



LESSON 1

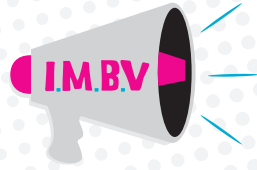
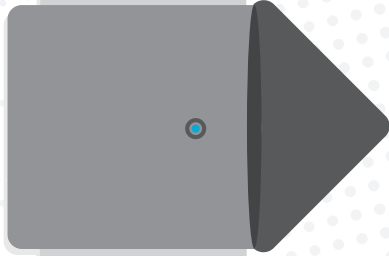
**JOURNAL
PROMPT:**

*Why are
safety rules
important?*

Journal writing area with 15 horizontal dotted lines for text.

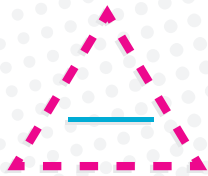
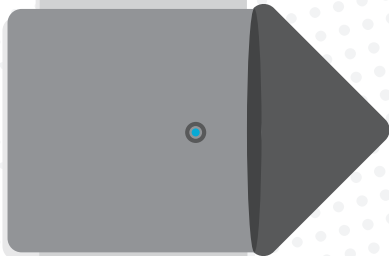


Match the Safety Tool with what it does to help keep us safe...



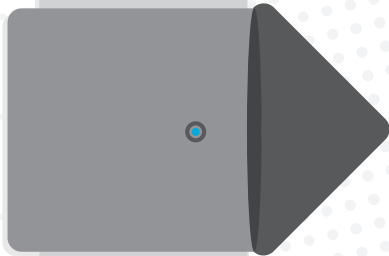
I Mean Business Voice

Grown-Up Buddies who we can talk to about anything



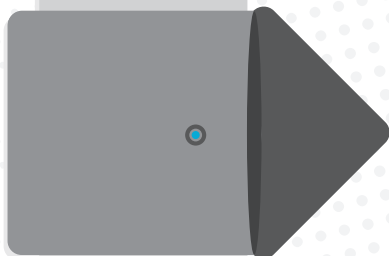
Trusted Triangle

Use when something does not feel safe



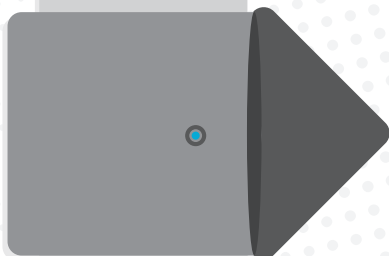
Safety Stop Sign

Using a strong speaking voice



Safety Barometer

Think, Feel, Act

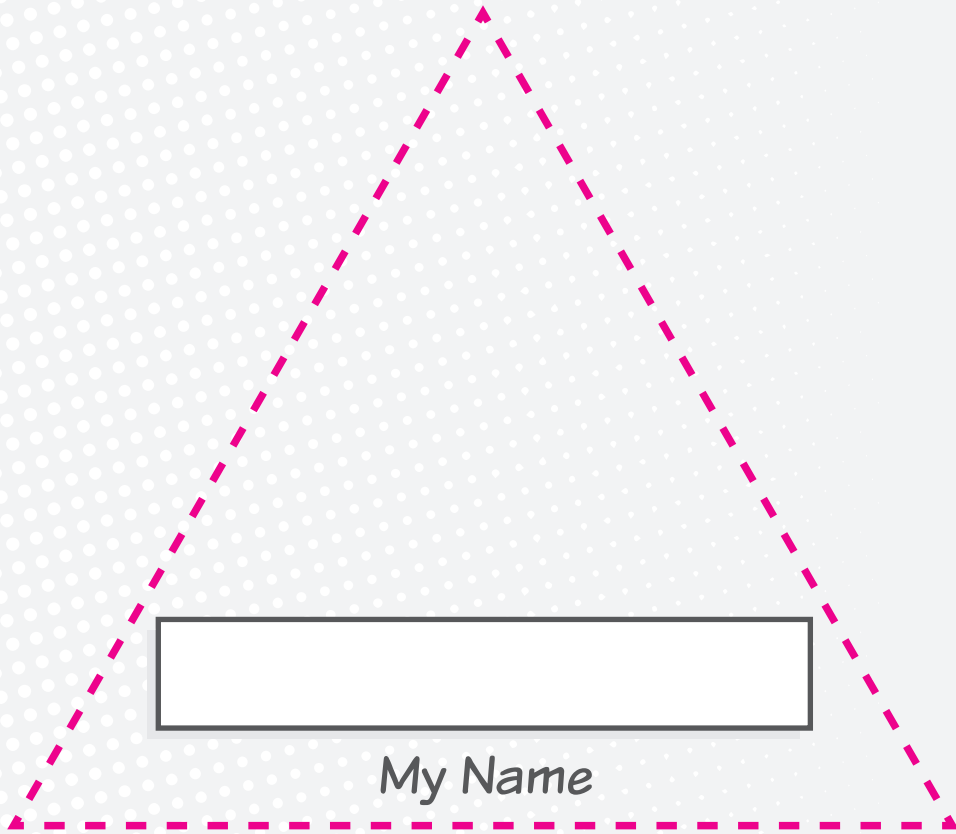


TFA

Helps us figure out whether a situation is safe or unsafe.

