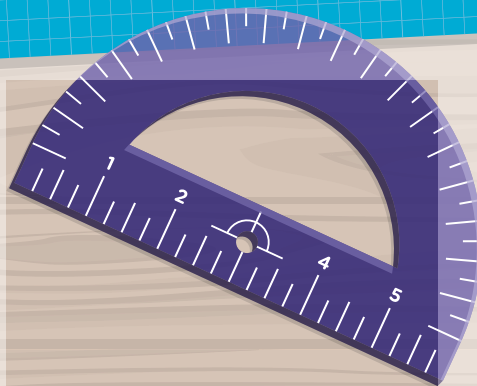
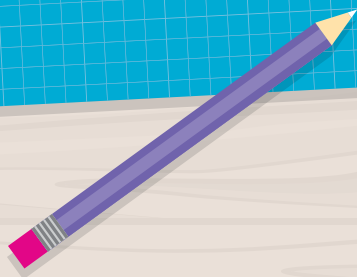
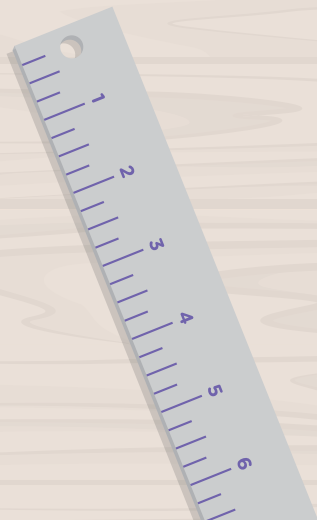


BLUEPRINT

FOR BUILDING SAFER, SMARTER FAMILIES



Safer, Smarter
FAMILIES



LAUREN'S KIDS

The Building Blocks of Family Safety

GROUNDWORK

These activities will provide you and your younger elementary school child (K-2) with the background knowledge you need to understand the safety strategies at the core of the Lauren's Kids lessons. Once, completed, move forward with the additional activities in the pack.

KINDERGARTEN-2ND GRADE ELEMENTARY SCHOOL-AGED CHILDREN

STRANGERS

Although 90% of all childhood sexual abuse is committed by someone the child knows, it is important that your child understand the characteristics of strangers. Children must understand that not all strangers seem scary and that a stranger is just someone you don't know well...for example, the mailman or local grocery store cashier. Some strangers may even offer your child a treat, such as candy or toys. It is important that your child understands that they should only interact with a stranger if they have a "Grown-Up Buddy" or parent with them. If your child encounters a stranger when they are alone, they need to seek help from a police officer, firefighter, or a mom with children.

Play the "What If?" game with your child to reinforce the safe way to react to situations with strangers. Ask your child what they would do in each of the following situations:

- What if someone asks you to help them find their dog?

- What if someone offers you candy?
- What if you're separated from your parents in the mall?
- What if someone you don't know offers to help you?

Your child may respond that they would help the stranger find his dog or that they don't know what they would do if they got separated from you. These responses will be upsetting to you as a parent, but will provide the perfect opportunity to guide your child toward making safe choices. It is important that you know that your child might make an unsafe decision before they actually make it. This is a teachable moment for you and your child.

GROWN-UP BUDDIES

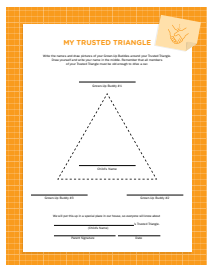
Grown-Up Buddies are adults who are responsible for a child's protection. Discuss with your child the importance of having Grown-Up Buddies they can turn to in any unsafe or confusing situation.

Brainstorm with your child who could be their Grown-Up Buddies. Identify these adults by having your child think about the adults they could talk to about situations that make them feel scared, confused, uncomfortable, or icky.

Mom	Dad
Teacher	Coach
Principal	Grandpa
Grandma	Counselor
Uncle	Aunt

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

Children should always stay close to their Grown-up Buddy whenever they are out in public. If your child gets separated from their Grown-up Buddy when out in a public place, encourage them to look for someone official like a firefighter or policeman, or a mother with children.



