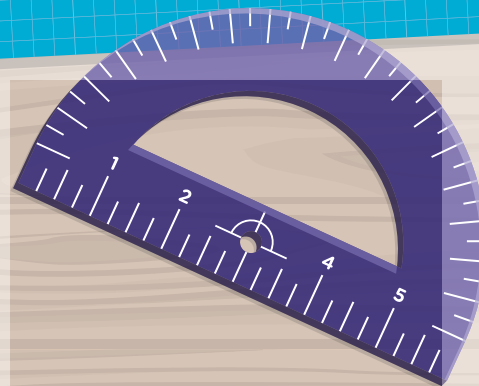
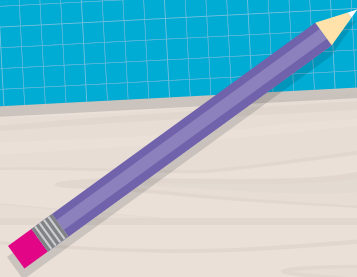
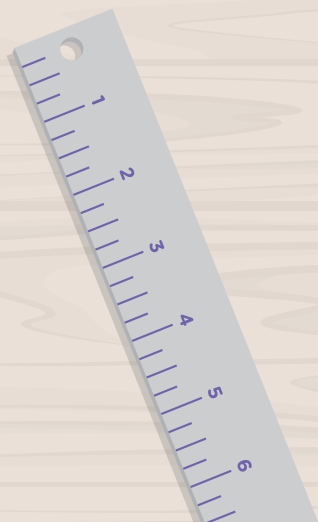


BLUEPRINT

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 older elementary school child (3-5) 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.

3RD-5TH GRADE ELEMENTARY SCHOOL-AGED CHILDREN

PRIVACY

In this age of instant information, social media, and 24-hour news cycles, children are inundated with information. Some of the information that is made public is actually very private information that should not ever be shared. Children can be very confused about what information to share and what information is to be kept private.

Talk with your child about the different types of information:

Factual – Numbers, addresses, etc.

Somewhat Private Information – Your grade on a test, if you are home alone after school or on a weekend afternoon

Very Personal Information – Thoughts in your head, feelings in your heart

Talk about what information should be shared and with whom it can be shared. Sharing any information with someone your child does not know is not appropriate. Sharing information of any kind on social media or gaming chat rooms can put your child in an unsafe situation. Discuss what information your child thinks they should:

- Never Share
- Maybe Share
- Always Share

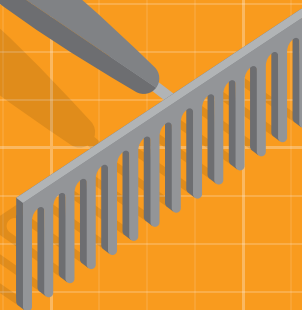
Help your child to understand that they are entitled to privacy and that they decide what they share with others and what they don't based upon how that information makes them feel. Of course, there is information that should never be shared, like family passwords, etc.

*It is very important that children know that unsafe secrets – secrets that make them feel uncomfortable, afraid, threatened, or ones that they are told never to tell – and unsafe touches should **ALWAYS** be shared with you or another trusted adult.*

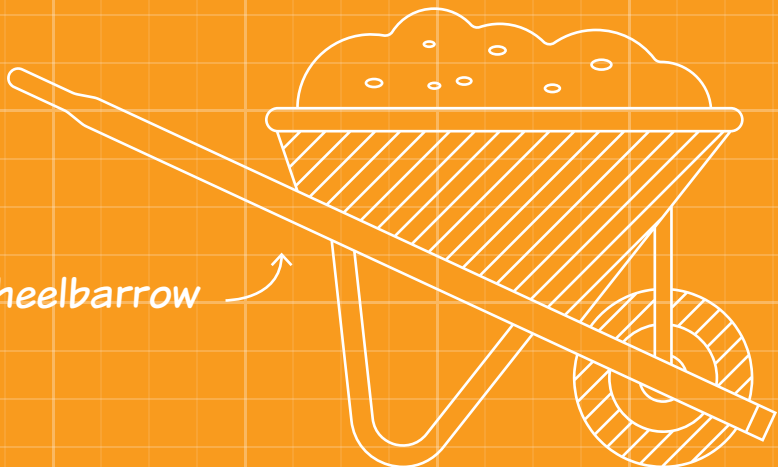




Children should always stay close to a trusted adult whenever they are out in public.

