



INTRODUCTORY PARENT LETTER

DEAR PARENT OR CAREGIVER,

Over the next few weeks, your child will be participating in the **Safer, Smarter Kids** abuse prevention and personal safety curriculum program. This Kindergarten curriculum was created by lifelong classroom educators, developmental psychologists, and experts in abuse prevention to teach personal safety from a place of fun – not fear, without being explicit or scary in any way.

Parents and caregivers want to protect children from those who might harm them, but no child can be supervised 24 hours a day. The **Safer, Smarter Kids** curriculum will arm your child with protective principles and the knowledge needed to identify and avoid unsafe situations, people and behaviors – and how to access help – so that they may become the first line of defense against any potential abuse.

The curriculum is taught in six 30-45 minute lessons that incorporate videos and in-class activities to teach topics including: body boundaries, respecting yourself and others, the difference between safe and unsafe secrets, listening to your “Guiding Voice” and telling a trusted adult when a situation makes you feel confused or uncomfortable.

If you have any questions about the curriculum, please contact your child’s teacher. If you would like to learn more about the curriculum, and see sample lessons, please visit www.SaferSmarterKids.org. And, for more information on ways to keep your child safe, teach personal safety lessons at home, and how to identify grooming behaviors of unsafe adults, visit www.SaferSmarterFamilies.org.

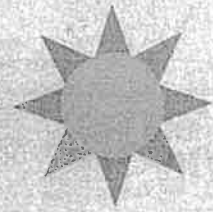
Sincerely,

Lauren Book, M.S.Ed
Founder/CEO, Lauren’s Kids

ABOUT LAUREN’S KIDS:

Lauren’s Kids was founded by Lauren Book, M.S.Ed. The organization educates adults and children about sexual abuse topics through an in-school curriculum and speaking engagements around the world. The goal of Lauren’s Kids is to create a world where the sexual abuse and exploitation of children is not tolerated. Lauren’s Kids is a designated 501(c)(3) nonprofit organization.





PARENT LETTER

TODAY'S LESSON: LESSON 1

Today, our students had their first **Safer, Smarter Kids** lesson. The students brainstormed rules to help keep them safe. Here are the core rules they came up with:

1. Use your Safety Stop Sign when a situation makes you feel unsafe.
2. Always stay with a Grown-Up Buddy when you are out in public.
3. Respect your Personal Space, and respect others' Personal Space.
4. Tell a Grown-Up Buddy if a safety rule has been broken.



PARENT CONNECTION:

The most important part of abuse prevention is open and honest communication between parent/caregiver and child. As caregivers, we often assume our children know we are there for them no matter what, but by providing them with ample individual attention, we give them support, guidance and an outlet to tell us anything. This open forum will not only build trust, but also will increase their self-confidence and self-worth.



TIPS TO FURTHER TODAY'S LESSON:

- Ask your child to demonstrate their **I MEAN BUSINESS** voice.
- Ask your child what they should do after using their Safety Stop Sign.
Answer: Talk to a Grown-Up Buddy.
- Encourage your child to share feelings with you, and when they do, be sure to support and validate their feelings.



PARENT LETTER

TODAY'S LESSON: LESSON 2

In today's lesson, students learned the importance of safety rules and having a Grown-Up Buddy and a Trusted Triangle. We discussed the importance of identifying Grown-Up Buddies (adults who are responsible for a child's protection) to go to in any unsafe or confusing situation. Among the concepts we covered are these:

- Children should always stay close to their Grown-Up Buddy whenever they are out in public.
- All the students thought about who could be in their Trusted Triangles. The students identified these adults based on the adults they could talk to about situations that leave them feeling scared, confused, uncomfortable or "icky." Students brainstormed examples of adults who could be in their Trusted Triangles, including:

Mom Dad Teacher Coach Principal Guidance Counselor Grandma Grandpa Uncle Aunt

- Strangers are any people they don't know well. Strangers don't necessarily look dangerous.
- If they get separated from their Grown-Up Buddy when out in a public place, the students are encouraged to look for and ask for help from someone official, like a firefighter or police officer, or a mother with children.

PARENT CONNECTION:

Throughout this curriculum, your child will come to understand the importance of boundaries and that rules are necessary to keep them safe. By discussing and brainstorming safety rules for the home, your child will learn that rules are an important part of their environment. After making a list of your child's safety rules, place it in a visible place in your home.

