

WHAT DO I DO IF MY FRIEND NEEDS HELP?

- Listen to your friend
- Tell them you believe them
- Talk to a trusted adult/bring them to a trusted adult
- Let your friend know you care
- Reassure them it is NOT their fault
- Let your friend know you are there for them and that they are not alone
- Do not share their personal information with other peers

Always,
#KNOWandTELL

*This Teen Body Safety brochure was created in partnership
with the founding members of the 2020-2021
KNOW & TELL® Peer-to-Peer Ambassadorship Program.*

LET'S TALK RESOURCES

Nj Child Abuse Hotline



1-877-NJ ABUSE (1-877-652-2873)
TTY 1-800-835-5510

For immediate safety concerns, call **911**



NJ Coalition Against Sexual Assault

To find your local crisis center and
confidential resources

Break the Cycle



This organization inspires and supports young people to create healthy relationships by providing comprehensive dating abuse and violence prevention programs, hosting public campaigns, and championing effecting laws and policies



That's Not Cool

This website designed for youth, is part of a national public education campaign that uses digital examples of controlling, pressuring, and threatening behavior to raise awareness about and prevent teen dating abuse



TEEN BODY SAFETY

New Jersey



**Children's
Alliance**

LET'S TALK BODY SAFETY

KNOW your body belongs to YOU

KNOW you can say NO

KNOW consent IS reversible

KNOW you CAN set boundaries

KNOW NO ONE has the right to make
& you feel uncomfortable

TELL a trusted adult if you feel
unsafe

WHY IT MATTERS

1 in 4 girls
and
1 in 6 boys
will be sexually
abused by their
18th birthday

SEXTING: WHAT TO KNOW

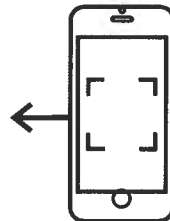
In New Jersey, anyone receiving or sharing explicit photos of people under the age of 18 is breaking the law.

There is no law that addresses teen sexting — the photos are considered child sexual abuse images.

20% of teens in the United States have sent or posted nude or semi-nude photos or videos of themselves.

Are you concerned about your own explicit content?

**Tell an adult and scan
here for additional
resources to remove it.**



*scan this
QR code
to get
help
now.*

LET'S DEFINE CONSENT

Consent is an agreement between participants to engage in sexual activity. Consent should be clearly communicated.

If someone agrees to an activity under pressure, that is not considered consent because it was not given freely.

People who are intoxicated or incapacitated by drugs or alcohol, or asleep or unconscious, cannot consent to sexual activity. Underage individuals cannot legally consent to sexual activity with older people in most situations.

Unequal power dynamics, such as engaging in sexual activity with an employer, teacher, or coach, also means that consent cannot be freely given.

Consent is...

Freely given

Informed

Reversible

Specific

Talked about