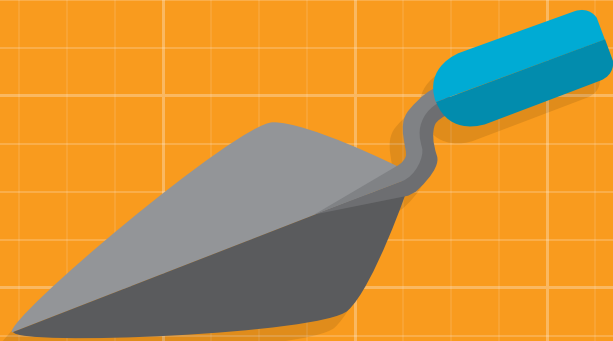


Wheelbarrow



DID YOU KNOW?

There are nearly half a million registered sex offenders in the U.S. - 80,000 to 100,000 of them are missing.



Shovel



Soil



It's important that at least one of your child's Grown-Up Buddies is outside the family.

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.

TATTLING VS. REPORTING

An essential step in a child's development of safety skills is knowing when to report to an adult. No one likes tattling, but the determination of when and what to report is rarely discussed. This leads to confusion, especially as children struggle with moral development. Explain the difference between tattling and reporting to your child and why knowing the difference is important for their safety. Reinforce the difference by playing the "What If?" game and providing your child with scenarios for which they will determine if telling would be tattling or reporting.

Tattling is a complaint about someone else's behavior and does not involve safety. For example, a sibling or friend who is not sharing a favorite

toy. **Reporting** is something that involves a threat to safety. Anything that involves a threat to their safety or someone else's safety must be reported to a trusted adult.

- Ask your child to practice speaking with confidence and conviction when reporting to a trusted adult using their I Mean Business Voice!
- Explain to your child that in situations that deal with safety, they must continue reporting until they get the 2 H's: Heard and Helped.
- Practice active listening by repeating your child's report to them and reflecting on what has been said by paraphrasing. "What I'm hearing is..." and "It sounds like you are saying..." are great ways to let your child understand that they have been heard.
- Follow up any report your child makes to you with an action plan to let them know how they can expect to be helped.



