

BLUEPRINT

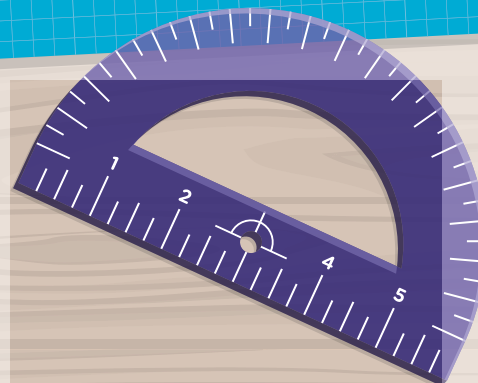
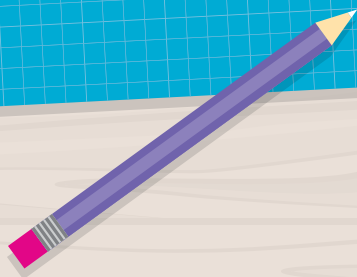
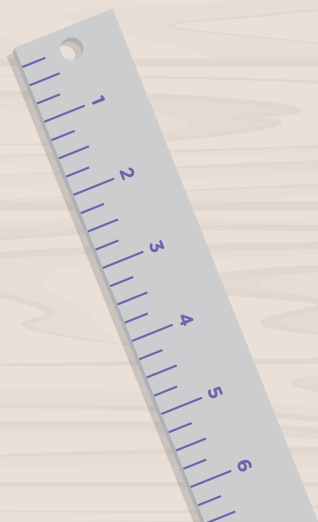
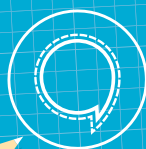
FOR BUILDING SAFER, SMARTER FAMILIES

Safety Stop Sign

Building Safe Communication

Think, Feel, Act

Guiding Voice



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

SAFETY STOP SIGN

Rules exist for the safety of everyone. Early in your child's development, you established rules in your home for the safety of your child. Rules continue to be part of your child's experiences in school and the community. When rules are not followed, unsafe situations can occur and your child may feel at risk. Every child needs to have the tools to communicate their need for safety and to be heard if they need help. Frequently, children are not equipped with the words or the confidence to communicate that they are feeling unsafe and are in an unsafe situation.

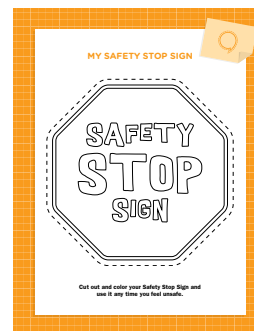
One safety tool that is very important for your child to know about is the Safety Stop Sign. The Safety Stop Sign is a safety tool that helps your child communicate their boundaries to others and lets others know when they need an unsafe action to stop. Practicing with this physical Safety Stop Sign will help your child gain the confidence and the power to communicate when they are in an unsafe situation or feel unsafe around a person. Whether your child has the physical sign or not, the ability to communicate their need for safety will become part of their problem-solving abilities. When your child understands that

they have the right to be safe and that rules exist to help keep them safe, they can use their Safety Stop Sign to reinforce that knowledge.

Help your child learn about staying safe by using his or her Safety Stop Sign to say "no." Your child should use their Safety Stop Sign when something does not feel safe. Stress to your child they always have the ability to say "no."

- Ask your child when they should use their Safety Stop Sign
- Ask your child what they should do after using their Safety Stop Sign
- Encourage your child to always tell a Grown-Up Buddy any time they have used their Safety Stop Sign in a situation that has made them feel unsafe.

To avoid being victimized by predators, it's important that your child know that it's okay for them to say "no" any time a touch of any kind makes them feel uncomfortable. They have the power over their own bodies.



HANDS-ON ACTIVITY: MAKE A SAFETY STOP SIGN

Provide your child with the **My Safety Stop Sign** activity from your child's Activity Book, and scissors, crayons or markers. Help your child decorate and cut out the Safety Stop Sign. If desired, glue a popsicle stick to the back as well.

I MEAN BUSINESS VOICE

Help your child to understand that they use their I Mean Business Voice any time they need their voice to be heard in a situation where they don't feel safe.

