



# TEEN



**BOYS & GIRLS CLUBS**  
OF HOPKINSVILLE  
CHRISTIAN COUNTY



## Joking or Not??



**Breaking down the difference  
between bullying and joking.  
Exploring the negative effects  
of bullying.**

## QUICK FACTS about bullying

- Bullying is an intentional aggressive behavior intended to cause harm.
- Bullying occurs across all ages, socioeconomic classes, races, and cultures.
- Bullying is common. About 1 in 5 high school students reported being bullied on school property. More than 1 in 6 high school students reported being bullied electronically in the last year.
- Some youth experience bullying more than others. Nearly 40% of high school students who identify as lesbian, gay, or bisexual and about 33% of those who were not sure of their sexual identity experienced bullying at school or electronically in the last year, compared to 22% of heterosexual high school students. About 30% of female high school students experienced bullying at school or electronically in the last year, compared to about 19% of males. Nearly 29% of White high school students experienced bullying at school or electronically in the last year compared to about 19% of Hispanic and 18% of Black high school students.

### Common types of bullying include:

**Physical Bullying** - Physical bullying includes hitting, kicking, tripping, pinching, pushing or damaging someone's property.

**Verbal bullying** - Verbal bullying includes name-calling, insults, teasing intimidation, homophobic or racist remarks. Verbal bullying can start off harmless (just being a joke); however, it can escalate quickly.

**Social bullying** - Social bullying can often be harder to recognize. It is designed to harm someone's social reputation.

- Lying and spreading rumors
- Playing jokes/pranks to humiliate someone
- Encouraging others not to speak to someone
- Negative facial or physical gestures

**Cyberbullying** - Intentional and repeated harm inflicted through the use of computers, phones, and other electronic devices.



# TEEN SUMMIT



## I AM ENOUGH!



**Exploring self-esteem and self-care in the age of social media.**

### QUICK FACTS about self-esteem

- Optimism is a key element of self-esteem. **1 in 3** high school students in the USA experience persistent feelings of sadness or hopelessness, an increase of 40% since 2009.
- **4 in 5** teenage girls are unhappy with their body and are afraid of becoming obese.
- **30% of teen boys** want to gain weight to appear more 'muscly'.

### Connections between self-esteem and body image

- Self-esteem and body image directly influence each other. Teens who don't like their physical appearance or body weight will be less likely to take good care of themselves or feel good about themselves as a whole. Negative self-image can lead to problems with eating, sleeping, spending time with others or doing things they normally enjoy doing.
- Body image in young people can be influenced by many things such as social media, family environment, and the attitudes of peers. Puberty also has a huge influence on young people's body image. Differences become more pronounced, and teenagers tend to be more likely to compare themselves to their peers and try harder to fit in with everyone else.

### Self-esteem and mental health connections

- Teens with low self-esteem are at greater risk of engaging in health-compromising behaviors such as substance abuse, early sexual activity, and eating problems.
- Children and adolescents with poor self-esteem are also more likely to develop mental health issues such as anxiety and depressive symptoms. One 2006 study found that teenagers with low self-esteem were 1.26 times more likely to develop depression by age 26 than other young people, and 1.6 times more likely to develop anxiety.



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# SUMMIT

## Relationship Goals?



**Establishing boundaries in teen dating and identifying red flags to unhealthy relationships.**

## QUICK FACTS about teen dating, red flags & setting healthy boundaries

- What is teen dating violence? Teen dating violence is a type of intimate partner violence that includes physical violence, sexual violence, psychological aggression, stalking and cyber abuse.
- Some teens are at greater risk for teen dating violence than others. LGBTQ and some racial/ethnic minority groups are disproportionately affected by all forms of violence.
- Teen dating violence is common. Nearly 1 in 11 female and 1 in 14 male high school students report having experienced physical dating violence last year.
- Teens often think some behaviors, like teasing and name-calling are a "normal" part of a relationship, but these behaviors can become abusive and develop into serious forms of violence. Many teens do not report unhealthy behaviors because they are afraid to tell family and friends.

### Questions to consider before dating:

- **What are my values?** Values are individual beliefs that motivate people to act one way or another. It guides human behavior.
- **Does this person align with my values?** *Does he/she/they share my same values? Does he/she/they respect my values? Does his/her/their behavior support or offend my values?*
- **What are my boundaries?** An invisible line that defines what behaviors are acceptable for an individual. Examples of boundaries in dating include:
  - No physical or emotional aggression
  - Respect my "no's"
  - Align with my values
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## QUICK FACTS

### about consent & sexual assault

1. If someone thinks they received non-verbal consent for sex but the other person really wasn't interested, then it could lead to rape or assault if they act on their mistaken belief. Charges can be laid in situations where someone did not give their consent to sex or sexual activity.
2. You have the right to change your mind at any point and the sexual activity or sex has to stop. Not stopping when the other person wants to stop is called sexual assault. There is no excuse for not stopping, and part of consent means listening to and respecting your partner.
3. Trying to turn someone's "no" into an "ok, I guess so" is called sexual coercion. Coercion is when someone keeps asking even after hearing no, or tries to threaten or bribe the other person by saying things like, "if you loved me you would" or "my ex would do this with me, why won't you?" Sexual coercion is disrespectful and is a form of sexual assault.
4. Nobody has the right to ask you to consent to sex when you are under the influence of alcohol or drugs. People sometimes make different choices after using drugs or alcohol than they would usually make. This is why we are not able to give informed consent if we are using drugs or alcohol. Getting someone drunk or high in order to have sex with them is assault.

### Who can be a victim of sexual assault?

- ANYONE can be a victim of sexual assault at any age of their lives. Sexual assault can occur at the hands of relatives, close friends, acquaintances, domestic partners, trusted professionals, or strangers.
- Coercion is defined as the practice of persuading someone to do something by using force or threats. Sexual coercion is when a person pressures, tricks, threatens, or manipulates someone into having sex. It is a type of sexual assault because even if someone says "yes," they are not giving consent freely.
- Can males and females both be victims of Sexual Assault?
- The short answer is yes. Sexual assault can occur to anyone no matter race, gender, socioeconomic background, age, etc.

## Got consent??

YES OR NAHH??



**Learning the importance of consent and the different aspects of sexual assault.**

**1 in 5 women** in the US experienced completed or attempted rape during their lifetime  
Nearly a quarter (**24.8%**) of men in the US experienced some form of contact sexual violence in their lifetime  
Nationwide, **81% of women and 43% of men** reported experiencing some form of sexual harassment and/or assault in their lifetime  
**1 in 3 female victims** of completed or attempted rape experienced it for the first time between the ages 11 and 17  
**1 in 4 male victims** of completed or attempted rape first experienced it between the ages of 11 and 17