

GLOSSARY OF KEY VOCABULARY

Body Boundaries: The space each person has around their body that no one should touch without permission.

Cyber Bullying: Using the internet or social media to threaten or harass someone.

Cyber P.L.A.N.: Your plan to keep you safe on the internet and social media.

Grown-Up Buddies: Trusted adults who are old enough to drive who help a child to be safe.

Grooming: The process of building trust with a victim by an abuser.

Guiding Voice: Everyone has a Guiding Voice inside of them. This is the voice that either reminds you of things or helps you realize that you're feeling confused, nervous or uncomfortable – whatever those feelings may be. You should always listen and tell someone in your Trusted Triangle if you realize that you are feeling confused, nervous, or uncomfortable.

I Mean Business Voice: We use our I Mean Business Voice any time we need our voice to be heard in any situation where we don't feel safe.

Personal Space: The space around a person's body that belongs to us. Nobody should be going into our personal space without our permission, because our bodies belong to us.

P.L.A.N.: Permission, Location, Activity, Names and Numbers of people you are with. Anytime you go somewhere, you make a P.L.A.N. First, get Permission from the grown-up in charge of you. Next, tell the Location where you will be. Then, let the grown-up know what the Activity will be. Finally, give the names and phone numbers of the people who are with you.

Private Parts: The parts of our body covered by our bathing suit and our mouth.

Reporting: Reporting is something that involves a threat to safety.

Safe Secret: A safe secret is one that is eventually told and that makes everyone happy.

Safe Touch: A safe touch is one that makes you feel loved, happy, comforted, and safe. This can be a welcome hug, an encouraging pat on the back or cuddling with a parent.

Safety NETWORK: Your group of trusted adults who will keep you safe.

Stranger: People that you don't know. Anyone that you don't know is a stranger.

Tattling: Tattling is a complaint about someone else's behavior that doesn't involve safety.

Think, Feel, Act: TFA stands for Think, Feel, Act. Think about a situation, how it makes you Feel, and what Action you should take to keep yourself safe.

Trusted Adult: A grown-up who will help you make safe decisions and protect you. Trusted adults are old enough to drive and help you to be safe.

Trusted Triangle: A Trusted Triangle is made up of trusted adults who are old enough to drive and to whom you can tell anything. One person in your Trusted Triangle should be outside of your family.

Unsafe Secret: An unsafe secret is one that makes you feel confused, "icky," or bad and that you are told not to share.

Unsafe Touch: An unsafe touch is a touch that makes us feel "icky," uncomfortable, or confused.

Violation: An unsafe touch; not showing respect for body boundaries.

Voice: Your right to be heard and share your opinions, needs, fears, and hopes.

RESOURCES

Lauren's Kids has many resources to support families as they become safer and smarter. The *Safer, Smarter Kids* abuse prevention and personal safety curriculum is available to all Florida Public and Charter Schools at no cost and is widely implemented throughout the state and country. This activity pack has been developed to extend that safety education into your home.

FAMILY SAFETY PLAN

safersmarterfamilies.org

Our FREE *Safer, Smarter Families* Family Safety Plan Generator is a custom, interactive tool that provides parents with age-appropriate language and activities. This tool supports parents as they have important conversations about their families' personal safety in a comfortable way, and provides information just for parents and caregivers about how to keep kids safe, signs of abuse, and spot unsafe behavior in adults.

HOPE AND HEALING

laurenskids.org/hopeandhealing/

A free resource for families dealing with the aftermath of a child's disclosure of sexual abuse, with therapeutic activities for both caregiver and child.

SAFER, SMARTER SCHOOLS CURRICULUM

safersmarterschools.org

The Lauren's Kids *Safer, Smarter Schools* curriculum is the country's first Pre-Kindergarten through grade 12 school-based prevention and personal safety curriculum series. The *Safer, Smarter Kids* program spans Pre-Kindergarten through grade 5, as well as special education; *Safer, Smarter Teens* provides lessons for middle and high school students. *Safer, Smarter Schools* professional development is also available for educators, administrators and guidance professionals. FREE for Florida public and charter schools – ask your child's school about implementing the program today.

Sources for all statistics referenced in the activity packs can be found at LaurensKids.org.

