

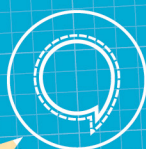
BLUEPRINT FOR BUILDING SAFER, SMARTER FAMILIES ACTIVITY BOOK

Safety Stop Sign

Building Safe Communication

Think, Feel, Act

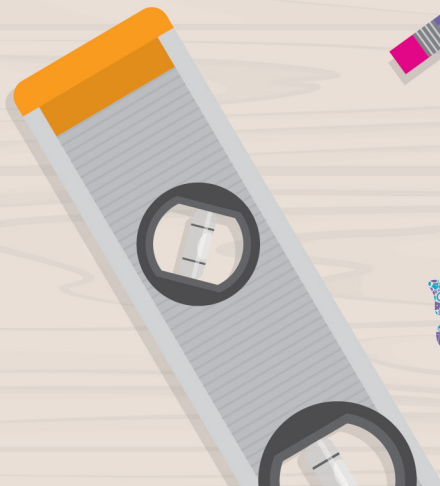
Guiding Voice



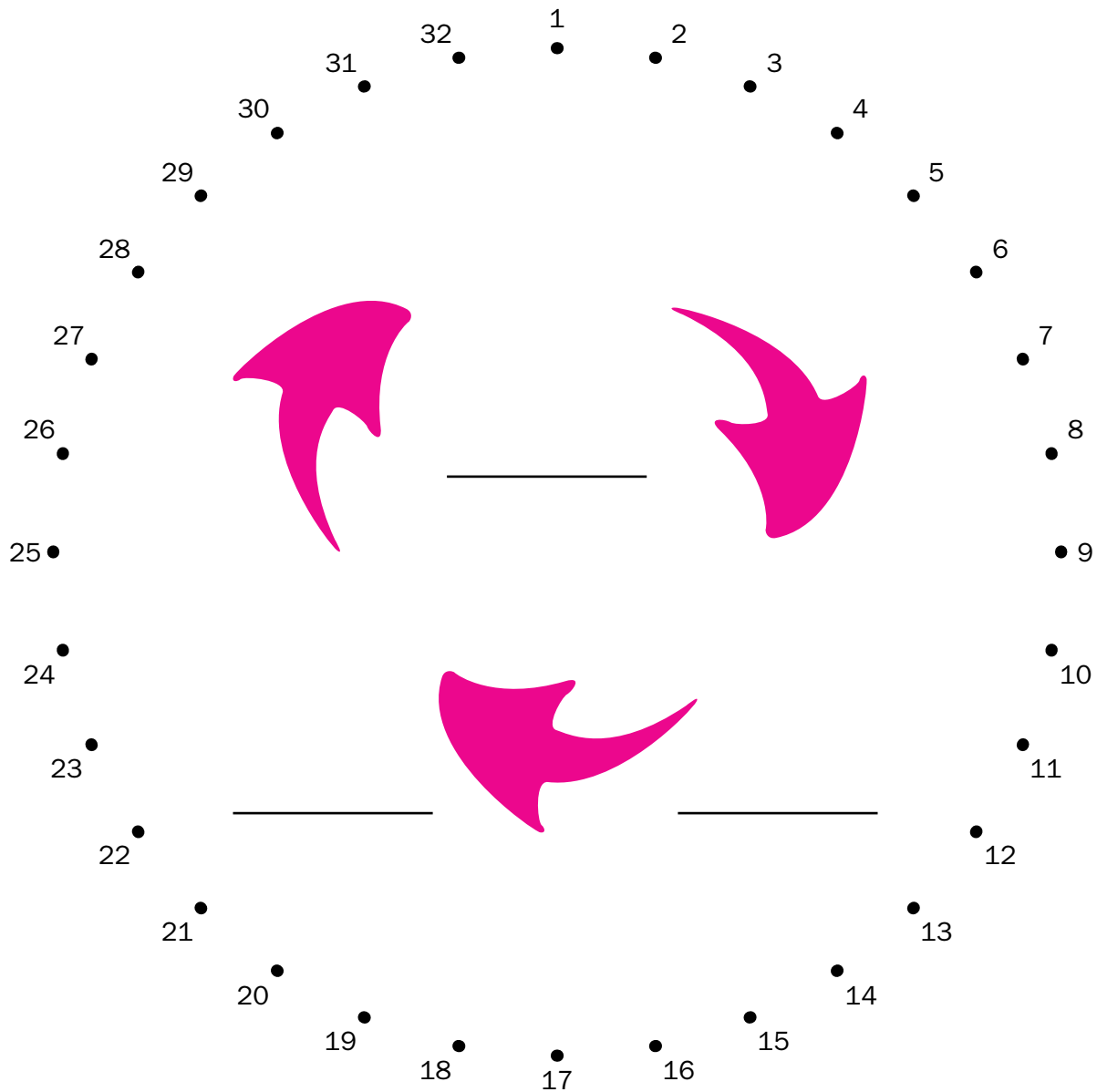
Safer, Smarter
FAMILIES



LAUREN'S KIDS



TFA CONNECT THE DOTS



Write the safety words for T, F, A:

T = _____

F = _____

A = _____

How does T, F, A help keep me safe?

TFA SCENARIO: 1



SCENARIO:

As you are walking home from school, you pass a woman standing next to her car. She stops you and says, “I dropped something under my car. Can you help me get it? You are so much smaller than I am and can reach it. I am just too big.”

How would I ACT?

What are my next steps?

TFA SCENARIO: 2



SCENARIO:

You are playing at the park with your friends. Someone kicks the ball too far. You see a nice-looking man who says he lost his puppy and he asks if you will help him search for it. He is very upset.