Homework: Work with your child to fill out their Trusted Triangle homework. Help them brainstorm names of people they consider Grown-Up Buddies. Your child should write the names and draw pictures of the three or more adults they feel safe going to any time they feel scared or confused. As you do this with your child, make sure the names that you write down are also people with whom you feel your child is safe. It is important that at least one person in the Trusted Triangle be someone outside the family, and everyone should be old enough to drive a car so that these trusted adults are able to seek help for the child if necessary. Please sign the completed Trusted Triangle and send it back to school with your child.

Later, your child's teacher will return the Trusted Triangle to you to place in a prominent place in your house, like the refrigerator. Putting it in a place for everyone to see will reinforce the Grown-Up Buddy principle with your child and help others see that your child has a system to report unsafe behavior.

TIPS TO FURTHER TODAY'S LESSON:

Ask your child to name situations when it's important to stay close to their Grown-Up Buddy.

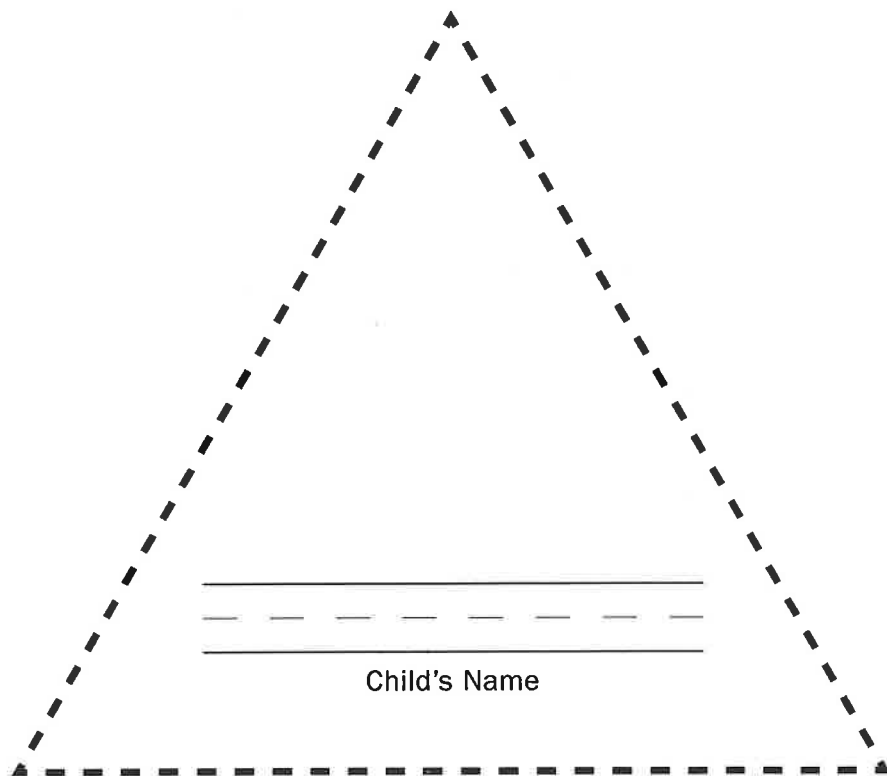
Review your child's Trusted Triangle handout with them and be sure to help them update it periodically to ensure it stays current. Your child also came home with three postcards – one for each member of their Trusted Triangle. Help your child write a note explaining how important each member of their Trusted Triangle is in his or her life, and that they are a safe person for your child to go to in any situation where they may need help. Be sure to give or send these postcards to the people in your child's Trusted Triangle, so they understand the important role they play in your child's life. Also be sure to brainstorm with your child about other adults they can turn to for help when a member of their Trusted Triangle is not available.

We recommend every family establish a secret family password. Choose a word that your child can remember to use in various situations to prove what they are told is the truth. For example, if someone tries to pick up your child by saying, "Your mom told me to pick you up," your child can ask the person for your secret family password. Give your child examples of how this password should be used. Your child will learn about this in future lessons.

MY TRUSTED TRIANGLE

Write the names and draw pictures of your Grown-Up Buddies around your Trusted Triangle.
Draw yourself and write your name in the middle. Remember that all members
of your Trusted Triangle must be old enough to drive a car.

Grown-Up Buddy #1



Child's Name

Grown-Up Buddy #3



Grown-Up Buddy #2

We will put this up in a special place in our house, so everyone will know about

_____ 's Trusted Triangle.
(Child's Name)

_____ Parent Signature _____ Date