HANDS-ON ACTIVITY: TRUSTED TRIANGLE

Locate the **My Trusted Triangle** worksheet in your child's Activity Book and walk through the steps below to complete the activity with your child:

Using their list of Grown-Up Buddies, have your child identify the three adults who make them feel most comfortable and safe. Have your child write their names and/or draw their pictures on the Trusted Triangle worksheet. As you do this with your child, make sure the Grown-Up Buddies they've selected are also people with whom you feel that your child is safe.

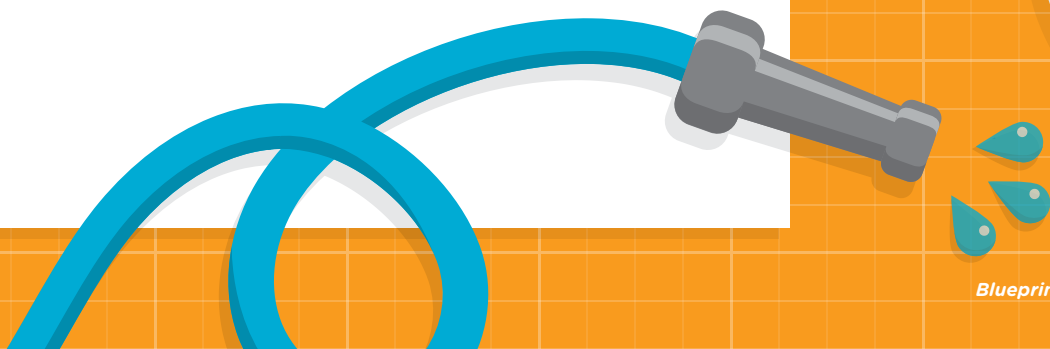
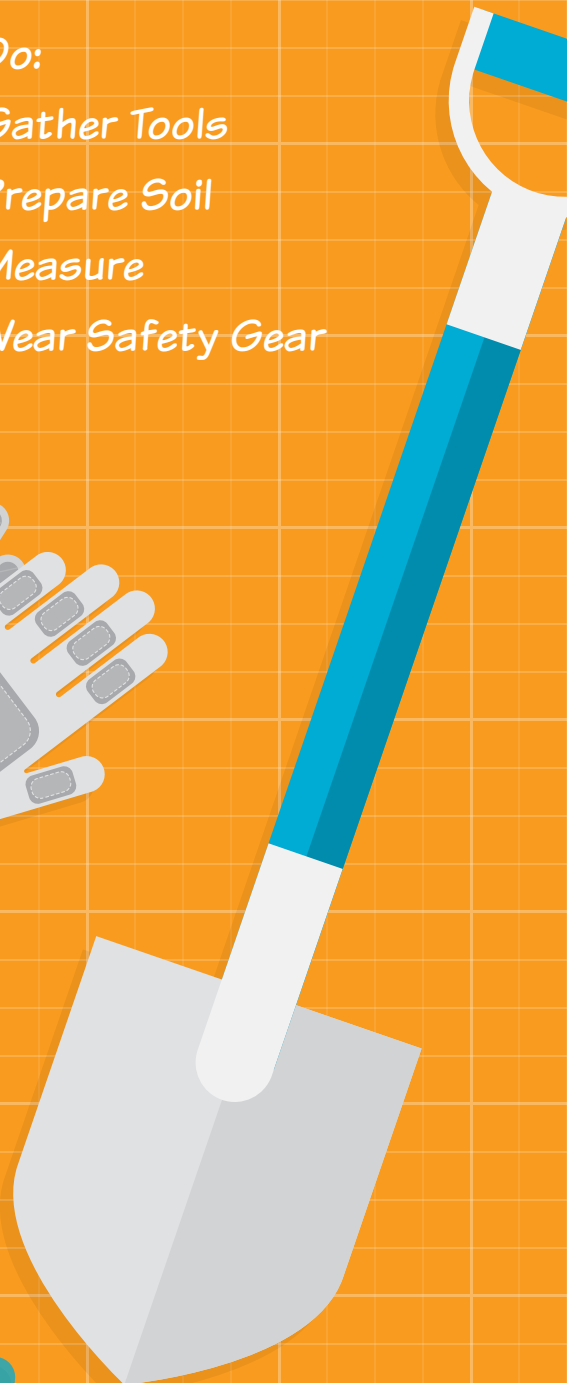
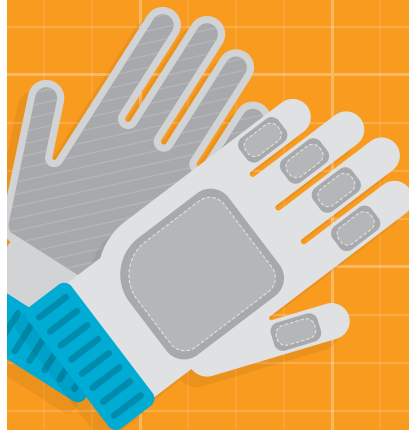
- It is important that at least one of your child's Grown-Up Buddies on their Trusted Triangle be outside the family. Each of them should be able to drive a car so that they are able to seek help for your child if necessary.
- Place your child's Trusted Triangle in a prominent place in your house, like the family refrigerator, and remind your child that they can always go to the adults in their Trusted Triangle to talk about anything that leaves them feeling confused or unsafe.
- Review your child's Trusted Triangle with them periodically, and be sure to help update it when necessary to make sure it's current. If your child chooses to remove someone from their Trusted Triangle, make sure you know why – and intervene if there is unsafe behavior taking place.

