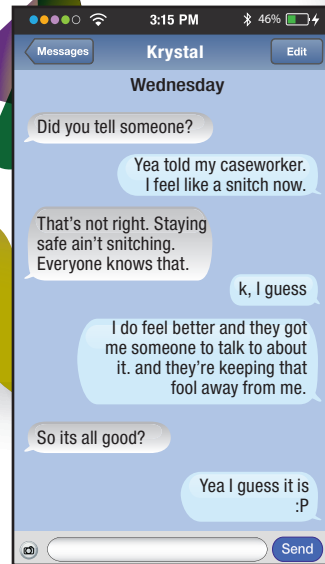
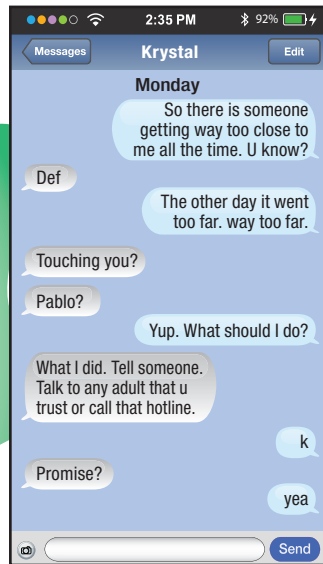
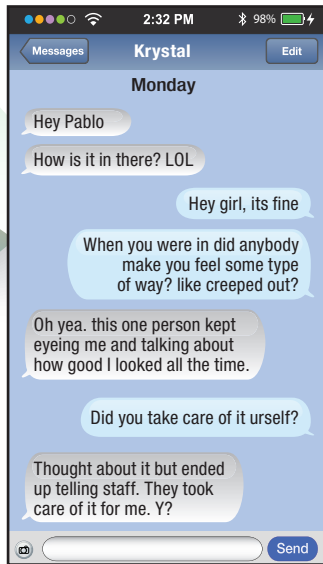


# Let's Text About Safety

Pablo

Krystal



## You have the right to...

- Be safe and supported!
- Get help if someone is doing or saying things that make you uncomfortable.
- Ask for help without being punished or bothered by anyone.
- See someone from medical or mental health.



Krystal

## No adult or other youth should...

- Touch any of your private parts.
- Stare at you while you are changing clothes, showering, or using the bathroom.
- Do or say things about your body or the way you act that make you feel uncomfortable or unsafe.
- Bother you because of who you date or how you look or act.
- Ask or force you to kiss them or touch them in a sexual way.



Pablo

## How can I get help?

- Ask a staff member to help you call the Justice Center at 1-855-373-2122. You don't have to tell the staff member why.
- Ask your lawyer, a friend, or family member to request help for you.
- Tell any adult you trust, including staff.
- Write down what's going on and give it to any adult.
- You don't even have to share your name or the name of the person who is hurting you if you don't want to.

## How can I support someone who is being bullied or hurt?

- You can ask for help for them.
- You can be a friend to them.

## Where can I get more information?

- You can learn more about keeping yourself and others safe by talking to your caseworker or the ombudsman.

**DON'T FORGET your safety is really important and being threatened or afraid is not part of detention!**