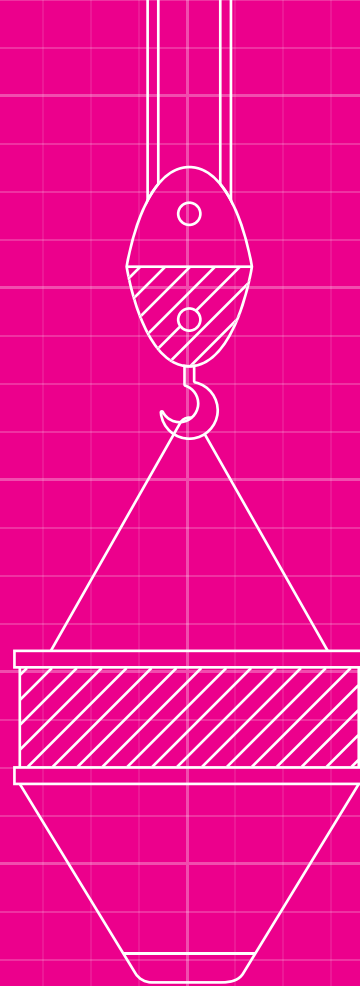
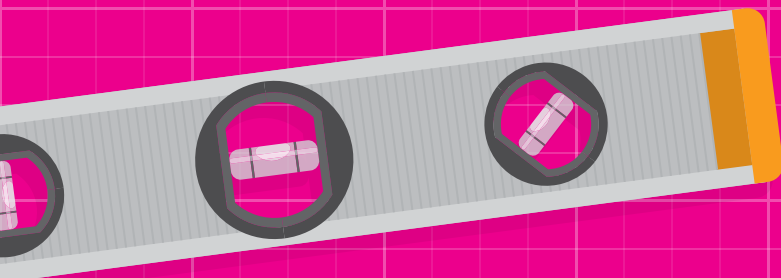
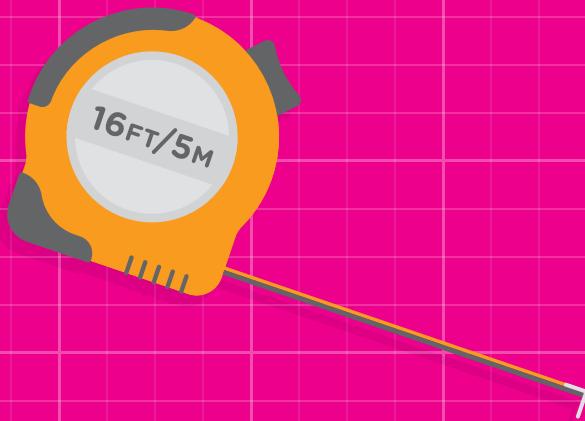
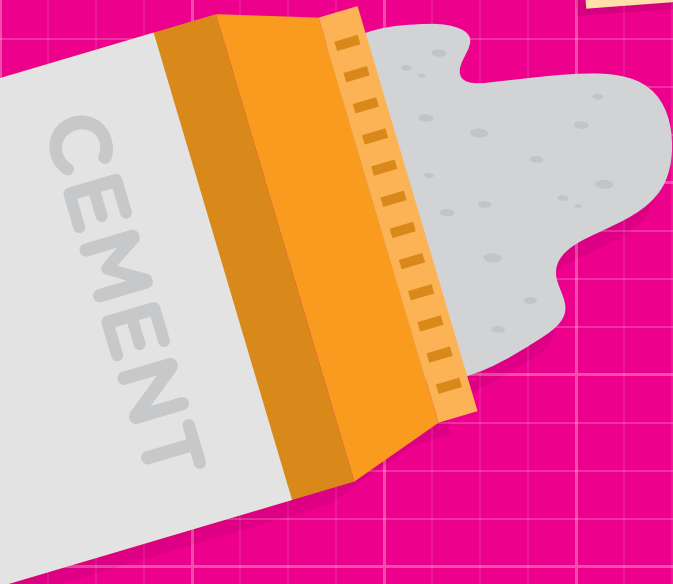
HANDS-ON ACTIVITY: TATTLING OR REPORTING?

Locate the
**Tattling or
Reporting?**

activity in your child's Activity Book. Have your child look at each situation in the picture and circle the scenarios that involve safety (and should be reported) and cross out the scenarios that don't involve anyone's safety (and would involve tattling). Answers are provided on the last page of this booklet.

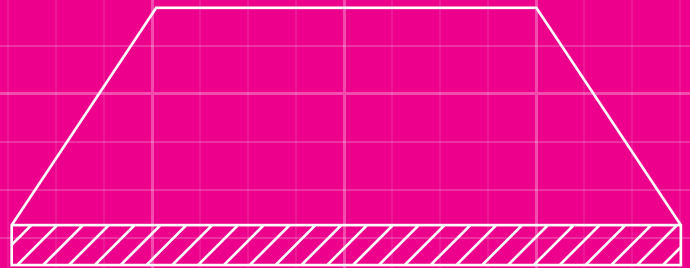
DID YOU KNOW?

According to the U.S. Department of Justice, Bureau of Justice Statistics, 9,700 convicted sex offenders were released in one year alone.