How would I ACT?

What are my next steps?

TFA SCENARIO: 3



SCENARIO:

You are at a friend's birthday party. Another classmate at the party, whom you really would like to be friends with, says, "Let's go exploring and have a secret adventure at the park."

How would I ACT?

What are my next steps?

MY VOICE HAS POWER



Use the steps to create your power statement:

- What were you feeling? (Emotion)
- What happened that led to your emotion? (Event-What happened?)
- What were you thinking at the time about what happened?
- What do you need or want?

"I feel (emotion) when (event) because (thought) . What I need/want is (need or want) ."

Read the scenarios, follow the steps to create a power statement, and use your voice!

Your friend is
always telling you
what to do

EXAMPLE:

"I feel **upset (emotion)** when **you always tell me what to do (event)** because **I think that you don't think I'm very smart.** What I need/want **is for you to respect my decisions.**"

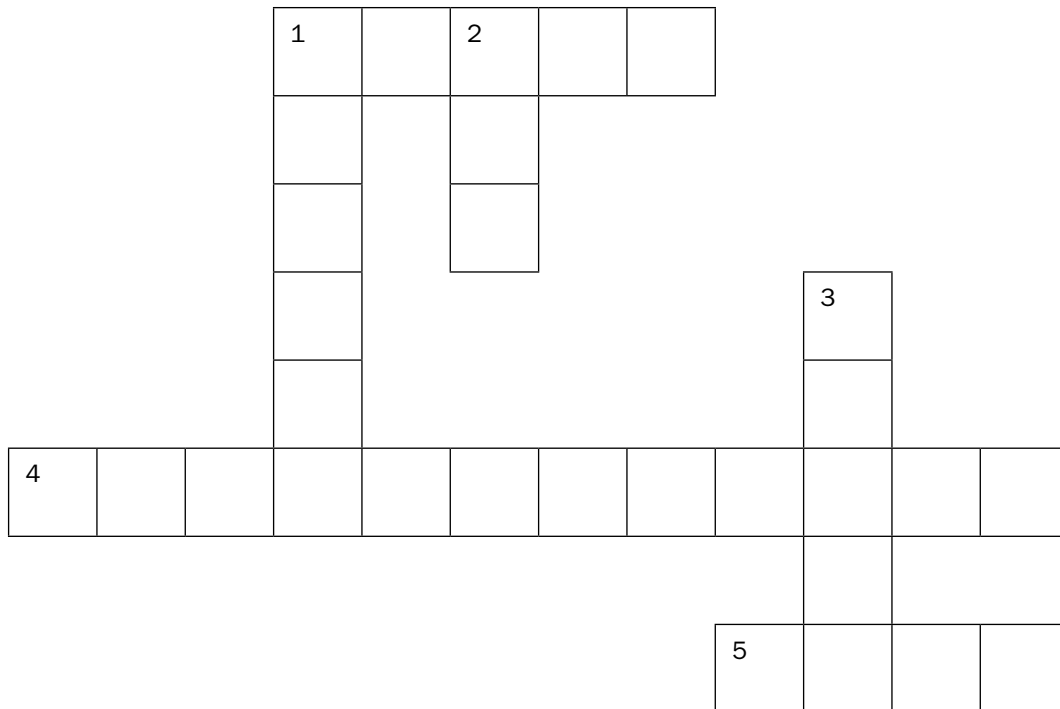
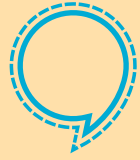
Your classmate
calls you an
unkind name

Your coach says
you're his favorite
player and asks
you not to tell
anyone, especially
your parents

Your neighbor
stands too close
and makes you feel
uncomfortable.

Your friend shared
an unsafe secret
with you and
asked you not to
tell anyone

SAFETY CROSSWORD



Use what you have learned about safety to complete the crossword puzzle!

ACROSS

1. One of the 2 H's
4. You should listen to your _____
5. The second step in TFA

DOWN

1. One of the 2 H's
2. If a situation makes you feel uncomfortable, you should _____
3. Your _____ has power and should be listened to

WHAT THIS MEANS TO ME



A good friend appears to be troubled about something. When you ask him about it, he says something bad is happening but he's afraid to tell anyone. What steps would you take to help your friend?

SAFETY CHECK UP

See what you learned about safe communication!

1. Your I Mean Business voice is strong, powerful, and lets people know you are serious! True False
2. When you feel unsafe, it is okay to _____.
3. How does your right to use your voice keep you safe?
4. Your Guiding Voice is that little voice inside you that tells you when a situation seems not quite right.
True or False
5. When you need help, you need to keep telling until you are _____ and _____.

SAFETY WORDS



R R F J I X J K W K C Z T R Y
X O O K M Y S L O U H E H Z B
T U K K E V A G Q X E M I T Y
P C A M A S F U N V A M N E J
N U Y E N Y E I P F R I K J E
T E T V B N T D R J D X F N Y
T T O T U H Y I K O Q L E S A
Q G T D S E S N Q A R A E Q R
M K E O I L T G C A E K L Y L
N B L H N P O V Q D G Y A V M
W V L Y E E P O B E T G C O T
Z D R O S D S I Q S B S T I F
E X G L S M I C G P T Z Y C V
U B Y G A K G E P S N S M E K
Q Z B B I T N V D U R J W A F

FIND THE SAFETY WORDS

Words can go horizontally, vertically and diagonally
in all eight directions. Words may overlap.

Guiding Voice
Safety Stop Sign
Think Feel Act
I Mean Business

Okay to Tell
Heard
Helped
Voice



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