

4 THINGS YOU NEED TO KNOW TO STAY SAFE

Abuse is a serious matter and we must work together to keep everyone safe. Here are four things students need to know to prevent and respond to abuse.

**ILLINOIS
DEPARTMENT OF
CHILDREN AND
FAMILY SERVICES**
If you see or suspect
child abuse
1-800-25-ABUSE
800-252-2873

**OFFICE OF
STUDENT
PROTECTIONS
AND TITLE IX**
If you need help
or advice
773-535-4400

**OFFICE OF
THE INSPECTOR
GENERAL**
If you see or
suspect child
abuse by an adult
773-483-7283

1 YOUR BODY. YOUR BOUNDARIES.

- Your body belongs to you and no one has a right to touch you without your permission. It's never your fault.
- Respect your fellow students' bodies and boundaries at all times.

If you feel unsafe, talk to a trusted adult and report inappropriate behavior.

2 SPOT THE SIGNS OF PREDATORY BEHAVIOR

Abusers are not usually strangers. In 96% of abuse cases, the survivor knew the abuser according to the Chicago Children's Advocacy Center.

Predatory behavior may include:

- Giving gifts, calls, texts or unwanted attention
- Asking you to keep a secret
- Trying to spend alone time with you
- Telling inappropriate stories or jokes
- Trying to engage in sexual acts

If someone makes you feel uncomfortable, talk to a trusted adult immediately and report inappropriate behavior.

3 RECOGNIZE THE SIGNS OF ABUSE

Be curious about concerning changes in your friend's mood or behavior. Speak up if something doesn't seem right and keep your eyes open for these warning signs:

- Consistent, unexplained fear and avoidance of specific people
- Abuse of drugs or alcohol
- Frequent one-on-one time with a particular adult
- Aggression, irritability or rage
- Sadness and withdrawal from school, friends, and other things that once made the person happy
- Self-harm behaviors and/or suicidal thoughts

4 REPORT INAPPROPRIATE BEHAVIOR IMMEDIATELY

Talk to a trusted adult. Any concerned person should call the Illinois Department of Children and Family Services (DCFS) if you see or suspect child abuse. Mandated Reporters, such as teachers and principals, are required to call DCFS immediately.

1-800-25-ABUSE (800-252-2873)

Call the CPS Office of Student Protections & Title IX if a DCFS report has been made and you need immediate help or advice. **773-535-4400**

You can also contact the Office of the Inspector General if you see or suspect child abuse by an adult. **773-483-7283**

You can find more information at: cps.edu/protectingstudents and chicagocac.org

PREVENT

AND

RESPOND



ILLINOIS DEPARTMENT OF CHILDREN AND FAMILY SERVICES

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PREVENT

You are safer and healthier when you know your body, your boundaries, and your rights.

YOUR BODY

Talk to a trusted adult about how to stay safe. Discuss who to talk to, where to go, and what to say when creating a safety plan.

YOUR BOUNDARIES

You are entitled to a comprehensive sexual health education that is medically accurate, age and developmentally appropriate, and values neutral in order to help you learn how to establish healthy physical and emotional boundaries.

YOUR RIGHTS

In collaboration with student voice committees, the district will create a Student's Bill of Rights to support and foster healthy and positive school environments.

This material was developed in partnership with



RESPOND

When you have some indication that a fellow student is in danger, here are a few ways you can respond.

SUPPORT SURVIVORS

It can be very challenging to see a friend struggle. Here are some ways to support them during this difficult time.

- **If someone tells you that they've been abused**, acknowledge their experience and listen to them without judgment or criticism.
- Remind your friend that you believe them and it's not their fault.
- Encourage them to talk to a trusted adult. If you are able, let your friend know that you will go with them to talk to the trusted adult.
- Don't keep secrets that can potentially, or have already, harmed your friend.

TAKE ACTION

If you observe or suspect child abuse, report the issue immediately.

Talk to a trusted adult. Any concerned person should call the Illinois Department of Children and Family Services (DCFS) if you see or suspect child abuse. Mandated Reporters, such as teachers and principals, are required to call DCFS immediately. **1-800-25-ABUSE** (800-252-2873)

Contact the CPS Office of Student Protections & Title IX at **773-535-4400** if you:

- Are unsure about something that happened or what you saw at school
- Need assistance in identifying long-term supports and services for abuse
- Suspect sexual abuse and misconduct
- *If the suspected abuse involves an adult, please call DCFS at **1-800-25-ABUSE** (800-252-2873) first.

You can also contact the Office of the Inspector General if you see or suspect child abuse by an adult. **773-483-7283**