

Counselor's Corner

Erin's Law and Personal Safety

These lessons give students the skills they need to handle unsafe situations, people, and touches. We focused on feeling "prepared, not scared." The state of Tennessee requires that all students learn age-appropriate refusal skills/techniques and to tell trusted adults.

All students learn that the private areas of our bodies should be kept private. We practice ways to say "No" and follow this plan: No, Go, Tell. Simply put, it teaches students to say "No," get away from the situation, and tell a trusted adult until someone helps. Kids name adults they trust at school and at home to talk to if they ever feel uncomfortable or unsafe.

Erinslaw.org provides information about the law and prevention efforts.

Fightchildabuse.org has resources to help start the conversation at home.

Potential Warning Signs

TN law requires us to share potential warning signs of abuse with families. Below are some potential signs:

- Nightmares
- Trouble sleeping
- Bed wetting
- Appetite change
- Depression
- Aggression
- Feeling shameful or guilty
- Isolating oneself
- Withdrawal from someone
- Change in academics
- Running away from home
- Suicidal thoughts
- Acting out sexually
- Shows adult sexual behaviors and knowledge
- Fear of certain people, places, activities
- Mood swings
- Resisting removing clothes when appropriate (bedtime, bathtime)

[The National Sexual Abuse Hotline](http://TheNationalSexualAbuseHotline.org) number is 1-800-656-4673 and is available 24/7.