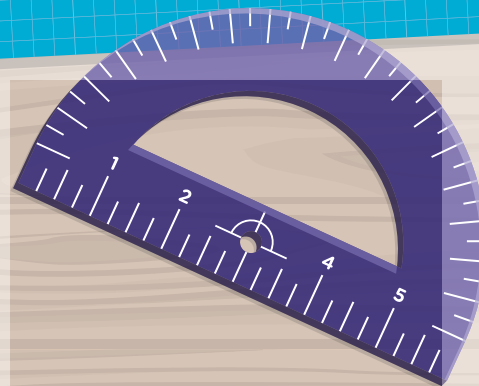
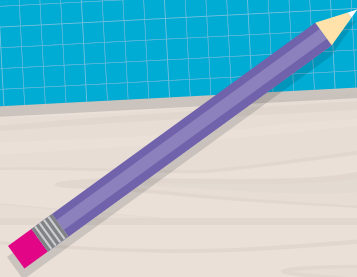
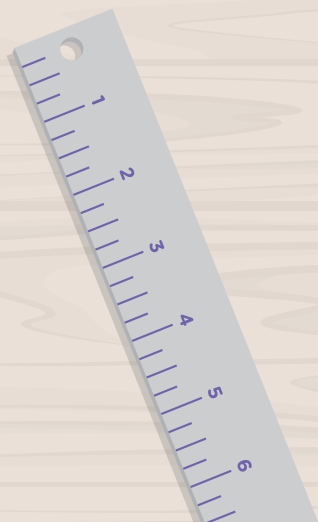


BLUEPRINT

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

Helping your child to become aware of their surroundings is an important safety strategy. Most of the time, you or another trusted adult will be with your child to supervise and ensure safety. However, this may not always be the case. So, it is very important that your child become aware of their surroundings, know their address and phone number, and know how to access help if they need it. When you are with your child outside of your home, help your child to stay safe by focusing on their surroundings and looking for unsafe situations, such as a busy street that needs to be crossed. Brainstorm solutions to such problems with your child. For example, always cross where there is a light and a crosswalk, and be sure to look to make sure cars are obeying the rules of the road. Model safe behaviors for your child by showing how you look both ways, and cross with the light. Involve your child in conversations about why this is safe. Their understanding of the “why” of safe behaviors is very important.

Your child must learn their address and phone number, and emergency numbers such as 911. Practice by having your child recite their address and phone number. Your child must know your apartment or house number and street name. Make sure your child knows how to find their

street name on a street sign and basic directions of how to get to their home. Include landmarks such as a certain grocery store or fire station that are near your home. When a child is nervous or scared, they may not be able to remember a specific address, but may be able to say that they live near a landmark.

If you are in transition and do not have a stable address and phone number, have your child learn the address and phone number of a trusted family member or trusted adult friend who has a permanent address and phone number.

P.L.A.N.

In addition to building your child's awareness of their surroundings, it is important to develop the process of preparing your child for the likelihood that they will go many places with other families, children, and trusted adults – and, as they get older, by themselves. Help your child understand that they should always make a P.L.A.N. before going places so that the grown-up in charge or their Grown-Up Buddy knows where they are going and what they are doing. P.L.A.N. stands for Permission, Location, Activity, Names and Numbers. It's important to make a plan – and stick to it – to stay safe.

HANDS-ON ACTIVITY: P.L.A.N.



Help your child understand that each step of the P.L.A.N. helps keep them safe. Locate the **P.L.A.N.** activity sheet in your child's Activity Book and go over the following with your child:

P = Permission from the grown-up that is in charge before your child goes anywhere or does anything.

L = Location lets the grown-up in charge know the Location where your child will be. This is a very important step because if it changes, your child must begin the P.L.A.N. process again.

A = Activity lets the grown-up that is in charge know about the Activity your child will engage in while they are away from your supervision

N = the Name and Phone Number of the person(s) your child is with.

You may consider not giving permission for your child to go with any adult who is unable to provide contact information. You must be able to contact your child at all times.