- Your child's I Mean Business Voice is spoken with conviction and authority. This voice should be different from your child's usual speaking voice so that people know to pay special attention to them in an unsafe situation. Ask your child to demonstrate their I Mean Business Voice.
- Practice saying, "Stop! That is not safe!" using their I Mean Business Voice. Have your child use eye contact when using their I Mean Business Voice.
- Make sure your child knows that they need to use their I Mean Business Voice until they get the 2 H's: Heard and Helped.

GUIDING VOICE & THINK, FEEL, ACT

Help your child listen to their Guiding Voice as they use Think, Feel, Act in any confusing or unsafe situation.

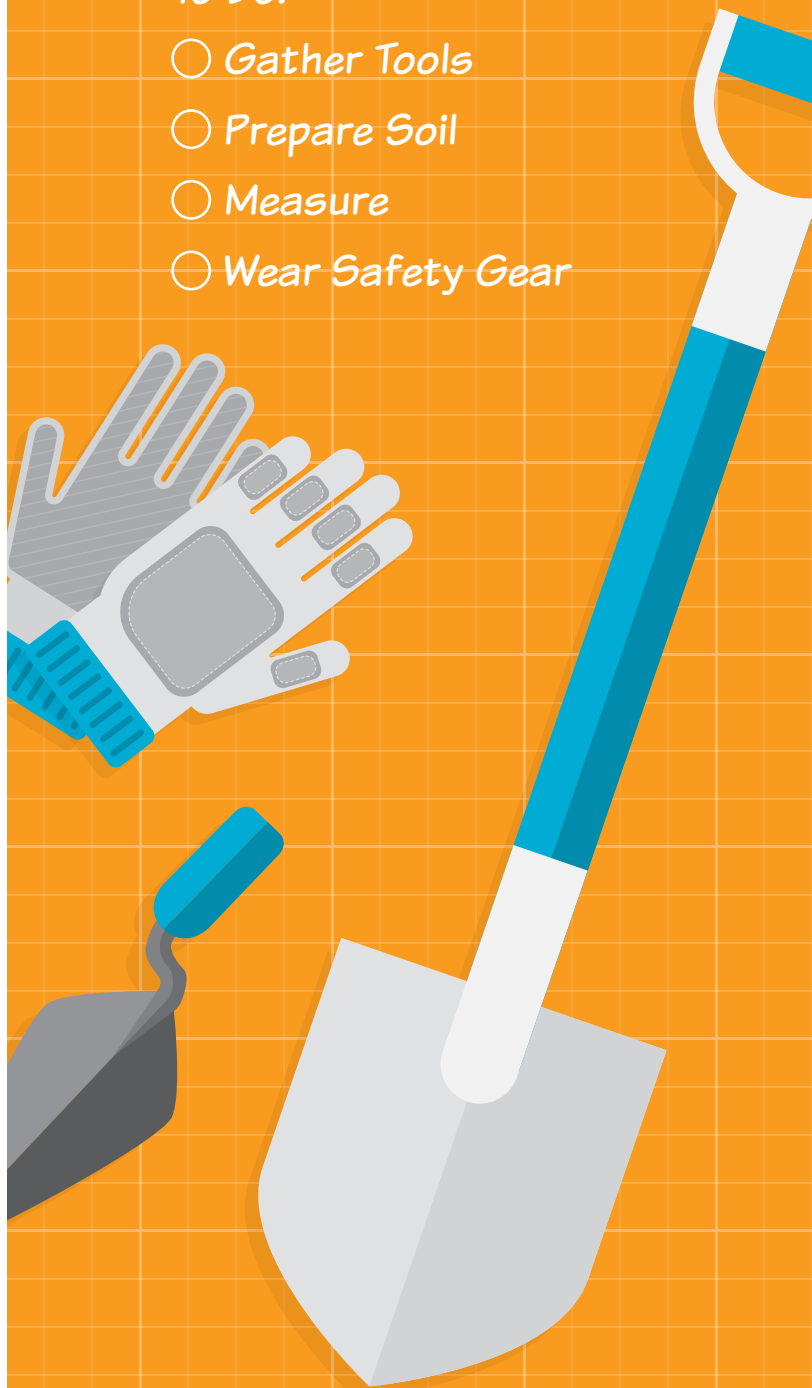
- Introduce your child to the concept of a "Guiding Voice" – the little voice inside them that helps them decide if a situation is safe or unsafe. Encourage your child to pay attention to what his or her Guiding Voice says in any situation.
- Discuss the safety process of Think, Feel, Act (TFA) as what they would Think in any unsafe or confusing situation, how that situation would make them Feel, and what action they would take, how would they Act.
- TFA encourages your child to take steps to tell someone when a situation makes them feel confused, scared, uncomfortable, or icky.
- Play the "What If?" game with your child to help practice TFA.
- Remind your child that they must Act to tell a trusted adult if they feel unsafe or uncomfortable, and keep telling until they get the 2 H's: Heard and Helped.

