

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 this 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

NH Division for Children, Youth & Families

To report suspicions of abuse or neglect, call DCYF at
800.894.5533
For emergencies, call **911**



NH Coalition Against Domestic and Sexual Violence

To find your local crisis center and access NH confidential hotlines



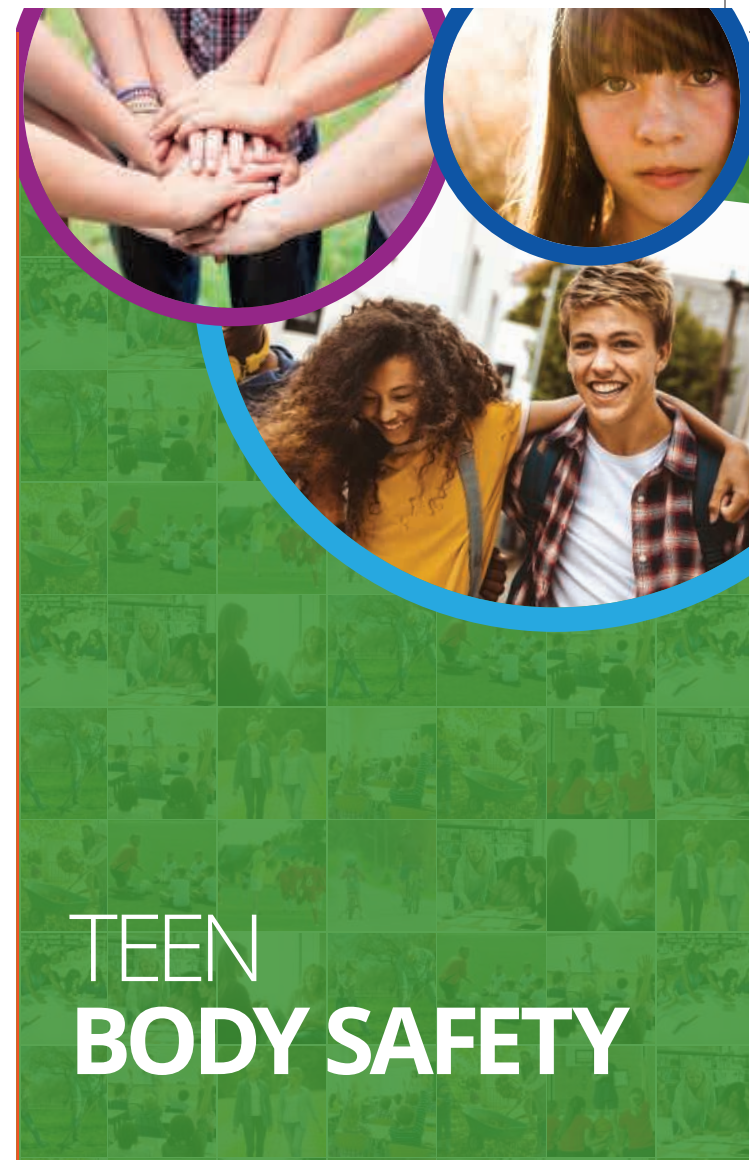
Love is Respect

24/7 information and support to young people between the ages of 13 and 26



For more information and to learn more about the KNOW and TELL® Peer-to-Peer Ambassadorship Program, visit

KNOWandTELL.org



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

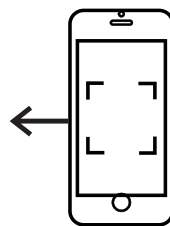
In New Hampshire, anyone receiving or sharing explicit photos of people under the age of 18 is breaking the law.

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.

Consent cannot be given by individuals who are under the age of 16, intoxicated or incapacitated by drugs or alcohol, or asleep/unconscious.

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

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