DID YOU KNOW?

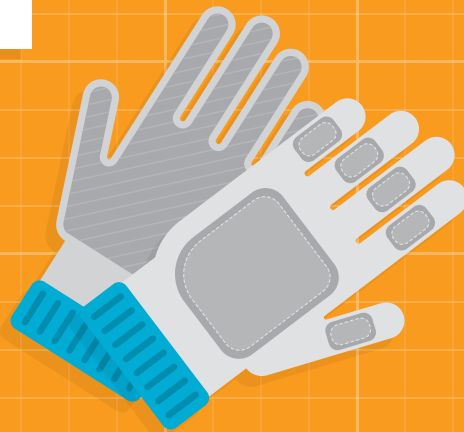
1 in 3 girls are sexually abused before the age of 18.

To Do:

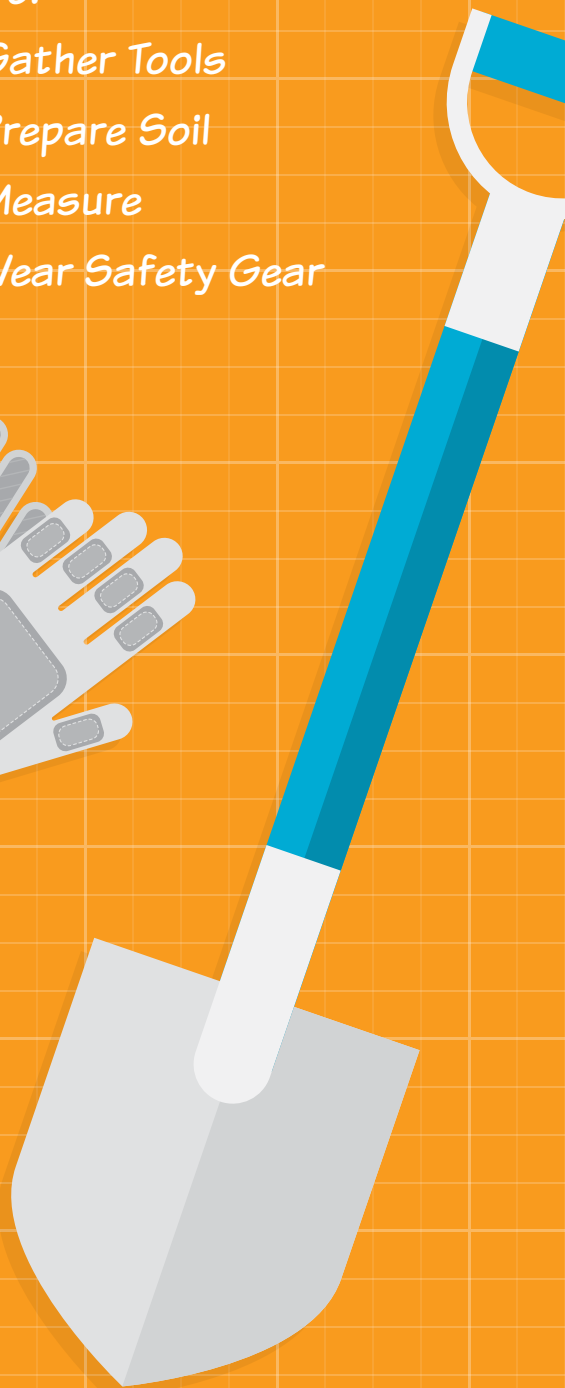
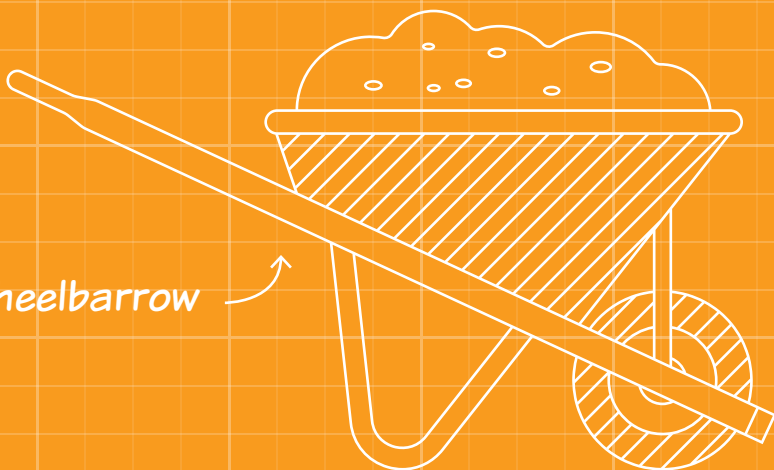
- ☐ Gather Tools
- ☐ Prepare Soil
- ☐ Measure
- ☐ Wear Safety Gear