My Trusted Triangle

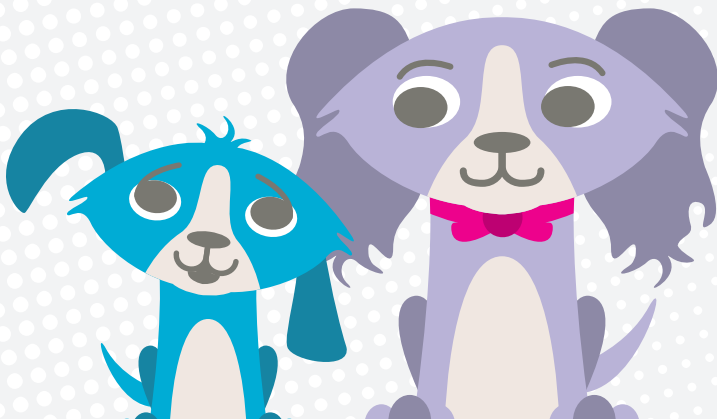
Grown-Up Buddy #1



My Name

Grown-Up Buddy #2

Grown-Up Buddy #3



Parent Signature:



PARENT LETTER

TODAY'S LESSON: LESSON 1

In today's lesson the Safety Superstar Tools that help keep us safe were reviewed. Though your child doesn't have a real tool belt, we all have the tools to stay safe within us. It's important to stay safe because everyone should feel respected and happy no matter where they are. In order to stay safe, children have to use safety tools and stay with trusted adults, like their Grown-Up Buddies in their Trusted Triangles. Their Trusted Triangle of Grown-Up Buddies, who they can tell anything to, reinforces the concept of talking to their Grown-Up Buddies until they are helped and heard. Children will learn to use the "Safety Stop Sign" when something does not feel safe, while using their "I Mean Business Voice" to help them stay safe. In this lesson, children learned that when something does not feel safe they will use "Think, Feel, Act" (TFA). TFA teaches children to Think about a situation, assess what they Feel, and Act by using one of their tools – especially telling someone in their Trusted Triangle if something unsafe has happened or if something is making them feel unsafe or icky. A new tool, the "Safety Barometer," was introduced to help children figure out whether a situation is safe or unsafe.

PARENT CONNECTION:

The most important part of sexual abuse prevention is open and honest communication between parent/caregiver and child. As caregivers, we often assume our children know we are there for them no matter what, but by providing them with ample individual attention we give them support, guidance and an outlet to tell us anything. This open forum will not only build trust, but will also increase their self-confidence and self-worth, and provide an outlet to disclose anything that might be troubling to the child.

TIPS TO FURTHER TODAY'S LESSON:

Throughout this curriculum, your child will come to understand the importance of identifying Grown-Up Buddies and using the Grown-Up Buddy system. Grown-Up Buddies are adults who are responsible for a child's protection and are the adults they can go to in any unsafe or confusing situation.

Help your child create their Trusted Triangle of Grown-Up Buddies. As you do this with your child, remember that a Grown-Up Buddy must be old enough to drive a car and should be an individual you trust with your child's safety. Please sign the completed Trusted Triangle and send it back to school with your child. Later, your child's teacher will return the Trusted Triangle to you to place in a prominent place in your house, like the refrigerator. Putting the Trusted Triangle in a place for everyone to see it will reinforce the Grown-Up Buddy principle with your child and help others see that your child has a system to report abuse.

Please note that it is important that at least one person in the Trusted Triangle be outside the family, and remember to help your child update their Trusted Triangle at least once a year to make sure the adults listed are still active in your child's life and are in a position to help.

- Ask your child to demonstrate their I Mean Business Voice.
- Ask your child what they should do after using their Safety Stop Sign. Answer: "Talk to a Grown-Up Buddy."
- Encourage your child to share feelings with you, and when they do, be sure to support and validate their feelings. Encourage your child to trust those feelings when they encounter a situation that makes them Think, Feel, Act. Remind them that any situation that makes them feel icky or confused requires them to act – tell someone in their Trusted Triangle, use the Safety Stop Sign and use their I Mean Business Voice.
- Reinforce the concept of the Safety Barometer. The Safety Barometer is the tool that helps children figure out whether a situation is safe or unsafe. It is an important tool for your child because it helps build a level of confidence within your child and an awareness that all children need to always assess the safety of any situation.

