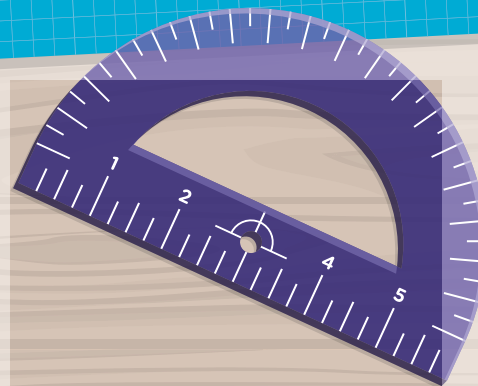
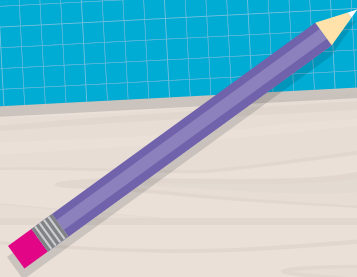
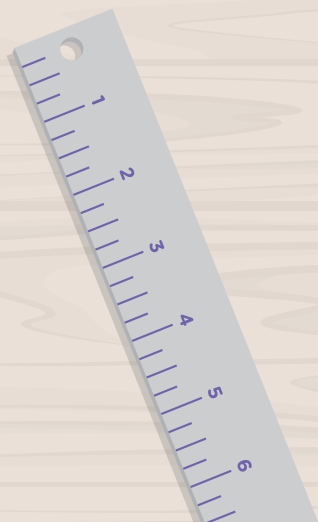


BLUEPRINT

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

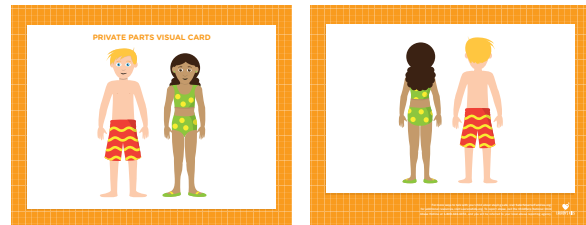


HANDS-ON ACTIVITY: LEARN THE DIFFERENCE BETWEEN SAFE AND UNSAFE SECRETS

A **Safe Secret** is one that will eventually be told, and when it is, it will make everyone smile, like a surprise party or a secret handshake with your best friend. Safe secrets make you feel:
Loved • Encouraged • Happy • Safe

An **Unsafe Secret** is one that is confusing and makes your child feel icky, threatened, or scared. An unsafe secret is any secret that your child is told not to tell. Unsafe secrets should ALWAYS be told to a trusted adult. Unsafe secrets make you feel:
Icky • Confused • Scared • Threatened

Locate the **Safe vs. Unsafe Secrets** activity in your child's Activity Book, and review this concept with your child using the scenarios on the page. When talking about how safe and unsafe secrets make us feel, we want to help children focus on and articulate their emotions.



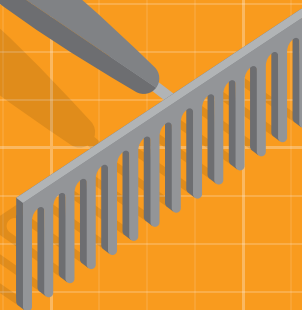
Use the **Private Parts** visual card located at the end of this section in your parent pack and review the following with your child:

- Remind your child that any part of their body covered by their bathing suit and their mouth is a private part of their body.
- Your child's right to privacy includes the private parts of their body. Ensure their right to privacy by reinforcing the understanding that no one is to see, touch, or photograph their private parts unless they are at the doctor and need help.
- Remind your child that any touch that makes them feel unsafe, icky, or confused and that involves the private parts of their body is an unsafe touch. An unsafe touch that your child is told not to tell anyone about is an unsafe secret.
- Make sure that your child understands that an unsafe secret should ALWAYS be shared with a trusted adult and that your child needs to keep telling until they get the two H's: HEARD and HELPED!