DID YOU KNOW?

Approximately 20% of the victims of sexual abuse are under age eight.

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: PLAY THE GUIDING VOICE GAME

Read each scenario to your child and encourage them to use their Guiding Voice to make a safe choice. Remind your child to always use their I Mean Business Voice. If your child is having a hard time considering what to do, remind them about TFA: What do they Think about a situation, how does it make them Feel, and how will they choose to Act? After going through the scenarios, ask your child to tell you why their Guiding Voice is an important safety tool. ***K-2:** Use the Safety Stop Sign your child completed in school or in the Groundwork activity to help them remember to use their I Mean Business Voice.

Q. Your friend is practicing his new karate moves on you and it really hurts. What should you do?

A: Use your Guiding Voice, along with your I Mean Business Voice (“Stop! That’s not safe!”), to tell him to stop.

Q. You and your friend are playing at the park. Your friend wants you to join her on a secret adventure and asks you to leave the adults to go exploring. What should you do?

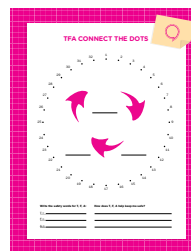
A: Use your Guiding Voice, along with your I Mean Business Voice (“Stop! That’s not safe!”), to tell your friend no.

Q. Your neighbor wants to show you a new video game in his house. Your parents have told you not to go into anyone’s house without their permission. Your neighbor says that it is okay because your mom told him that it would be okay. He does not know your family password. What should you do?

A: Use your Guiding Voice, along with your I Mean Business Voice (“Stop! That’s not safe!”), to tell your neighbor to stop.

Q. You and a friend are playing soccer in your yard. The soccer ball rolls into the street and your friend starts to run into the street without looking to get it. What should you do?