DID YOU KNOW?

More than 90% of child sexual abuse is committed by someone known to the victim.

To Do:

- ☐ Gather Tools
- ☐ Prepare Soil
- ☐ Measure
- ☐ Wear Safety Gear



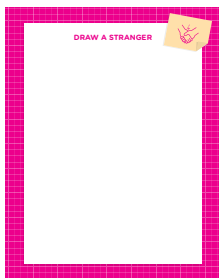
The Building Blocks of Family Safety

LAYING THE FOUNDATION

KINDERGARTEN-5TH GRADE ELEMENTARY SCHOOL-AGED CHILDREN

In Laying the Foundation, we develop key safety concepts that will continue to be built upon throughout this activity pack. These concepts have been introduced through the Groundwork activities.

Involving your child in the activities in this activity pack is very important. Reinforcing the strategies and tools your child has learned will help them make safe choices and decisions. Initiate discussions with your child and help them understand that they can develop the personal power within themselves to make choices and decisions that keep them safe. Children can use that power by recognizing warning signs that alert them to unsafe situations. Keeping the lines of communication open with your child is an important step in being one of the trusted adults to whom he or she can turn.



HANDS-ON ACTIVITY: DRAW A STRANGER

Locate the **Draw a Stranger** sheet in your child's Activity Book and crayons or markers. Ask your child to close their eyes and imagine what a "stranger" looks like.

Ask your child the following questions:

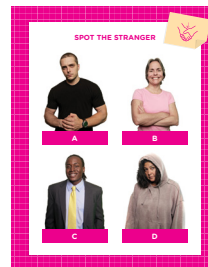
- What is the stranger doing?
- What is the stranger wearing?
- Does the stranger have anything in their hands?

Now, ask your child to draw a picture of what a stranger looks like to them. Use this time to begin a conversation with your child.

- How would you feel if you saw this stranger?
- What would you do if you saw this stranger?

You may find that your child will draw a picture of a person with masks, weapons, and dirty or tattered clothing. Your child may define a stranger by how they look. But, a stranger is anyone your child does not know well. Strangers can be clean and pretty, big or small, male or female.

Ask your child to describe their picture to you. Why did they choose to draw their stranger the way they did?



