



For parents of Kindergarten, 1st grade, 2nd Grade: We encourage reviewing the following information with your child, as well as the Be Seen and Heard book:

1. Safe Touch VS. Unsafe Touch
 - A safe touch should make you feel good, happy, and even make you smile. High fives, hugs, handshakes.
 - An unsafe touch can hurt. Pushing, punching, tripping. Remember, if you do not want to be hugged because it make you feel uncomfortable, it is okay to say no.
2. Safe Secret VS. Unsafe Secret.
 - A safe secret is more of a surprise. Like a birthday present or a surprise birthday party.
 - An unsafe secret is something no one else knows and it can make you feel sad, mad, or scared. If you are ever sad, mad, or scared it is okay to talk to your trusted hero about it, even if someone told you to never tell.
3. Clean and Healthy Rule
 - No one should touch your private body parts unless it is to keep you clean and healthy.
 - Private body parts are covered by a. Swimsuit.
 - Who can help keep you clean?
 - Mom and dad or guardian when you need help in the bath or the shower. Remember babies always need help!
 - Grandma or grandpa or maybe other family but only if your parent/guardian knows about it and has given permission.
 - Who can keep you healthy?
 - The doctor, with mom and dad in the room.
 - Mom and dad, if you get hurt or sick.
 - Who should never touch private body parts?
 - In presentations our examples are soccer coach, dance teacher, or bus driver.
 - As a parent, it is okay to reaffirm that NO ONE should touch their private body parts, including teachers, school staff, neighbors, friends, family, strangers, or someone in the community.
4. Determine who your trusted heroes are.
 - Mom, dad, aunt, uncle, grandparents, social worker, counselor, etc.
5. 4 Rules to Keep our Bodies Safe
 1. If anyone tried to touch you in a way that makes you feel uncomfortable, say no, go tell someone you know and trust!

2. If someone tell you that their touches are a secret, say no, go tell someone you know and trust!
3. Don't let the person tell you that you are a bad child if you don't touch them or look at their private body parts. Say no, go tell someone you know and trust!
4. If someone has touched your private body parts, tell someone you trust

For parents of 3rd Graders: We encourage reviewing the following information with your child, as well as the Be Seen and Heard book:

1. Safe Touch VS. Unsafe Touch
 - A safe touch should make you feel good, happy, and even make you smile. High fives, hugs, handshakes.
 - An unsafe touch can hurt. Pushing, punching, tripping. Remember, if you do not want to be hugged because it make you feel uncomfortable, it is okay to say no.
2. Safe Secret VS. Unsafe Secret.
 - A safe secret is more of a surprise. Like a birthday present or a surprise birthday party.
 - An unsafe secret is something no one else knows and it can make you feel sad, mad, or scared. If you are ever sad, mad, or scared it is okay to talk to your trusted hero about it, even if someone told you to never tell.
3. Clean and Healthy Rule:
 - No one should touch your private body parts unless it is to keep you clean and healthy.
 - Who can help keep you clean?
 - Mom and dad or guardian when you need help in the bath or the shower. Remember babies always need help!
 - Grandma or grandpa or maybe other family but only if your parent/guardian knows about it and has given permission.
 - Who can keep you healthy?
 - The doctor, with mom and dad in the room.
 - Mom and dad, if you get hurt or sick.
 - Who should never touch private body parts?
 - In presentations our examples are soccer coach, dance teacher, or bus driver.
 - As a parent, it is okay to reaffirm that NO ONE should touch their private body parts, including teachers, school staff, neighbors, friends, family, strangers, or someone in the community.
4. **Inappropriate touch** is when someone touches our private body parts and they ARE NOT keeping us clean and healthy.
5. Determine who your trusted heroes are.
 - Mom, dad, aunt, uncle, grandparents, social worker, counselor, etc.
6. 4 Rules to Keep our Bodies Safe
 1. If anyone tried to touch you in a way that makes you feel uncomfortable, say no, go tell someone you know and trust!

