



PARENT LETTER

TODAY'S LESSON: LESSON 2

In today's lesson, Lauren explained the importance of safety rules and having a Grown-Up Buddy and a Trusted Triangle. The students brainstormed rules to help keep them safe, and those rules are attached to this sheet. We also discussed the importance of identifying Grown-Up Buddies (adults who are responsible for a child's protection) to go to in any unsafe or confusing situation. Among the concepts we covered are these:

- Children should always stay close to their Grown-Up Buddy whenever they are out in public.
- All the students thought about who could be in their Trusted Triangles. The students identified these adults based on the adults they could talk to about situations that leave them feeling scared, confused, uncomfortable or "icky." Students brainstormed examples of adults who could be in their Trusted Triangles, including:

Mom Dad Teacher Coach Principal Guidance Counselor Grandma Grandpa Uncle Aunt

- Strangers are any people they don't know well. Strangers don't necessarily look dangerous.
- If they get separated from their Grown-Up Buddy when out in a public place, the students are encouraged to look for and ask for help from someone official, like a firefighter or police officer, or a mother with children.

PARENT CONNECTION:

Throughout this curriculum, your child will come to understand the importance of boundaries and that rules are necessary to keep them safe. By discussing and brainstorming safety rules for the home, your child will learn that rules are an important part of their environment. After making a list of your child's safety rules, place it in a visible place in your home.

Homework: Work with your child to fill out their Trusted Triangle homework. Help them brainstorm names of people they consider Grown-Up Buddies. Your child should write the names and draw pictures of the three or more adults they feel safe going to any time they feel scared or confused. As you do this with your child, make sure the names that you write down are also people with whom you feel your child is safe. It is important that at least one person in the Trusted Triangle be someone outside the family, and everyone should be old enough to drive a car so that these trusted adults are able to seek help for the child if necessary. 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 it in a place for everyone to see will reinforce the Grown-Up Buddy principle with your child and help others see that your child has a system to report abuse.

TIPS TO FURTHER TODAY'S LESSON:

Ask your child to name situations when it's important to stay close to their Grown-Up Buddy.

Review your child's Trusted Triangle handout with them and be sure to help them update it periodically to be certain it's current. A special note to parents and caregivers: Talk to the adults in your child's Trusted Triangle. Make sure these adults know your child looks to them for support. As a team, you can better protect your child. Brainstorm with your child about other adults they can turn to for help.

We recommend every family establish a secret family password. Choose a word that your child can remember to use in various situations to prove what they are told is the truth. For example, if someone tries to pick up your child by saying, "Your mom told me to pick you up," your child can ask the person for your secret family password. Give your child examples of how this password should be used. Your child will learn about this in future lessons.