HANDS-ON ACTIVITY: SPOT THE STRANGER

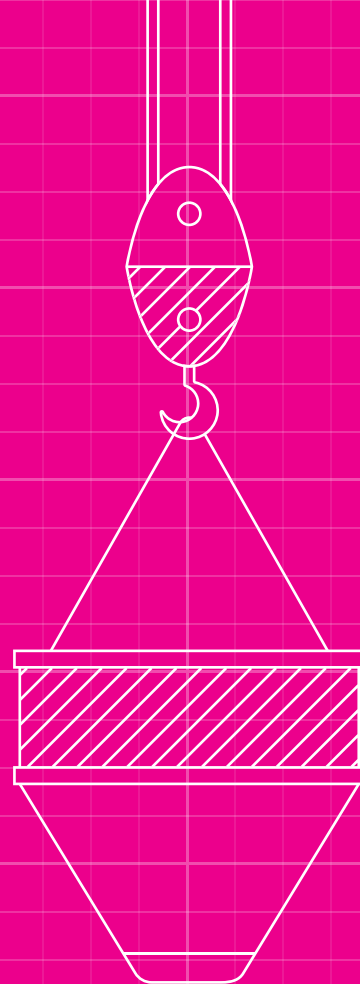
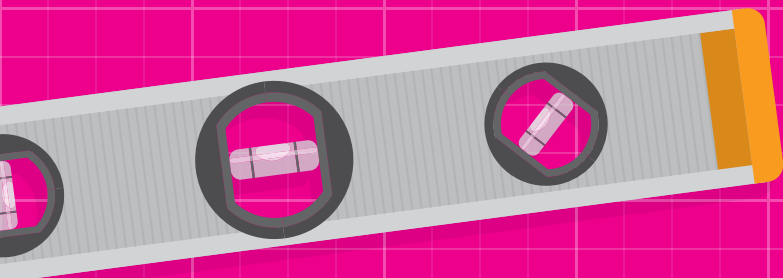
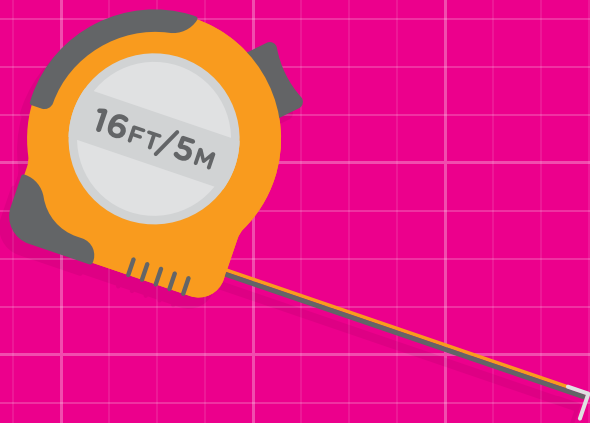
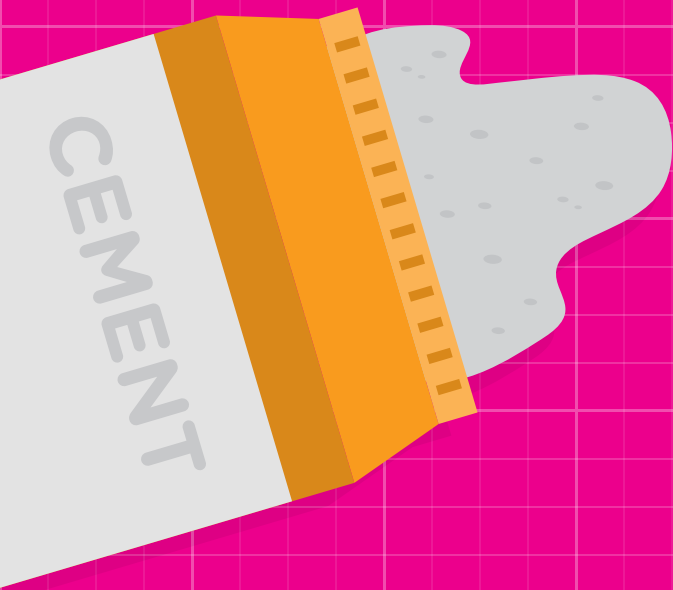
Locate the **Spot the Stranger** sheet in your child's Activity Book. Ask your child which of these 4 pictures they think is a stranger?

- Ask your child to determine which person(s) in the pictures shown is a stranger.
- Now, ask your child why they chose that person. Your child may say that the person looks scary, looks weird, or that they are wearing dark or messy clothing.

Reinforce to your child that **ALL** of the people on that page are strangers because your child does not know any of them! And that when deciding if someone is safe or unsafe, it's not important how a person looks, but how they make you feel.

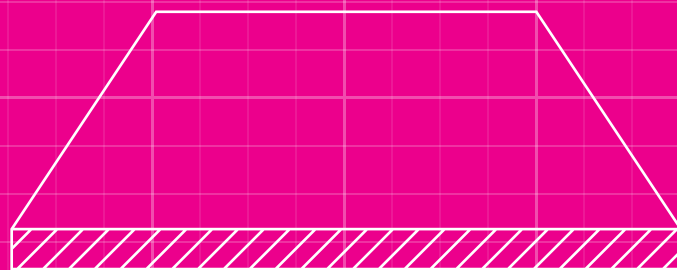
DID YOU KNOW?

