

CHECKYOURVIBE.ORG

Check Their Vibe

An Adults' Guide to Vibe Check

Vibe Check is a free, private, self-guided reflection tool for young people navigating moments of sexual uncertainty. This guide helps you introduce it thoughtfully, follow up with care, and understand what it actually contains.

As parents and caregivers, we all find ourselves worrying and trying our best to make this world safe for our children. But society, technology, and social media messaging can sometimes make that feel impossible. We all struggled to navigate our childhoods and our kids are no different. Reminding kids that the measure of our character is not that we never make a mistake, but how we respond to learning that we have caused unintended harm. Intimacy is one of the hardest things for anyone to navigate and we need as many tools as possible to help this generation do it better. That's why we built Vibe Check: to support kids in asking vulnerable questions, navigating relationships, and being the best partners they can be.

“As the founding Executive Director of SafeBAE and a mom, this might be the most important tool we’ve developed. Sending our kids out into the world and just hoping that we’ve done our best to protect them and teach them to be the best people they can be, might be the scariest part of parenting. We all need as much support as possible to help our kids, so who better to build it than the amazing young visionaries I have the privilege of working with every day? I hope you’ll take the opportunity to explore this resource, share it with your kids, and join me in empowering young people to envision a better world.”

– Shael Norris

WHAT IS VIBE CHECK?

Private, non-punitive, and designed for the young people you're trying to reach

Vibe Check is a free, digital tool for young people who are in or near situations involving sexual boundaries, consent, and accountability. It's a private, guided space for non-judgemental reflection.

Our aim is to remove any defensiveness or feeling of shame and allow young people to ask vulnerable questions without feeling like they will be labelled, shamed, or punished.. They answer questions honestly and the tool helps them understand what happened, what they're feeling, and where to go next. No data is collected. Nothing is stored. It disappears when the browser closes. But what stays with them is the knowledge that they have a chance to learn, repair, and do better in the future.

Completely private No accounts, no tracking, no history. Nothing is saved or sent anywhere.	Non-punitive tone Designed to build awareness and accountability — not to condemn, label, or shame.	Self-paced & self-guided There's no right/wrong answers. No pressure to finish. They move through it at their own pace.	Practical next steps Interactive activities, guided lessons, grounding exercises, and support resources.
This tool is not a replacement for professional support. If a young person has been involved in a serious incident, experienced trauma, or is in crisis, please connect them with a qualified counselor or crisis service.			

How to Refer a Young Person

What to say, when to say it, and how to frame it without triggering defensiveness

The most common mistake is introducing a tool like this in a moment of frustration — right after an incident, or mid-confrontation. Young people shut down when they feel cornered. The perfect time is before anything has happened at all, as part of a talk about dating or sex. Here's how to send them the link to check their vibe in a way that won't put up their defenses.

1. Pick the right moment — not the charged one

Wait until things have cooled down. Don't bring this up in the same moment as the incident, during a disciplinary conversation, or when emotions are running high. The goal is a window where they can actually listen and hear you.

Good windows: a car ride, a casual one-on-one moment, a follow-up conversation after things have settled.

2. Lead with curiosity, not direction

The framing matters enormously. If it sounds like a punishment or an assignment, they won't engage honestly — even if they do open it. Try positioning it as something genuinely useful, not as something you're making them do.

TRY SAYING SOMETHING LIKE

"Hey, I came across this thing — it's not a lecture, it's more like a self-reflection tool. Private, nothing gets saved. I thought it might be useful to go through on your own when you have a minute. No pressure, but I think it's worth a look."

OR, FOR A YOUNGER PERSON

"There's a tool I want to show you — it's like a private check-in for yourself about relationships and situations. You don't have to share anything with me. I just thought it might be helpful."

AVOID FRAMING IT AS

- "You need to do this because of what happened."
- "This will help you understand why you were wrong."
- "We're going to go through this together."
- "I want to see your answers afterward."

3. Make the privacy real — don't undermine it

One of the tool's most powerful features is that it's genuinely private. Young people are more honest when they know no one is watching. To preserve that:

- Send them the link and step away. Don't sit with them.
- Don't ask to see what they wrote or what path they took.
- Don't look over their shoulder.
- Make it clear they can stop at any point.

Your job is to open the door — not monitor what happens inside. The tool is only as honest as the safety the young person feels using it.

4. Tell them what it actually is

Young people are suspicious of anything that looks like a trap or feels fake. Being upfront about what the tool is — and isn't — helps a lot.

WHAT YOU CAN TELL THEM HONESTLY

"It's not a test. You can't get it 'wrong.' It asks you questions about a situation and how you're feeling, and then shows you some tools and information based on that. Nothing gets saved anywhere. It disappears when you close it."

5. Give them genuine space — and keep the door open

Let them know you're available to talk, but take the pressure off. Something like:

A LOW-PRESSURE FOLLOW-UP OFFER

"If anything comes up when you go through it — questions, things you want to talk through — I'm around. But you don't have to tell me anything."

This keeps a door open without making them feel like they owe you a debrief.

Starting the Conversation After

Conversation starters that don't feel like an interrogation

The goal isn't to interrogate what happened while they used the tool. It's to open a conversation that the tool may have started — without putting them on the defensive. These prompts are designed to be curious, not confrontational.