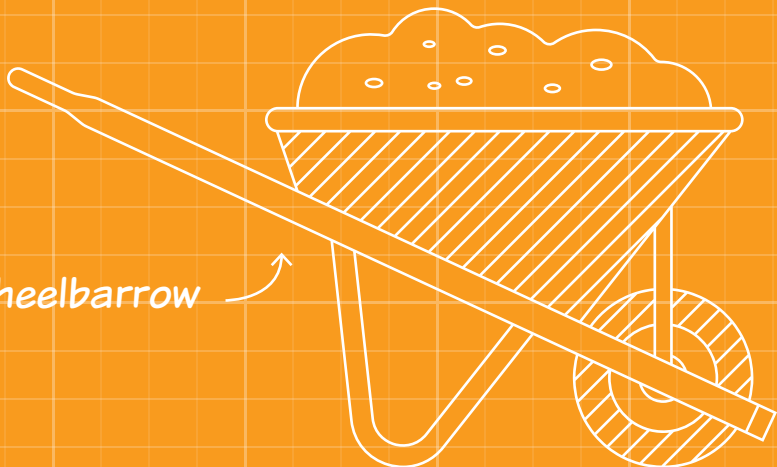




Children should always stay close to a trusted adult whenever they are out in public.

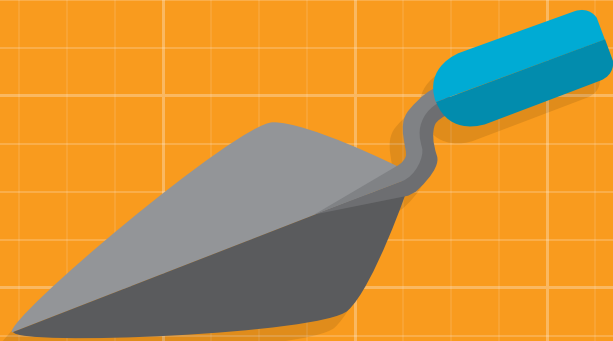


Wheelbarrow

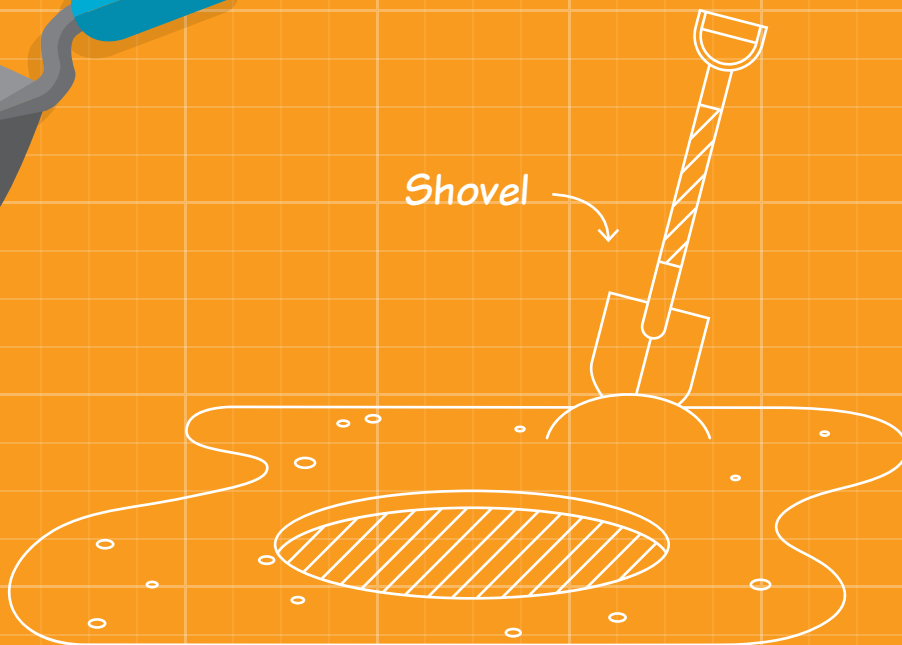


DID YOU KNOW?

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.