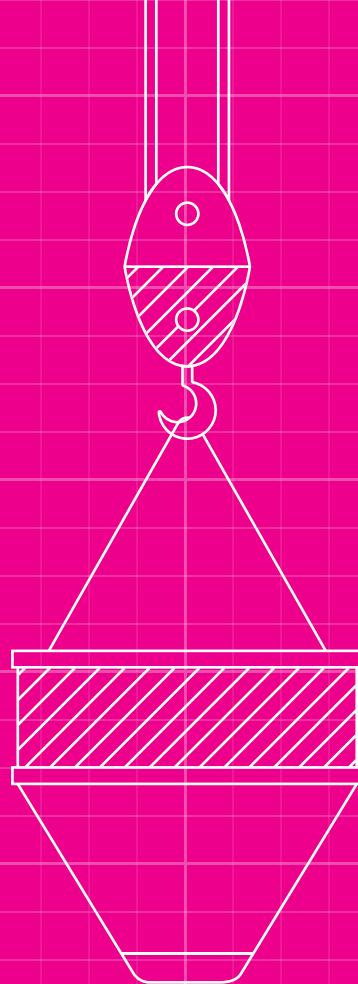
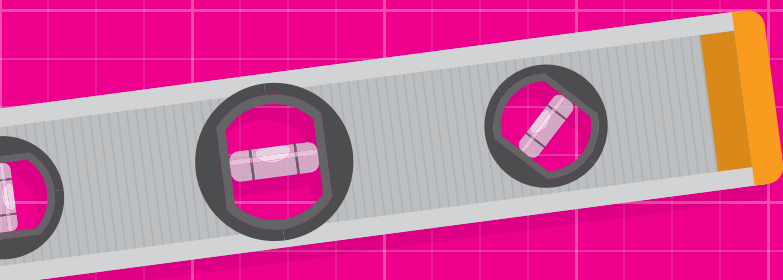
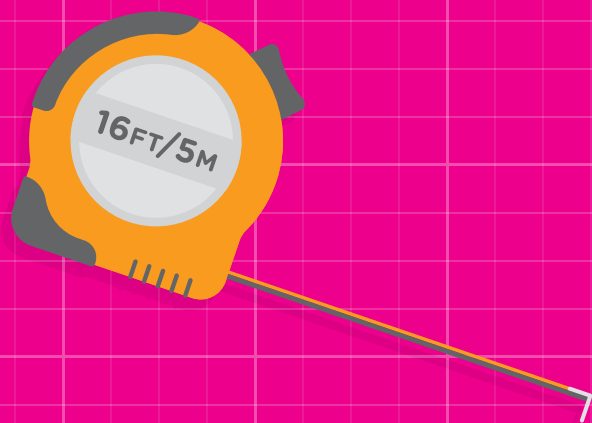
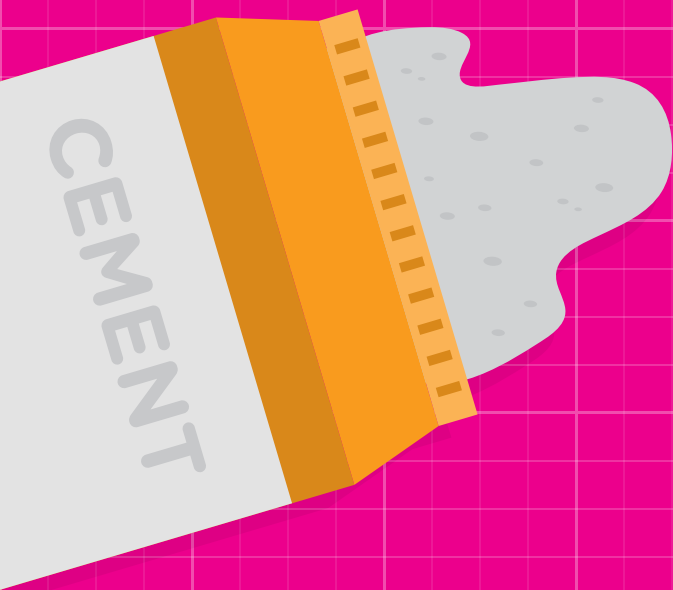
A: Use your Guiding Voice, along with your I Mean Business Voice (“Stop! That’s not safe!”), to tell him to stop.



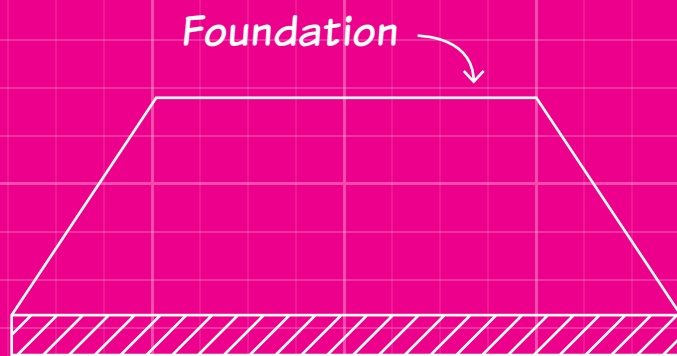
HANDS-ON ACTIVITY: TFA CONNECT THE DOTS

Locate the **TFA Connect the Dots** activity sheet in your child’s Activity Book and connect the dots and fill in the letters T, F, A to show the

safety tool. Help your child reflect on how the TFA tool helps them to stay safe.



LAYING THE FOUNDATION



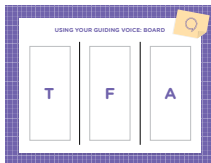
The Building Blocks of Family Safety

SCAFFOLDING YOUR CHILD'S SAFETY

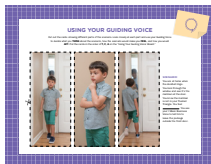
KINDERGARTEN-2ND GRADE ELEMENTARY SCHOOL-AGED CHILDREN

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.

HANDS-ON ACTIVITY: USING YOUR GUIDING VOICE



Locate the **Using Your Guiding Voice** activity in your child's Activity Book, and work through the TFA scenarios with your child. He or she will need scissors to complete this activity.



