



S.P.I.D.E.R.S. Program

Safety Playbook for Individual Development and Engagement of Responsible Students

Additional Resources

When talking about safety, there are some very sensitive topics to address. That is why we built our S.P.I.D.E.R.S. Program. It is designed to inform about safety, abuse and making good decisions without placing you or someone else in uncomfortable situations.

Below is list of additional resources that may be helpful when addressing these topics.

If you or anyone you know has experience with any issues covered in these lessons or with any other difficult situations, it's important to know that you're not alone. Talking to a parent, teacher, counselor, family member, or other trusted adult can help you to resolve the situation before things become too difficult to control.



Identity

Children's identities are formed, in part, through their social interactions and those identities are carried with them into adulthood. Addressing individualism at an early age can help to build a foundation for positive relationships with others.

Resource Links

- [Positive Youth Development from youth.gov](https://youth.gov)
- [ACT FOR YOUTH](#)
- [Body Image](#)
- [Male Body Image](#)



Emotional Health

Suicide is the 3rd leading cause of death in youth ages 10-24. Additionally, 1 in 5 children ages 13-18 have or will have a serious mental illness. It is crucial that we begin addressing mental health awareness, and provide students support and strategies to get help when needed.

Resource Links

- [Youth.gov: Mental Health](https://youth.gov/mental-health)
- [Mental Health for Educators](#)
- [Ultimate Guide to Mental Health and Education Resources for Kids and Teens](#)
- [Video: Mental Health: The Basics](#)
- [Video: 10 Facts are Teens and Mental Health](#)
- [Mindfulness for Teens](#)



Communication

The goal of communication is to foster understanding among individuals. These lessons help to promote empathetic listening and open dialogue to ensure that students learn how to effectively communicate in all relationships.

Resource Links

- [Communication Skills Resources](#)



Relationships, Behaviors, and Social Interaction

Studies show that peers play a large role in the development and influence of the social and emotional well-being of others. It is important for students to understand the characteristics of healthy relationships and the effect their actions can have on others.

Resource Links

- [Healthy Relationships in Adolescence](#)
- [Peer Pressure](#)
- [The Meaning of Beep Game](#)



Responsible Citizens

Developmental changes, peer pressure, and outside influences can all affect an individual's decision making. In these lessons, students will learn strategies that help them to make informed choices that promote personal responsibility and citizenship.

Resource Links

- [Six Pillars of Character](#)
- [Choices Game](#)



The Media

Recent studies show that students spend anywhere from 2 - 9 hours using different forms of media outside of school. Due to this prevalent interaction, students need to understand how media can affect their perceptions, thoughts, and preferences.

Resource Links

- [NAMPLE: National Association for Media Literacy Education](#)
- [Common Sense Media](#)



Safety and Prevention

Addressing the topics of Identity, Communication, and Relationships helps students to begin effectively communicating with and understanding their peers. This is the first step in developing personal safety and prevention strategies that can help students to avoid unsafe decisions or dangerous situations. In doing so, this will build individual resilience and confidence...

Resource Links

- [National Education Association: School Safety Resources](#)
- [Heads Up Scholastic](#)



Sexual Assault and Abuse

Sexual Assault and Abuse affects hundreds of thousands of Americans each year. It is up to us to take an active role in providing age-appropriate educational information to our students. Although there is no way to prevent assault or abuse from happening, the strategies in these lessons can help to minimize a child's risk and show them where to get help if needed.

Resource Links

- [RAINN](#)
- [Childhelp](#)
- [Children's Bureau: Child Abuse and Neglect](#)