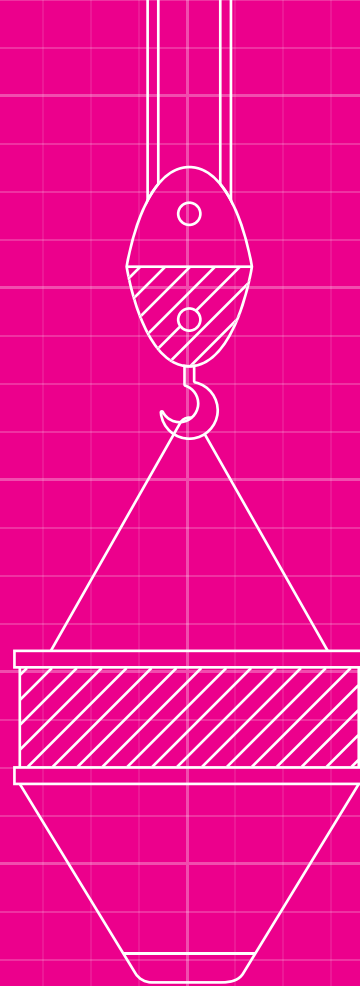
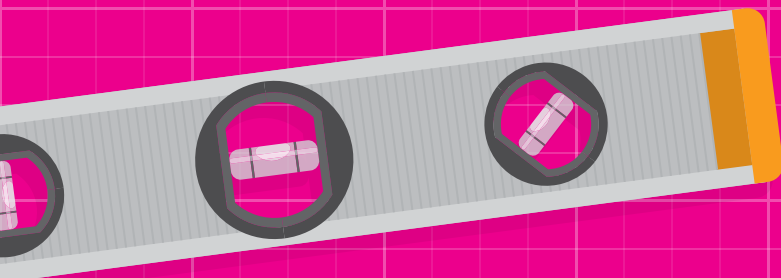
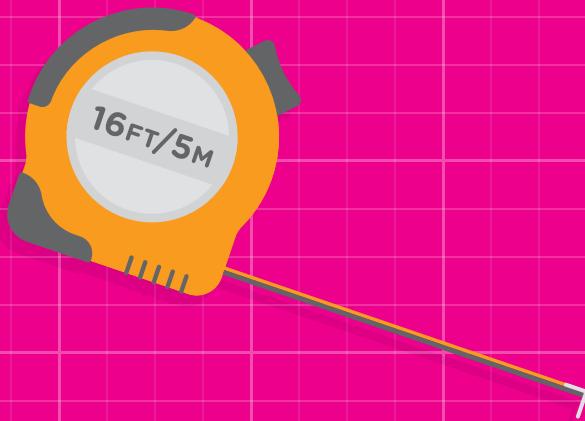
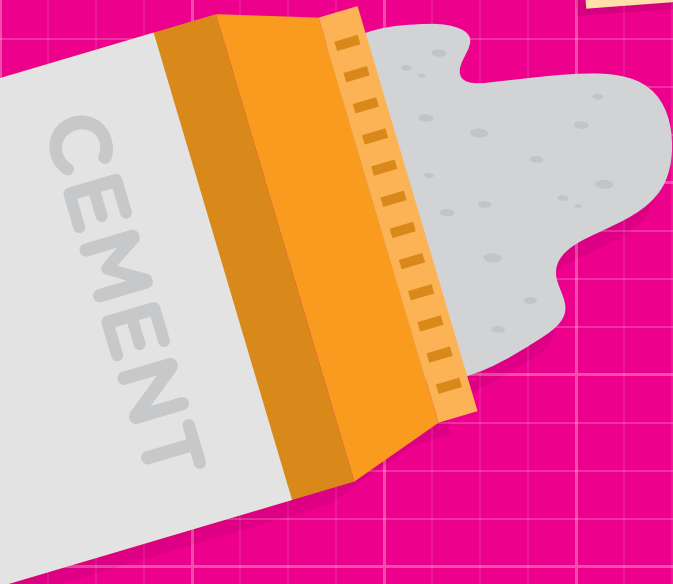
HANDS-ON ACTIVITY: TATTLING OR REPORTING?

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.

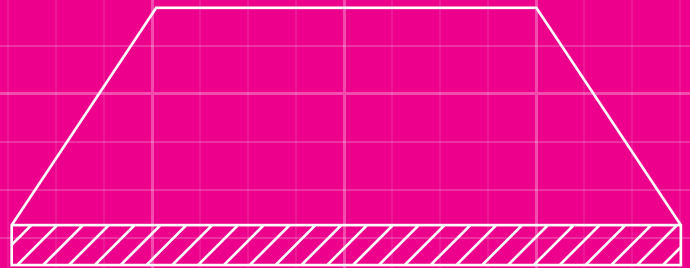
DID YOU KNOW?