1 in 5 boys are sexually abused before the age of 18.



LAYING THE FOUNDATION

Foundation



When deciding if someone is safe, it's not important how a person looks, but how they make you feel.

The Building Blocks of Family Safety

SCAFFOLDING YOUR CHILD'S SAFETY

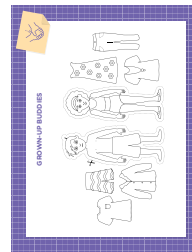
KINDERGARTEN-2ND GRADE ELEMENTARY SCHOOL-AGED CHILDREN

In *Scaffolding Your Child's Safety*, you will find strategies to reinforce and apply safety lessons your younger elementary school child learned through previous activities.

GROWN-UP BUDDIES

Your child is learning about the concept of having Grown-Up Buddies – adults that a child trusts and can turn to when something makes them feel scared, icky, or confused. Grown-Up Buddies are an important safety tool in your child's life.

- Ask your child about the Grown-Up Buddies they identified during the *Safer, Smarter Kids* lesson in school or in the Groundwork activities.
- Discuss why they selected those trusted adults to be their Grown-Up Buddies. You may notice that they selected family members, neighbors, or even their teacher. It is important to have at least one Grown-Up Buddy outside of the family unit.
- Make sure that your child knows that if, at any time, they no longer feel comfortable with an adult that they have identified as one of their Grown-Up Buddies, they must tell you. Your child may simply not be as close to that adult as they were when they first made their Trusted Triangle, or that adult may have created an unsafe situation for your child and you must intervene.



HANDS-ON ACTIVITY: GROWN-UP BUDDIES

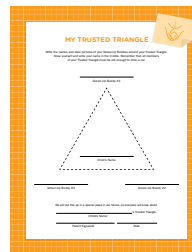
Locate the **Grown-Up Buddies** sheet in your child's Activity Book. Encourage your child to color, cut out, and customize their Grown-Up Buddy. Discuss with your child that

Grown-Up Buddies are people they trust and can go to when they need help. Ask your child what characteristics their Grown-Up Buddy has that make them a trusted adult, and write these on the back of the paper doll.

TRUSTED TRIANGLE

Your child has learned about establishing a Trusted Triangle in the *Safer, Smarter Kids* lessons in school or in the Groundwork activities. In that activity, your child identified trusted adults that they consider their Grown-Up Buddies. To be included in their Trusted Triangle, a Grown-Up Buddy must:

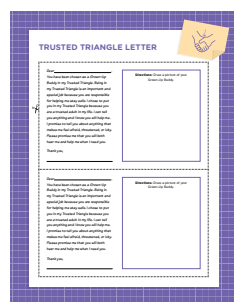
- Be a person that your child can turn to when something makes them feel scared, icky, or confused.
- Be old enough to drive a car.
- One Grown-Up Buddy must be outside of your child's family, such as a trusted neighbor or their teacher.



HANDS-ON ACTIVITY: TRUSTED TRIANGLE

1. Review your child's My Trusted Triangle completed in school or in the Groundwork activity. Make sure that each person on your child's Trusted Triangle meets the requirements.

2. Help your child to understand that it is their decision what adults they select to include in their Trusted Triangle. It is also their decision to remove someone. It is important that your child understands that they must tell you any time an adult is removed from their Trusted Triangle.
3. Reinforce with your child the importance of telling a Grown-Up Buddy in their Trusted Triangle when they need help. Remind your child that they must tell and keep telling their Grown-Up Buddy until they get the 2 H's: Heard and Helped!



HANDS-ON ACTIVITY: TRUSTED TRIANGLE LETTER

Locate the **Trusted Triangle Letter** activity in your child's Activity Book. Have your child complete and sign each one. Send the letters to each

Grown-Up Buddy in your child's Trusted Triangle. It is important that each of your child's Grown-Up Buddies understands that they have an important role in your child's safety.