Your child must learn their address, phone number, and emergency numbers such as 911.



Wheelbarrow



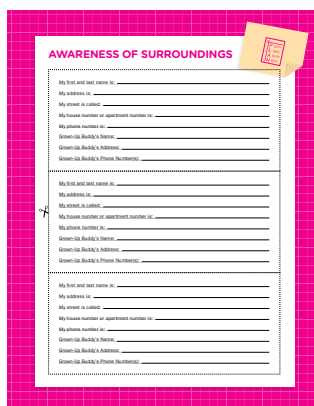
The Building Blocks of Family Safety

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: AWARENESS OF SURROUNDINGS

Building your child's awareness of their surroundings is an important safety strategy. Most of the time your child will be accompanied by you

or another trusted adult, but sometimes they may not. Your child must learn how to navigate their world with the personal knowledge of their address, phone number, and other contact information.

Locate the **Awareness of Surroundings** activity in your child's Activity Book. Help your child complete the information. Take this card with you and practice with your child as they memorize their important contact information. Consider putting this card in your child's backpack in case of an emergency. It is also important for your child to include the name and contact information of a trusted adult on this card. This trusted adult knows that they are available to help your child when needed.

Be sure that your child has memorized their address and phone number. If that information changes frequently, make sure that they know the address and phone number of a trusted adult whose address is more permanent.

HANDS-ON ACTIVITY: MAKE YOUR OWN SAFETY SUNGLASSES

Locate the **Safety Sunglasses** sheet in your child's Activity Book and help your child decorate and cut out their Safety Sunglasses.

Materials:

- Safety Sunglasses template (sheet is located in your child's Activity Book)
- Tape

- Scissors
- Crayons, markers, glitter, stickers (optional)

Directions:

- Cut out Safety Sunglasses along dotted lines
- Cut out area in the lenses along the dotted lines
- Tape side pieces to front of frame
- Bend to fit side pieces over ears
- Decorate by coloring, adding glitter, and any other desired decorations

USE YOUR SAFETY SUNGLASSES TO PLAY THE “I SPY GAME”

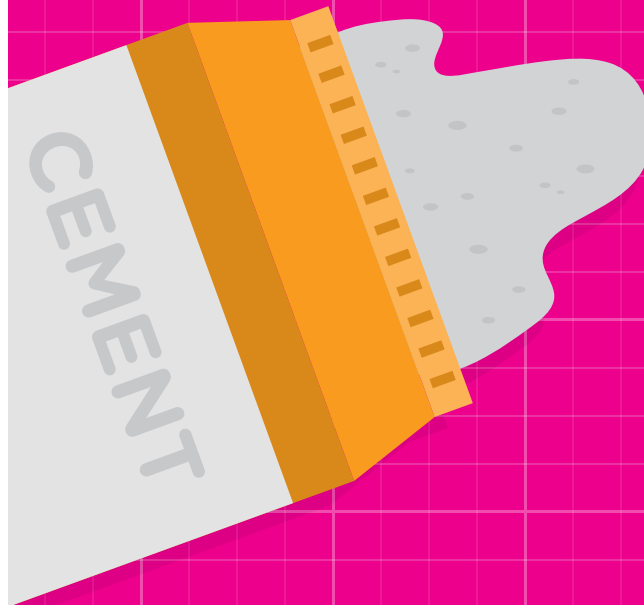
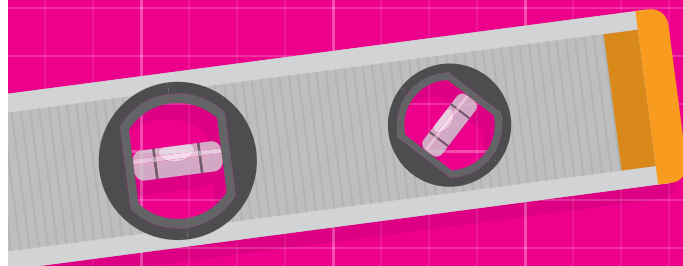