LAYING THE FOUNDATION

Foundation



Tattling is a complaint about someone else's behavior and does not involve safety.

The Building Blocks of Family Safety

POWER TOOLS

3RD-5TH GRADE ELEMENTARY SCHOOL-AGED CHILDREN

In Power Tools, you will find strategies to reinforce and apply safety lessons your 3rd–5th grade child learned through previous activities. As your child becomes more independent in school and after-school activities, they will use their Power Tools to ensure their safety. You can help your child to internalize these important safety strategies.

PRIVACY

Privacy is defined as keeping others from seeing, hearing, and touching things they shouldn't. Your child is learning that the right to privacy includes everything that is part of them, such as their body, property, thoughts, and feelings. Your child is learning the difference between keeping something private and keeping an unsafe secret. An unsafe secret is a secret that involves safety and should always be shared with a trusted adult in your child's Safety NETWORK. Your child has also learned that when privacy refers to their body boundaries, it means no one should touch them in a way that makes them feel uncomfortable – and no one but your child gets to decide how a touch makes them feel or if they want to receive a touch. Anything that involves inappropriate touching, seeing your child's private body parts, or anything that makes them feel uncomfortable or confused is not safe. If this happens, then your child needs to report it to an adult in their Safety NETWORK.

Talk with your child about what privacy looks like and how it feels.

- For example, when your child is taking a shower, privacy looks like a closed bathroom door and feels secure and safe

Listen to your child's needs for privacy and validate those needs. Be aware anytime your child's privacy needs seem excessive...they may be in an unsafe situation and need your help.

WHAT KIND OF INFORMATION IS IT?

Talk about the different kinds of information that exist in your child's world, what should be shared, and with whom it can or should be shared. Sharing any information with someone your child does not know is not appropriate. Sharing information of any kind on social media or gaming chat rooms can put your child in an unsafe situation.

Types of information include:

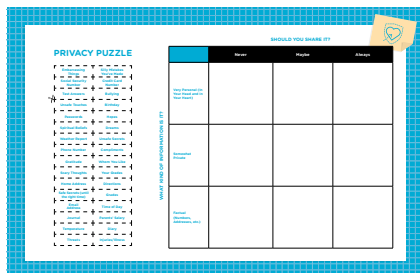
Factual – Numbers, addresses, etc.

Somewhat Private Information – Your grade on a test, if you are home alone after school or on a weekend afternoon

Very Personal Information – Thoughts in your head, feelings in your heart

Talk with your child about what kinds of information they would never share, maybe share, or always share and why. Reinforce to your child that they are never under any obligation to share any information with anyone, except when they are in an unsafe situation and need help from a trusted adult. How your child feels about information that is part of their world will determine if

they choose to share with others. However, again, any information that puts them at risk is information that must be shared with you or another trusted adult.



HANDS-ON ACTIVITY: SOLVE THE PRIVACY PUZZLE

Locate the **Privacy Puzzle** activity in your

child's Activity Book. Have your child cut out each rectangle containing a type of information. Using the puzzle grid, work with your child to arrange and group the information to complete the puzzle.

Task 1: Group the information into the following groups:

- Factual
- Somewhat Private Information
- Very Personal Information

Task 2: Encourage your child to decide where they will put each type of information in the grid under Should I Share It?:

- Never
- Maybe
- Always

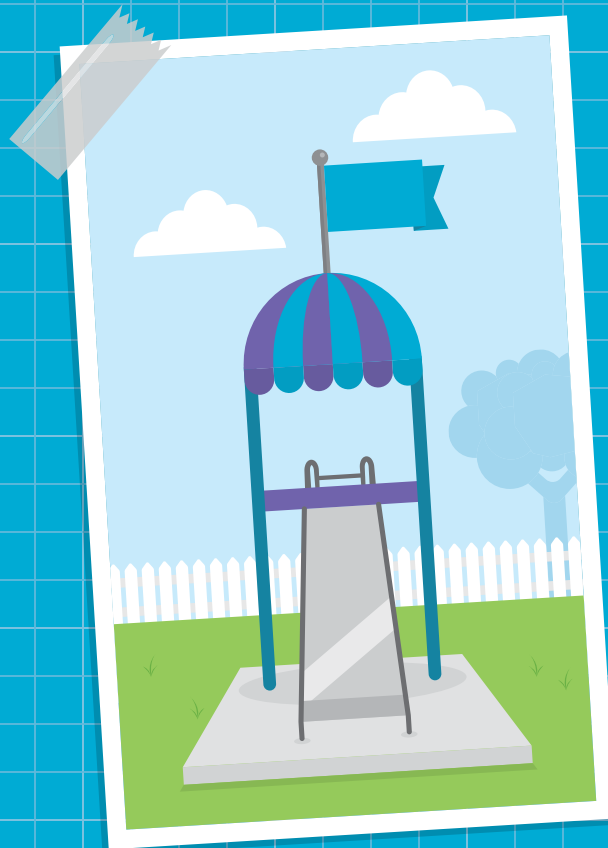
Note if your child demonstrates that it is okay to share almost everything. Your child may need your help to set boundaries for sharing information. Since your child is in this era of information being shared all the time in many different settings, they may not understand the appropriateness of what, when, where, and how information is shared.

GROOMING

Grooming: An adult giving a child attention that isn't normal, healthy, or appropriate in order to gain the child's trust. Your child knows about the danger of strangers and that they are never to talk to, go anywhere with, or meet with a stranger. But, there is a much greater chance of your child being harmed by someone they



Finished Playhouse!



know well and trust. In fact, 90 percent of the time a child is harmed, it's at the hands of someone they – and their parents or caregivers – know somewhat well. It is very important that your child know that there are behaviors unsafe adults use to groom a child and gain their family's trust. Your child must also remember that we cannot tell if someone is safe or unsafe by how they look, but rather by how they make us feel.

Help your child understand that when someone makes them feel uncomfortable, unsafe, threatened, or is just too close to them, that person has violated their body boundary. It is important that your child is able to recognize if a relationship is just not quite right, could become harmful, or could be the warning sign of grooming. Your child may think that everyone enjoys attention and that the attention makes them feel special. If that attention begins to make them feel uncomfortable, or if their body boundary becomes violated with unwanted and inappropriate touches, your child should immediately report to someone in their Safety NETWORK. The same is true for an adult that asks your child to keep secrets.

Explain to your child that it is very important that they learn to recognize the warning signs of grooming. They should tell a trusted adult in their Safety NETWORK about any attention that makes them feel confused, or uncomfortable, or just doesn't seem quite right.

Know the warning signs of grooming:

- Someone spends too much time with your child
- Someone isolates your child from a group
- Your child receives gifts you don't know about
- Your child is being asked to keep secrets from you by another adult
- Someone wants to be alone with your child
- Someone seems too eager to gain access to your family by doing favors, offering to babysit, etc.

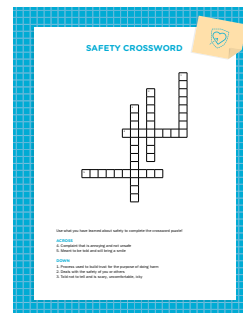
Remember to keep the lines of communication open with your child. Talk with them about the interactions they have with other adults. Remember that children who feel like they can talk to their parents or caregivers about anything are much less susceptible to being victimized.



HANDS-ON ACTIVITY: WARNING SIGNS OF GROOMING

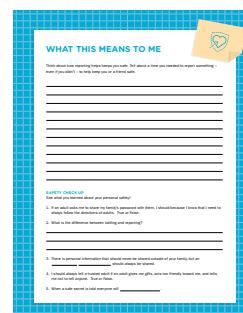
Locate the **Warning Signs of Grooming** activity in your child's Activity Book, and complete it with your child. Extend their learning by asking your

child why or why not they think the scenario is grooming. Answers are provided on the last page.