HANDS-ON ACTIVITY: TRUSTED TRIANGLE FLASH CARDS

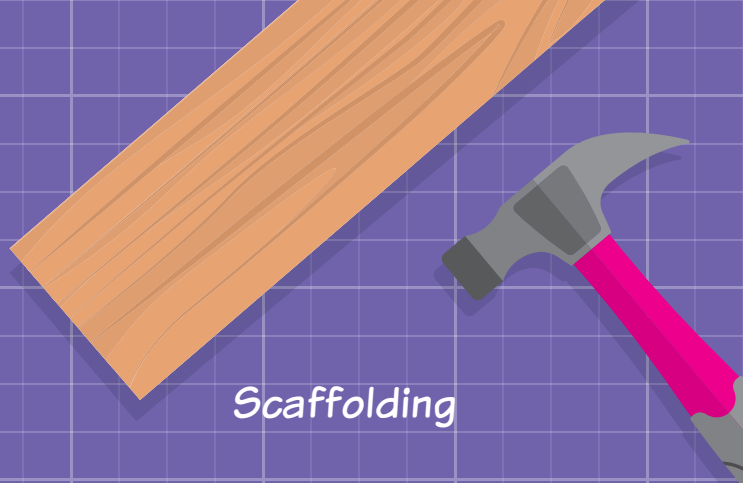
Locate the **Trusted Triangle Flash Cards** activity in your child's Activity Book. It is important your child know how to reach their Grown-Up Buddy

when they are in an unsafe situation. Work with your child to complete and decorate each card, and have your child practice memorizing this information.

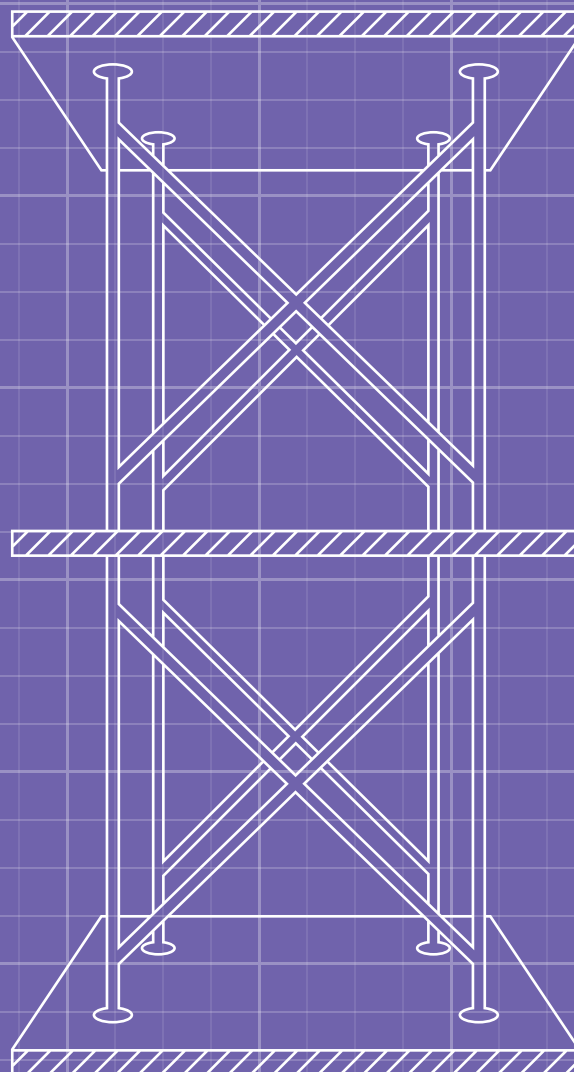


HANDS-ON ACTIVITY: SAFETY WORDS

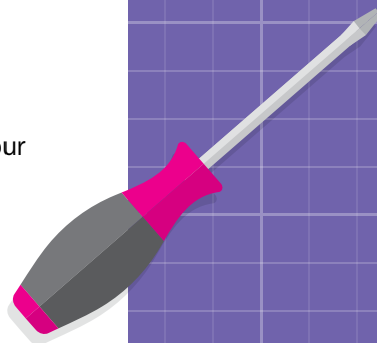
Provide your child with the **Safety Words** activity from your child's Activity Book to help reinforce safety vocabulary. Answers are provided on the last page of this booklet.