Play the “I Spy Game” with your child to reinforce the concept of using their Safety Sunglasses to assess the safety of their surroundings

and the safety of the situation. Have your child tell you if these are unsafe surroundings and situations, and what they would do to keep themselves safe.

Here are some examples of scenarios:

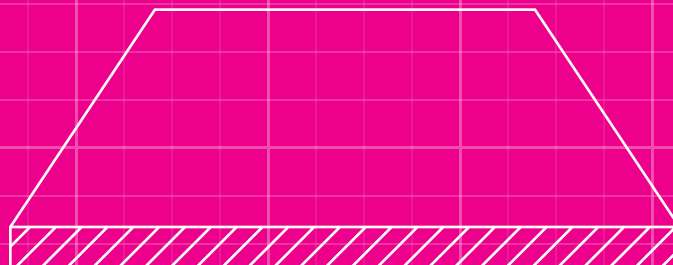
- You are at home alone while your mom runs to the grocery store and someone rings the doorbell. What do you do?
- You need to cross a very busy street by yourself without your Grown-Up Buddy or trusted adult. What do you see that could be unsafe? What do you do?
- You get separated from your parents in the mall. What do you see that could be unsafe? What do you do?
- You get off the bus at the wrong bus stop. What do you see that could be unsafe? What do you do?
- You are walking to your grandmother’s house and someone you don’t know offers to give you a ride. What do you see that could be unsafe? What do you do?



LAYING THE FOUNDATION



Foundation

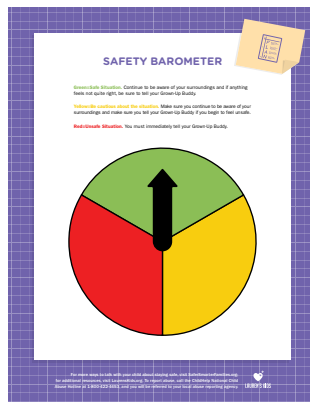


The Building Blocks of Family Safety

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: SAFETY BAROMETER

Locate the **Safety Barometer** card at the end of this section of your parent pack. Help your child learn how to assess their surroundings and situations by using their Safety Barometer.

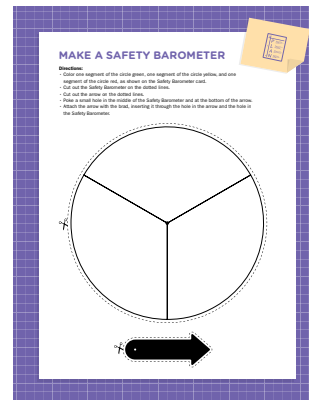
Even though you and your child will make a Safety Barometer, explain to them that each of us has a Safety Barometer within ourselves. Our Safety Barometer helps us assess the safety of our surroundings and situations that we encounter. Use your Safety Barometer card to explain the following:

Green=Safe Situation. Continue to be aware of your

surroundings and if anything feels not quite right, be sure to tell your Grown-Up Buddy.

Yellow=Be cautious about the situation. Make sure you continue to be aware of your surroundings and make sure you tell your Grown-Up Buddy if you begin to feel unsafe.

Red=Unsafe Situation. You must immediately tell your Grown-Up Buddy.