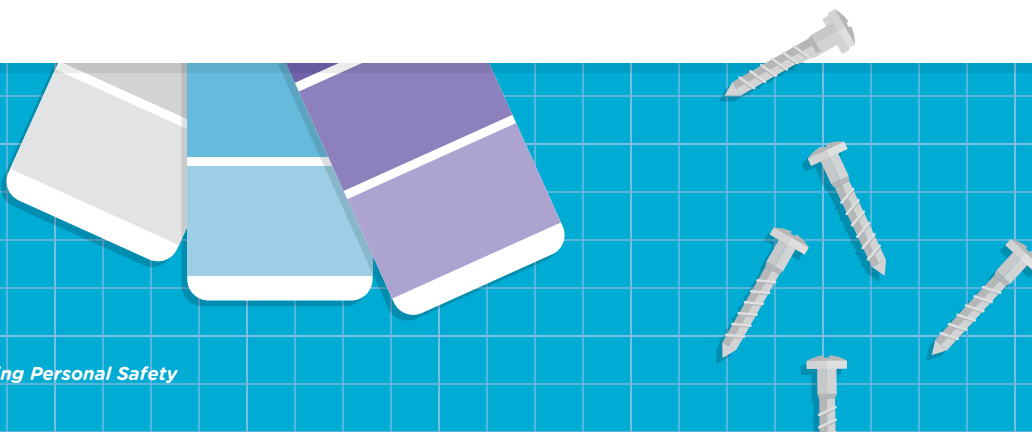
HANDS-ON ACTIVITY: SAFETY CROSSWORD

Provide your child with the **Safety Crossword Puzzle** activity from your child's Activity Book to help reinforce safety concepts. Answers are provided on the last page.



HANDS-ON ACTIVITY: WHAT THIS MEANS TO ME

Provide your child with the **What This Means to Me** activity from your child's Activity Book. Answers to the Safety Check-Up section are located on the last page.

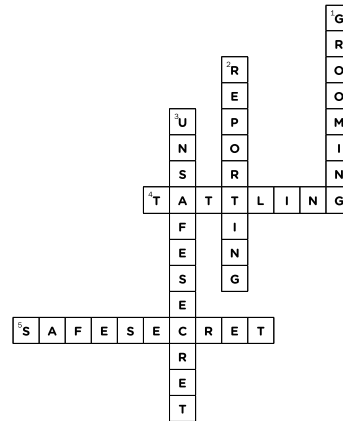


HANDS-ON ACTIVITIES ANSWER KEY

SAFETY WORDS



SAFETY CROSSWORD



WHAT THIS MEANS TO ME

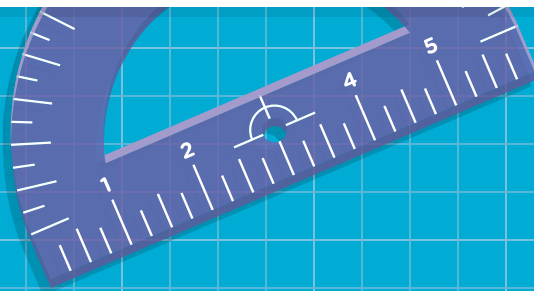
1. False. No adult is entitled to know your family's private information. If you are asked about private information, you should always tell a trusted adult.
2. Tattling deals with a situation that just bothers and annoys you, but is safe. Reporting deals with an unsafe situation for yourself or someone else.
3. Unsafe secret
4. True. Any adult who gives you gifts, is too friendly, and asks you not to tell, is asking you to keep an unsafe secret. An unsafe secret always needs to be told to a trusted adult right away.
5. Smile

TATTTLING OR REPORTING?



WARNING SIGNS OF GROOMING

1. No
2. Yes
3. No
4. Yes





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