Scaffolding



SCAFFOLDING YOUR CHILD'S SAFETY

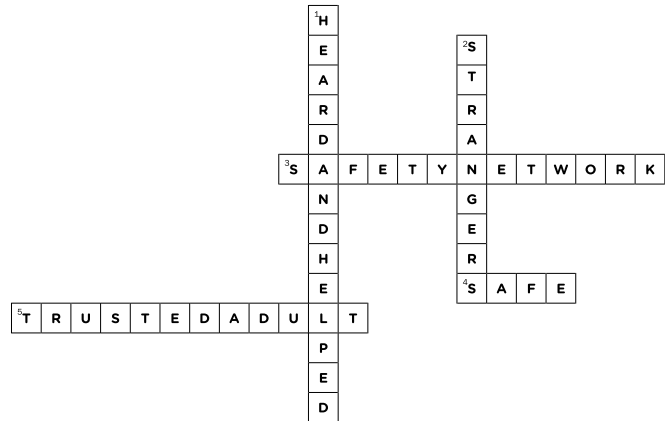


HANDS-ON ACTIVITIES ANSWER KEY

SAFETY WORDS

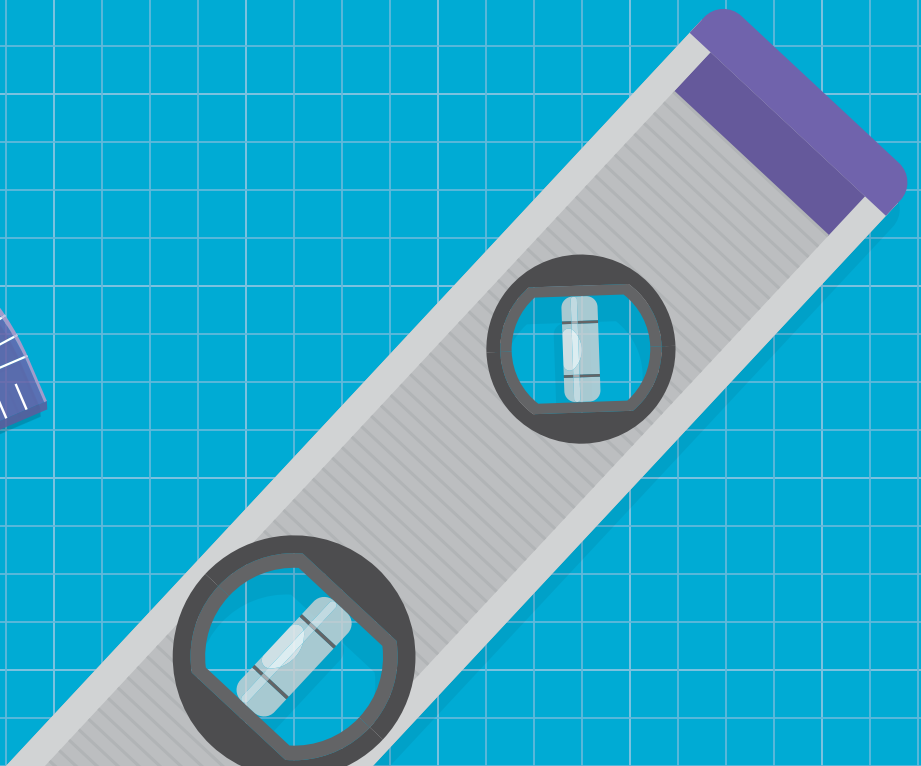
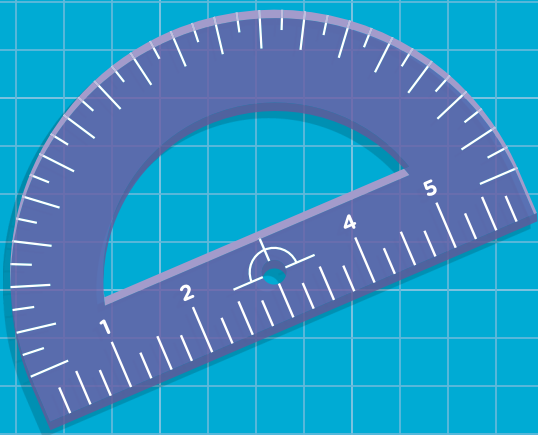
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SAFETY CROSSWORD



WHAT THIS MEANS TO ME

1. True
2. Helped
3. You can tell the trusted adults in your Safety NETWORK when you need their help to keep you safe.
4. False. One person in your Safety NETWORK must NOT be a member of your family.
5. Phone number





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