HANDS-ON ACTIVITY: MAKE A SAFETY BAROMETER

Locate the **Make a Safety Barometer** card in your child's Activity Book.

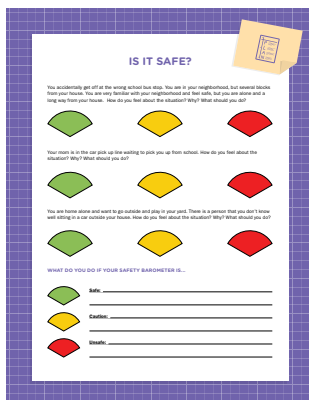
Materials:

- Safety Barometer template (located in your child's Activity Book)
- Red, Yellow, and Green Crayons or markers
- Scissors
- Metal Brad (located in your folder)

Directions:

- Color one segment of the circle green, one segment

- Cut out the Safety Barometer on the dotted lines.
- Cut out the arrow on the dotted lines.
- Poke a small hole in the middle of the Safety Barometer and at the bottom of the arrow.
- Attach the arrow with the brad, inserting it through the hole in the arrow and the hole in the Safety Barometer.



Locate the **Is it Safe?** activity sheet in your child's Activity Book, and have your child show you on their Safety Barometer whether they think the situation is safe. caution should be

exercised, or the situation is unsafe. Then, circle the corresponding color on the activity sheet.

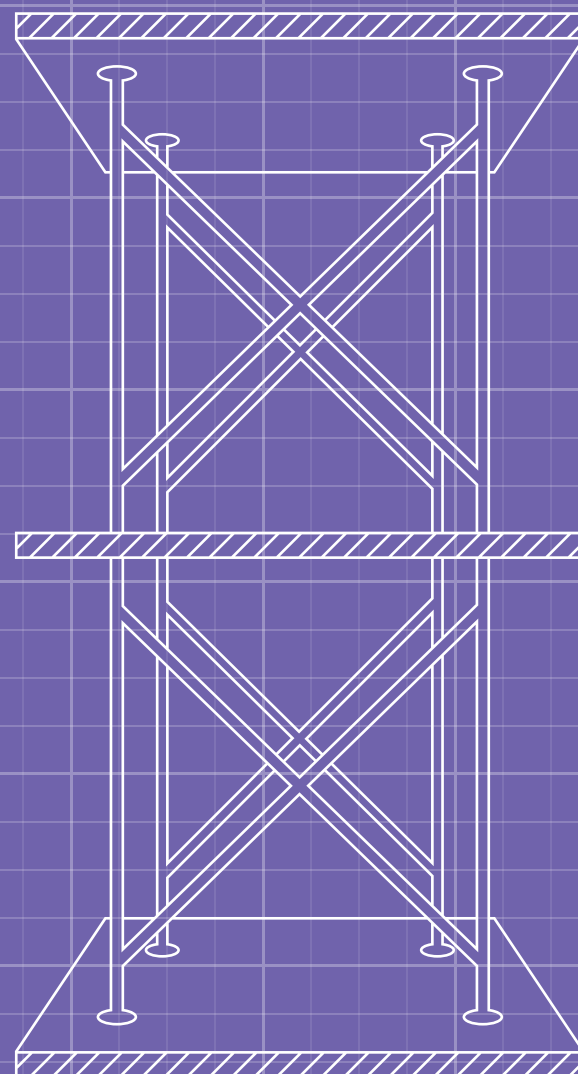
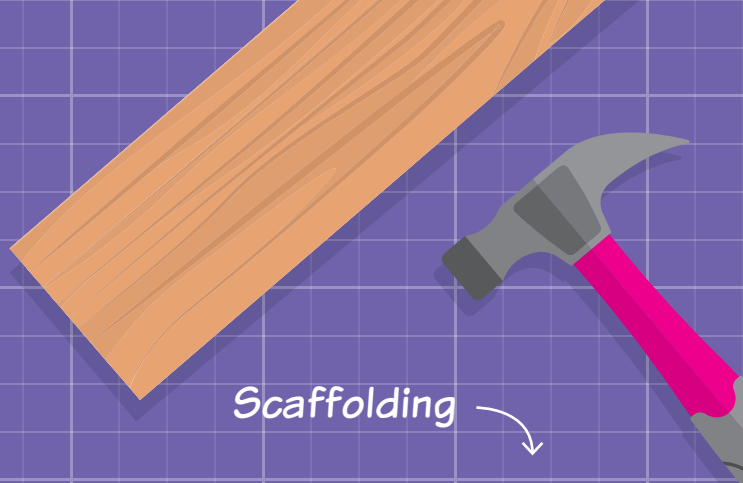
It is important for your child to remember that their Safety Barometer is always with them because it is within them. By listening to their Guiding Voice your child determines the safety of a situation or person based upon their feelings. By staying alert, focusing on their surroundings, and using their Safety Barometer as a gauge of safety, your child can make safe decisions and safe choices.