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

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.

LEARNING ABOUT SAFE SECRETS AND UNSAFE SECRETS

Your child has been learning the difference between a safe secret and an unsafe secret – information that is an important safety strategy and safety tool. Help reinforce this important knowledge by having frequent conversations with your child about situations that arise that may be unsafe. Ask them why they feel that the situation is unsafe and what they would do. These discussions will help build your child's confidence and the ease with which they employ these safety tools if needed.

Talk with your child about the difference between safe and unsafe secrets.

A **safe secret** is one that will eventually be told and will make everyone smile - like a surprise party or the gender of a baby-to-be.

An **unsafe secret** is one that makes you feel confused, threatened, unsafe, or icky and is one that you are told not to tell.

- Help your child understand that it's never safe keep an unsafe secret, no matter who asks or tells them to keep it.
- Keep the lines of communication open with your child.
- Make sure your child knows that it's okay to come to you with any information.
- Make sure your child knows that they should never keep a secret from you.

When your child is faced with being asked or told to keep a secret:

- Help your child use Think, Feel, Act to process what they Think about the secret, how it makes them Feel, and how they would choose to Act.

When your child discloses an unsafe secret to you:

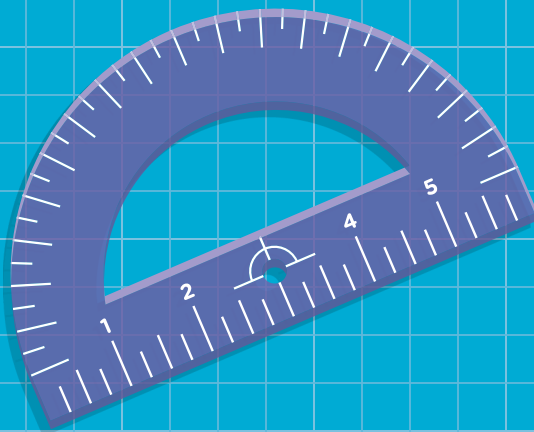
- Believe what they are saying
- Validate their feelings

HANDS-ON ACTIVITIES ANSWER KEY

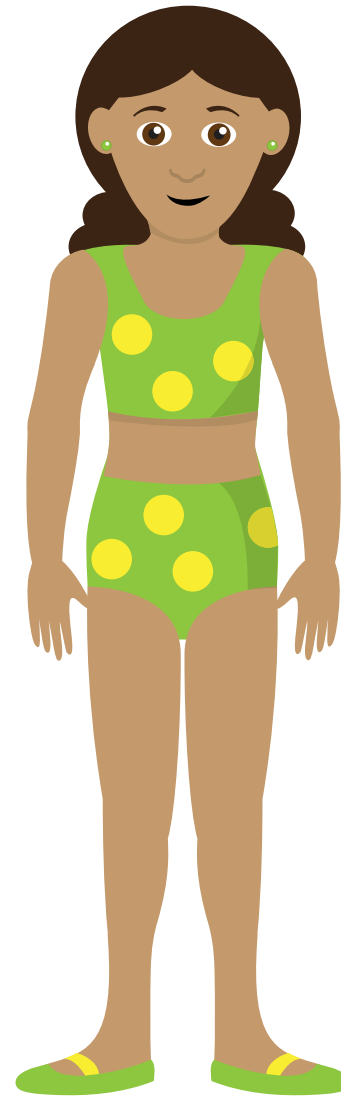
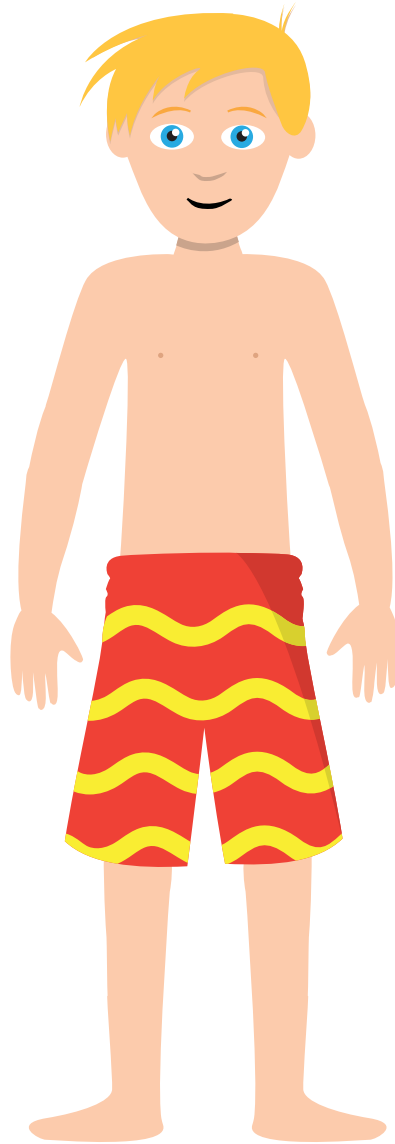
SAFETY WORDS

