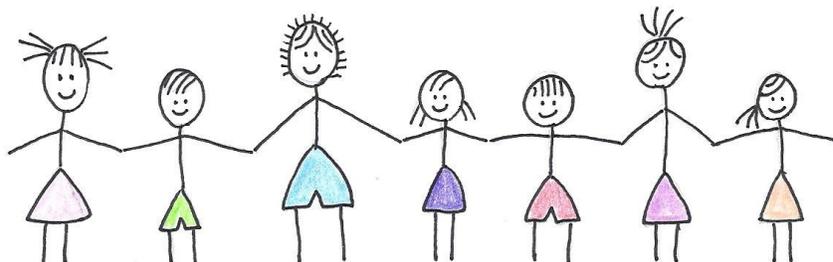
What Do I Do With The Memories?

Advise from Victims of Sexual Abuse:

- Pray...a lot.
- Turn your tragedy into a victory for yourself. Help others heal from their tragedies, too.
- Focus on the future, not the past.
- Journal it. Like we did in *Getting To Know All About Me*.
- Talk about it, especially with others who have similar experiences with sexual abuse. The more you talk, the quicker you heal.
- Don't build walls around yourself; you may close out others who really do love you.
- Learn to forgive...forgiveness is for the one who is forgiving, not so much for the one being forgiven. Hate will keep you in bondage.

All of Us
WORKING TOGETHER

Can Win The War Against Child Sexual Abuse And Trafficking!





How do you see yourself now?

The education you received from this workbook is very important.
Read it often because...

! **It's All About You**