Be sure to review your child's answers to this activity and discuss anything that they indicate would make them feel unsafe.

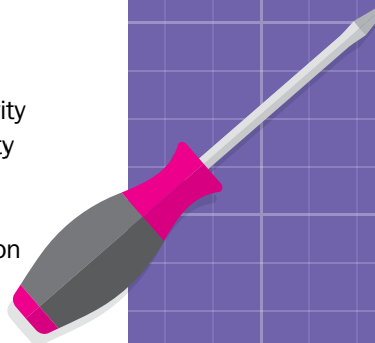


HANDS-ON ACTIVITY: SAFETY WORDS

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.



SCAFFOLDING YOUR CHILD'S SAFETY

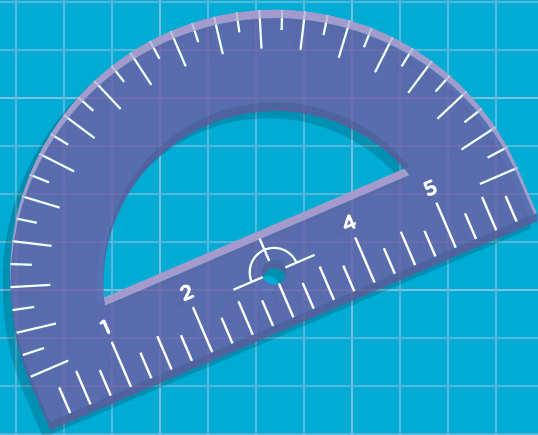


Explain to your child that each of us has a Safety Barometer within ourselves.

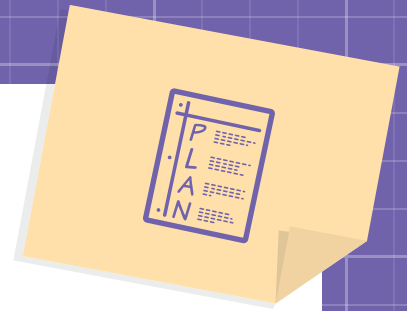
HANDS-ON ACTIVITIES ANSWER KEY

SAFETY WORDS

F	P	M	S	A	D	D	R	E	S	S	Q	W	U	Q
Y	E	N	S	J	O	Q	G	R	A	C	Z	W	C	V
A	R	Y	U	R	Q	N	U	M	B	E	R	T	A	T
C	M	K	R	H	N	K	Y	H	L	R	R	B	Z	S
T	I	V	R	N	Q	A	A	V	G	Y	Q	V	K	W
I	S	E	O	I	I	F	M	E	I	W	J	M	B	S
V	S	U	U	P	H	O	N	E	N	U	M	B	E	R
I	I	O	N	L	A	W	A	R	E	N	E	S	S	E
T	O	J	D	A	R	Q	K	A	D	R	U	F	F	I
Y	N	S	I	N	C	B	T	W	W	U	H	E	X	Z
L	D	A	N	S	X	C	U	Z	R	A	X	O	P	P
U	M	N	G	T	U	E	G	R	V	C	B	I	O	U
L	H	W	S	E	B	P	O	F	L	I	M	F	M	M
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M	M	K	L	O	C	A	T	I	O	N	F	T	X	M