In this activity, it is important that you engage your child in conversations about each part of the scenario. What does your child see? What about the picture helped them to decide if it was a safe situation or an unsafe situation? Always listen carefully to their responses and see how

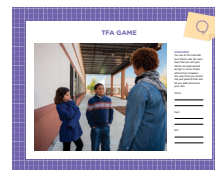
they perceive a situation and how they craft a solution. Steer your child to involve you or another Grown-Up Buddy into being part of the solution. Let your child know that is always the safe choice! Answers are provided on the last page of this booklet.



HANDS-ON ACTIVITY: PLAY THE TFA GAME

Locate the **TFA Game** activity in your child's Activity Book, and use the following directions to complete it with your child:

- Read the situations on each card to your child
- Ask what they Think about that situation
- Ask how the situation makes them Feel
- Ask how they would Act in order to stay safe



CREATE A FAMILY PASSWORD AND SHARE WITH YOUR CHILD

A family password is designed to increase your child's safety and empowers them with the ability to make safe choices with confidence. A family password can be one word or a short phrase that has meaning to your family and is known within the immediate family. Use of the family password communicates to your child that they are safe and that you have knowledge of the word being used. It is important for each family to have a password that only the child and their parents or caregivers know. If their parents need someone to pick up the child, they can tell the person the password and the child will be able to verify that they are in a safe situation and with a trusted adult.

HANDS-ON ACTIVITIES ANSWER KEY

USING YOUR GUIDING VOICE



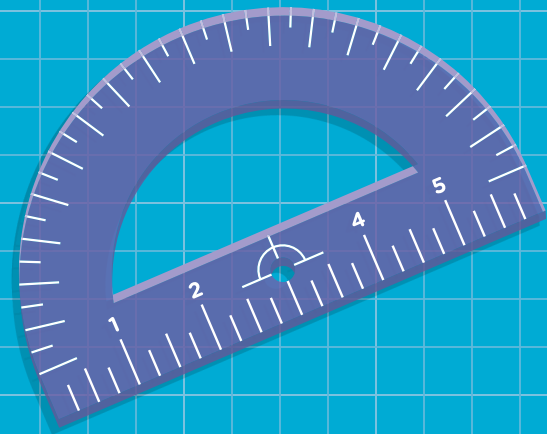
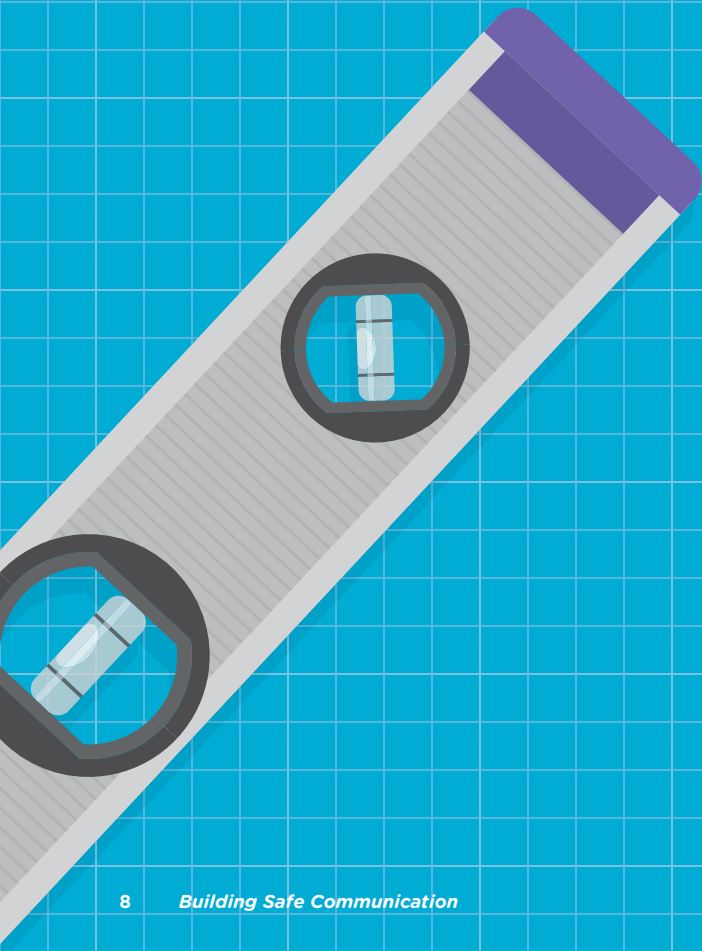
T F A



T F A

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





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