2. If someone tell you that their touches are a secret, say no, go tell someone you know and trust!
3. Don't let the person tell you that you are a bad child if you don't touch them or look at their private body parts. Say no, go tell someone you know and trust!
4. If someone has touched your private body parts, tell someone you trust

For parents of 4th Graders: We encourage reviewing the following information with your child, as well as the Be Seen and Heard book:

1. Million Dollar Question: Is it ever okay for someone to touch your private body parts?
 - No one should touch your private body parts unless it is to keep you clean and healthy.
 - Who can help keep you clean?
 - Mom and dad or guardian when you need help in the bath or the shower.
 - Other family but only if your parent/guardian knows about it.
 - Who can keep you healthy?
 - The doctor, with mom and dad in the room.
 - Mom and dad, if you get hurt or sick.
 - Who should never touch private body parts?
 - In presentations our examples are soccer coach, dance teacher, or bus driver.
 - As a parent, it is okay to reaffirm that NO ONE should touch their private body parts, including teachers, school staff, neighbors, friends, family, strangers, or someone in the community.
2. The Body Safety Plan
 1. If anyone tried to touch you in a way that makes you feel uncomfortable, say no, go tell someone you know and trust!
 2. If someone tell you that their touches are a secret, say no, go tell someone you know and trust!
 3. Don't let the person tell you that you are a bad child if you don't touch them or look at their private body parts. Say no, go tell someone you know and trust!
 4. If someone has touched your private body parts, tell someone you trust
3. **Inappropriate touch** is when someone touches your private body parts and they ARE NOT keeping you clean and healthy.
4. **Inner sirens**, or our feelings, are our body's way of letting us know something is not right.
 - Negative feelings are like inner sirens, and if they go off it's time we speak to one of our trusted heroes.
 - Inner sirens can go off because of bullying, inappropriate touch, keeping an unsafe secret, or being "tricked into trust".
5. What is "**Tricked into Trust**"?
 - Most children who are inappropriately touched experience it by someone they know and trust.
 - They may gain our trust by giving us presents, being nice to us, or doing fun things.
 - If someone has been very nice but they have made an inner siren go off, it's possible they are attempting to trick us into trust.

- Lots of people who do nice things are not tricking you into trust, but we need to be aware of our inner sirens.
6. Why don't children tell? They are threatened.
 - "No one will believe you", "This is our secret", etc.
 7. How do we encourage ourselves to tell about inappropriate touch?
 - If someone threatens us, we turn it around. We practice an internal dialogue like this: They said no one will believe me. But my trusted heroes will help me and believe me. When I'm safely away from this person, I am going to tell!

For Parents of 5th-8th Graders: We encourage reviewing the following information:

1. What is bullying?
 - Destructive and hurtful words and or actions towards someone else.
2. What is sexual abuse?
 - When someone forces or tricks you and touches your private body parts or forces or tricks you to touch theirs.
 - Sexual abuse is an ultimate form of bullying.
3. What is awareness?
 - Knowing what is happening around us.
 - Paying attention to our feelings, how others impact our feelings, and our immediate surroundings.
 - Both students and parents need awareness when it comes to sexual abuse.
 - Students need awareness to be able to not only identify what they are feeling but identify that what is happening to them is sexual abuse.
 - Parents need awareness to spot red flags that abusers show and signs of abuse their children may display.
4. **Inner sirens**, or our feelings, are our body's way of letting us know something is not right.
 - Negative feelings are like inner sirens, and if they go off it's time we speak to one of our trusted heroes.
 - Inner sirens can go off because of bullying, sexual abuse, keeping an unsafe secret, or being groomed or "tricked into trust".
5. How do we share that we have been through sexual abuse?
 - Use your voice to speak clearly and confidently to a trusted hero.
 - Write it down if verbalizing is too uncomfortable or seems too overwhelming.
 - Keep telling until someone believes you, helps you, and the problem has stopped.
 - It is never too late to tell and ask for help.