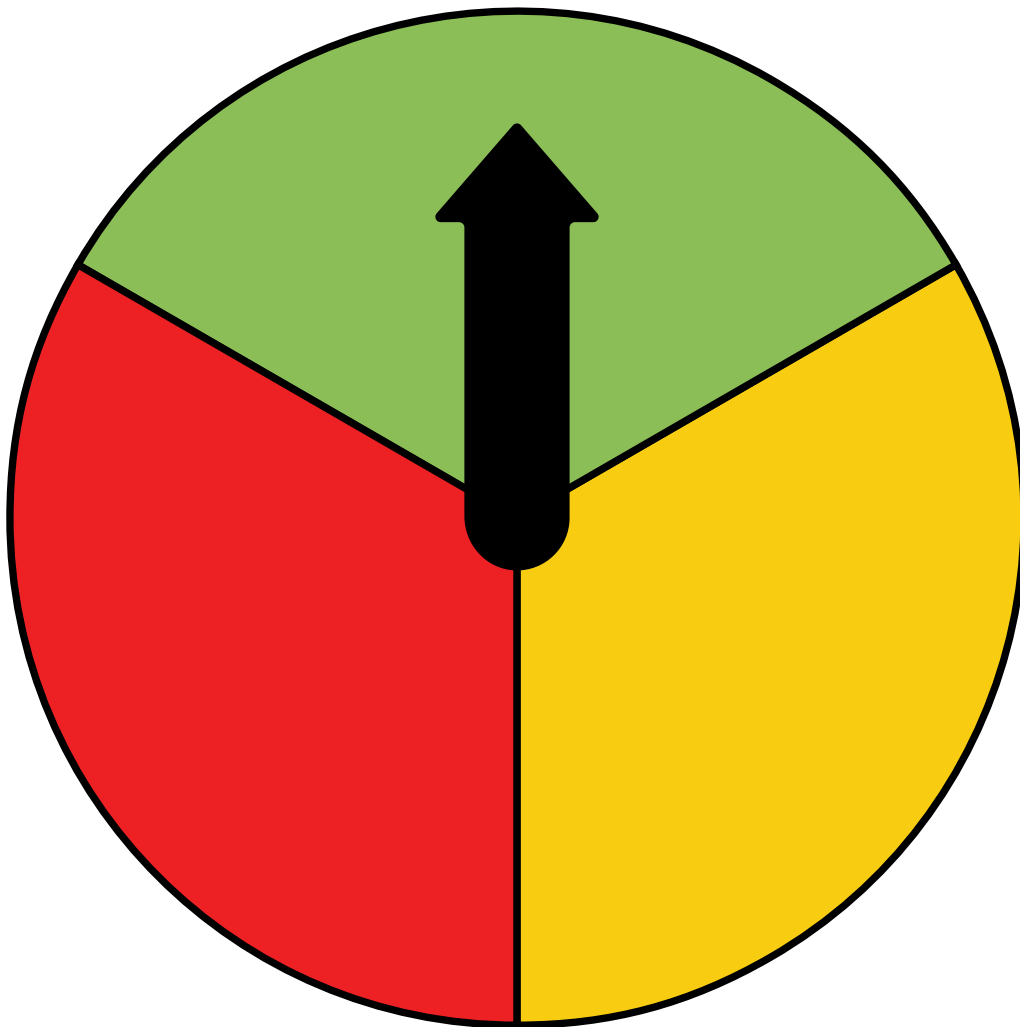
SAFETY BAROMETER



Green=Safe Situation. Continue to be aware of your surroundings and if anything feels not quite right, be sure to tell your Grown-Up Buddy.

Yellow=Be cautious about the situation. Make sure you continue to be aware of your surroundings and make sure you tell your Grown-Up Buddy if you begin to feel unsafe.

Red=Unsafe Situation. You must immediately tell your Grown-Up Buddy.



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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