



Please answer these questions honestly. Your answers are anonymous.

Age: _____ Grade: _____ School: _____

Gender: ___ male ___ female ___ I'd rather not say

ACTIVITY 1: Set Your Goals

Take a moment to write down your top three goals you want to achieve in the next five years.

- ▶ _____
- ▶ _____
- ▶ _____

Now, let's create an action plan for one of these goals.

1. Write down your top goal.
2. What is a step you have to take to achieve this goal?
3. What is a distraction that could keep you from achieving this goal?
4. Who is a person in your life that will help you achieve this goal?

KNOWLEDGE CHECK

1

Not having a plan and writing down your goals will make it difficult for you to succeed.

True

False

2

The most harmful distractions that keep you from achieving your goals are related to:

- A. Cell phones
- B. Abuse
- C. Other people
- D. None of the above

3

The definition of sexual abuse includes:

- A. Making someone look at harmful/inappropriate images
- B. Demanding a sexual conversation or picture
- C. When something sexual happens to someone that they did not want to happen
- D. All of the above

ACTIVITY 2: What if?

What if Nathan did what his abusers told him to do because he was afraid he'd lose his promotion and suffer further abuse? Match the correct outcome to each question.

What if he joins in and agrees to abuse others?

He commits a felony, possibly gets a criminal record, never gets into the military.

What if he stays silent and does nothing?

He is guilty by association because he knows what's happening. The sexual abuse and emotional abuse of others as well as himself continues.

What if he protects his goals and reports the abuse?

He takes control of his story, the abuse stops, others are protected, and he achieves his goals.

COURSE EVALUATION

1. What was something you learned that you did not know before?

2. What steps will you take as a result of what you learned today?