Opening the Conversation

→ "Did you get a chance to look at that thing I sent? No worries if not — just wondering what you thought."

- “Is there anything from it that stuck with you, or anything you want to talk about?”
- “Did anything surprise you or feel off?”

If They Seem Uncomfortable

- “You don’t have to tell me anything about it. I just wanted to check in that you’re okay.”
- “If something came up that felt heavy, I want you to know you can talk to me — or someone else you trust.”
- “Sometimes that stuff brings up more questions than answers. That’s fine — it’s actually a good sign.”

Going Deeper (If They’re Open)

- “What does consent actually mean to you? What do you think it looks like in real life?”
- “Have you ever been in a situation where you weren’t sure if someone was into it? What did you do?”
- “How do you think you’d react if a friend told you they’d been in a situation where someone didn’t stop when asked?”

If They Didn’t Use It

- “That’s okay — I’ll leave the link with you. It’s there whenever you want it.”
- “Is there a reason it felt weird? I can explain what it actually is if that would help.”
- “Even without the tool — is there anything on your mind about what we talked about?”

Important Reminder

If a young person comes to you after using it, receive that with curiosity, not judgment. Your reaction to the first vulnerable thing they share determines whether they share anything again.

Reading the Signals

How to tell if they engaged and how to respond either way

You may not know whether they actually went through the tool. That’s okay. Use their behavior and responses as your guide.

WHAT YOU MIGHT NOTICE	WHAT IT MIGHT MEAN / HOW TO RESPOND
They bring it up unprompted — mention something they read or thought about	They engaged with it. Stay curious and follow their lead. Don't pepper them with questions.
They're quieter than usual, seem to be processing something	Give it time before asking. Something may have landed. Let them sit with it.

They dismiss it or say it was "stupid" / "not for them"	They may have engaged but felt defensive. Don't push. The seed is planted.
They say they didn't do it	Don't make it a confrontation. Leave the link available, and come back differently another time.
They ask questions about consent, relationships, or something related	They're processing. This is success. Engage with their question directly and honestly.
They become upset or shut down during the follow-up conversation	Back off. Let them know the door is open when they're ready. Don't force the conversation.

What to Avoid

Common mistakes that shut young people down

Even with the best intentions, some approaches can make things worse. These are the most common ones.

Watching them use it

Even without saying anything, your physical presence changes how honest someone is. Give them the link, explain what it is, and leave. The tool does the work — you don't need to be there for it.

Treating it as evidence or confession

This tool is not a mechanism for extracting admissions. If you use anything from a young person's engagement with it against them — in discipline, in legal contexts, or in conversations with others — you destroy the safety the tool requires and likely any trust they had in you.

Introducing it in a charged moment

Right after an incident, during a confrontation, or when either of you is dysregulated is the worst time. A young person who is defensive, frightened, or angry cannot engage with this tool honestly.

Announcing it publicly or to their peer group

If other people know a young person is being referred to this tool — especially peers — shame and humiliation take over. Keep it between you and them.

Following up in a way that feels like interrogation

Asking "What did you learn?" or "Did you understand what you did wrong?" immediately puts a young person in a defensive posture. The goal is a conversation, not a report-back.

Common Questions

Things you might be asking about this tool

Is this appropriate for my child specifically?

Vibe Check is designed for young people navigating situations involving consent and sexual behavior. It works best with young people who are at least 13–14 years old and have some emotional readiness to reflect. It is not designed as a crisis intervention and should not be the first or only response to a serious disclosure. Consider whether a counselor should be involved first.

What if they've actually done something harmful to someone?

The tool is designed for exactly this — young people who are in or near the grey zone of harmful behavior. It approaches accountability without shame spiraling, which is often the most useful first step for someone who has caused harm. However, if the behavior is serious — involving assault, coercion, minors, or legal exposure — this tool is not a substitute for professional intervention, counseling, or legal process.

Can I go through the tool myself first?

Yes — and you should. Going through it yourself helps you understand the tone, what the questions feel like, and what resources get offered. It'll make your referral conversation much more grounded. You can explore it from the perspective of someone reflecting on a scenario, or skip ahead to the Next Steps page to explore the resources, tools, and modules directly.

What if they refuse to use it?

Don't force it. Making this mandatory or punitive will guarantee it doesn't work. Leave the link somewhere available and return to it casually later. Sometimes the second or third mention lands differently, especially after more time has passed. The conversation you're trying to open doesn't have to start with the tool.

Does this replace a conversation with a therapist or counselor?

No. This is a self-guided reflection tool, not therapy. If a young person is dealing with trauma — as someone who has caused harm or someone who has been harmed — they need qualified professional support. This tool can be a useful complement to counseling or a first step toward self-awareness. It is not clinical support.

What if something comes up in the conversation that I don't know how to handle?

"I don't know the answer to that, but I can find out" is one of the most trust-building things you can say. If a young person discloses something serious — that they've been assaulted, that they've assaulted someone, or that they're in crisis — stay calm, validate that they told you, and help them access the right support. The Support section of the tool includes crisis resources you can reference.