

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

#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](https://www.KNOWandTELL.org)

TEEN BODY SAFETY

Educate. Inform. Protect.

KNOW &TELL



A program of the
**Granite State
Children's Alliance**™
New Hampshire's Network of
Child Advocacy Centers

[cac-nh.org](https://www.cac-nh.org)
[KNOWandTELL.org](https://www.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 or video of people under the age of 18 is breaking the law. There is no law that addresses teen sexting — the photos and videos are considered child sexual abuse material (CSAM).

Are you concerned about your own explicit content? Tell an adult and access the QR codes for additional resources to remove it.

Take It Down

<https://takeitdown.ncmec.org/>



CyberTipline

<https://www.missingkids.org/gethelpnow/cybertipline>



https://enough.org/resource_center



Sextortion is increasing suicide rates among teens. Remember – you are NOT the one in trouble and you are NOT alone. Although it may feel hopeless, there are professionals available to help you and your family. If you are thinking about suicide, are worried about your child, or friend, or would like emotional support, New Hampshire Rapid Response Access Point is available 24/7 (free & confidential) by calling/texting 833-710-6477 or visit NH988.com.

New Hampshire
Rapid Response Access Point
<https://www.nh988.com/>



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/unconscious cannot consent to sexual activity. Consent cannot be given by individuals who are under the age of 16, or regardless of age, to those in a position of authority due to unequal power dynamics, (e.g., engaging in sexual activity with an employer, teacher, or coach, etc.)

NH's Coalition Against Domestic & Sexual Violence explains consent by age as defined by NH law:

- Sexual contact with anyone under the age of 13 is illegal in New Hampshire. A person age 13 or under is not legally able to consent.
- 13 to 15 year olds can consent to sexual activity, but NOT penetration, as long as their partner's age is within 4 years of their own age.
- The age of consent in New Hampshire is 16. Anyone age 16 or older can consent to sexual contact with another person age 16 or older. There are some exceptions involving people in positions of authority.
- In NH, no one can consent to sexual contact with certain individuals who hold positions of authority over them. These include therapists, probation and parole officers, and correctional facility staff who are working with the individual. Students cannot consent to sexual contact with their school staff while they are a student and within 10 months of graduating or leaving the school.

NH laws outline ABILITY to consent. Just because someone is old enough, doesn't mean they give their consent. These situations can be challenging for anyone to navigate. For free support from a confidential advocate, contact NH's Coalition Against Domestic & Sexual Violence (24/7) Helpline at 866-644-3574.

Consent is...

Freely given

Informed

Reversible

Specific

Talked about

