



Help Teens Define Their Personal Rights

Believe it or not, many teens who get caught up in an inappropriate relationship with an adult, or even someone their own age, who is an abuser blame themselves. Teach your children that it is okay to say no and that they do not have to do anything they do not want to do. Often, kids think they are supposed to respect their elders and be nice, so they go along with things that make them uncomfortable because they feel obligated. Help teens to understand:

- Who they hang out with matters. Spending time with people who share your values is a good predictor of your future behavior
- Even though they are teens your supervision of them is still important. They're minds and bodies are growing and changing and that you want to be there to guide them and support them
- How their relationships make them feel is important. If someone makes you feel unsure of yourself, less than or not enough then that relationship is not okay
- Their bodies are theirs and it is okay to say no to unwanted advances
- Past permission does not obligate them to future activity
- They should trust their instincts
- It is not okay for them to engage in sexual behavior with adults
- It is not okay for anyone to take/request pictures or videos of them in sexual positions or unclothed
- Regardless of how they dress or talk, it does not constitute permission
- Pornography is not an accurate depiction of real life
- They deserve to be spoken to with respect and never feel coerced
- Alcohol and drugs may make it hard for them to maintain their boundaries and can cloud their judgment
- Touching someone sexually while they are drunk is abuse
- No one has the right to touch them without their permission

For more information on keeping kids safe,
call (701) 323-5626.



Dakota Children's
ADVOCACY CENTER