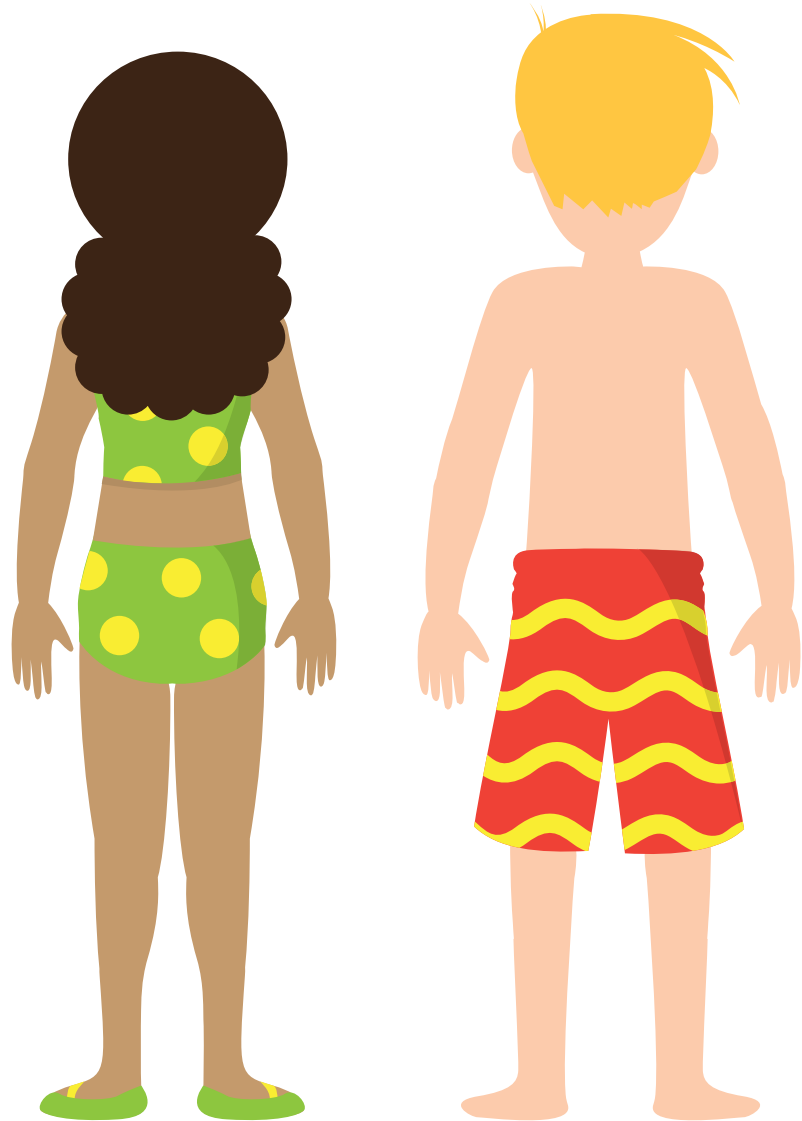
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O	V	O	U	S	R	J	T	U	A	W	P	W	B	E
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TATTLING OR REPORTING?



PRIVATE PARTS VISUAL CARD





For more ways to talk with your child about staying safe, visit SaferSmarterFamilies.org; for additional resources, visit LaurensKids.org. To report abuse, call the ChildHelp National Child Abuse Hotline at 1-800-422-4453, and you will be referred to your local abuse reporting agency.



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