



**What Is My Child Learning?**

Your child is learning the Ways to Stay Safe and eight safety rules called the Never-Never Rules. The Ways to Stay Safe are Recognize: Is it safe? What’s the rule? Report: Tell an adult. Refuse: Say words that mean no.

**Why Is This Important?**

Learning safety rules helps students tell the difference between safe and unsafe situations. When students are asked to break safety rules, it’s important for them to know how to refuse and tell an adult so they can get help.

**Ask your child:**

- **What are the Ways to Stay Safe?** *Second Step* answer: Recognize: Is it safe? What’s the rule? Report: Tell an adult. Refuse: Say words that mean no.
- **How can you tell if something is unsafe?** Possible answers: If it breaks a Never-Never Rule. If you’re getting hurt.
- **What is the Never-Never Rule about guns?** *Second Step* answer: Never touch guns.

The other Never-Never Rules are:

- Never ride on wheels without wearing a helmet.
- Never cross the street without checking all ways for traffic.
- Never play with fire.
- Never touch a dog without asking the person in charge.
- Never use a sharp tool without an older person’s help.
- Never ride in a car without wearing a seatbelt.
- Never go in water without an older person watching.

**Practice at Home**

Before doing something that requires following a Never-Never Rule, like going for a bike ride, ask your child: **What can you do to stay safe when you ride your bike?** Help your child remember the Never-Never Rule: **Never ride on wheels without wearing a helmet.** Remind your child that following the Never-Never Rules helps you stay safe.

**Activity**

Help your child think of two situations where he or she would use the Ways to Stay Safe and the Never-Never Rules (for example, another child wants your child to play with matches, or your child wants to cut an apple with a knife). Have your child say the Never-Never Rule and explain how to use the Ways to Stay Safe here. Write down the ideas, then act them out with your child.

1. Never-Never Rule: \_\_\_\_\_

Ways to Stay Safe: \_\_\_\_\_

2. Never-Never Rule: \_\_\_\_\_

Ways to Stay Safe: \_\_\_\_\_

(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)
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**What Is My Child Learning?**

Your child is learning the Always Ask First Rule: Always ask a parent or the person in charge first. Your child is learning to follow this rule when someone wants him or her to do something, go somewhere, or take something.

**Why Is This Important?**

Asking permission from the person in charge is an important rule for children to know. It helps protect children from possible danger, and it also helps parents and caregivers know what their children are doing.

**Ask your child:**

- **What should you do when someone asks you to do something or go somewhere?** *Second Step answer: Always ask first.*
- **What should you do if someone offers to give you something?** *Second Step answer: Always ask first.*
- **Who are some people you can ask first?** *Possible answers: Mom, Dad, babysitter, teacher.*

**Practice at Home**

Notice when you see other people, such as family or friends, asking your child to do something or trying to give your child something. Remind your child to follow the Always Ask First Rule: What should you do first? (Always ask a parent or the person in charge first.)

When your child comes to you to ask first, thank him or her for following the Always Ask First Rule and say that doing this helps keep him or her safe.

**Activity**

In the three boxes below, help your child draw pictures of three people who are often in charge of him or her. These are people your child can ask first. Help your child label each picture with the person's name and their relationship to your child.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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**What Is My Child Learning?**

Your child is learning that safe touches are positive and caring, and unsafe touches hurt your body, and how to say no assertively to unwanted touches, whether safe or unsafe.

**Why Is This Important?**

Students need to know the difference between safe and unsafe touches, that unsafe touches are not okay, and that they can refuse any touch they don't want, even if it's safe. This can help protect them from sexual abuse.

**Ask your child:**

- **What are some unsafe touches?** Possible answers: Kicking, hitting, pinching.
- **What should you say if someone touches you in an unsafe way?** Possible answers: Stop, that hurts me. Stop, that's not okay.
- **What are some safe touches?** Possible answers: Hugs, holding hands.
- **What can you say if someone wants to touch you, but you don't want to be touched?** Possible answers: Please don't touch me. I don't want to be touched.

**Practice at Home**

Help your child identify safe and unsafe touching by asking your child if certain types of touching (for example, hugging or pinching) are safe or unsafe.

Ask your child: **What should you say if you don't want to be touched that way?**

**Activity**

Help your child list examples of safe and unsafe touches. Once you have completed each list, help your child think of words that mean no that he or she can use to refuse touches if they're unsafe or unwanted. Practice assertively refusing the unsafe or unwanted touches with your child.

Safe touches: \_\_\_\_\_

\_\_\_\_\_

Unsafe touches: \_\_\_\_\_

\_\_\_\_\_

Words than mean no: \_\_\_\_\_

\_\_\_\_\_

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)



**What Is My Child Learning?**

Your child is learning the Touching Rule: A bigger person should never touch your private body parts, except to keep you healthy. Your child is also learning how to say no and to tell an adult when someone breaks the rule.

**Why Is This Important?**

Learning the Touching Rule helps your child recognize sexual abuse so he or she can say no and tell an adult about it. Knowing the correct names for private body parts helps your child be understood when reporting.

**Ask your child:**

- **What is the Touching Rule?** *Second Step* answer: A bigger person should never touch your private body parts except to keep you healthy.
- **What are your private body parts?** Possible answers: Boys—penis and buttocks or bottom. Girls—vulva, vagina, breasts, and buttocks or bottom.
- **What should you do if a bigger person breaks the Touching Rule?** Say, “No, I don’t want to be touched” and tell an adult.

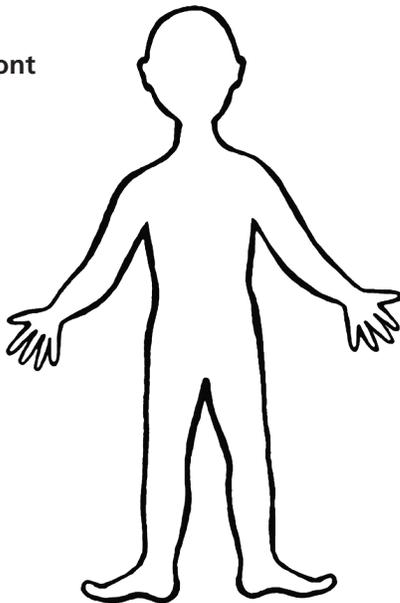
**Practice at Home**

Help your child create a plan for what to do if someone breaks the Touching Rule at school, daycare, a friend’s house, or other places your child regularly visits. Ask: **If a bigger person broke the Touching Rule at \_\_\_\_\_, what would you do? Which adult would you tell?**

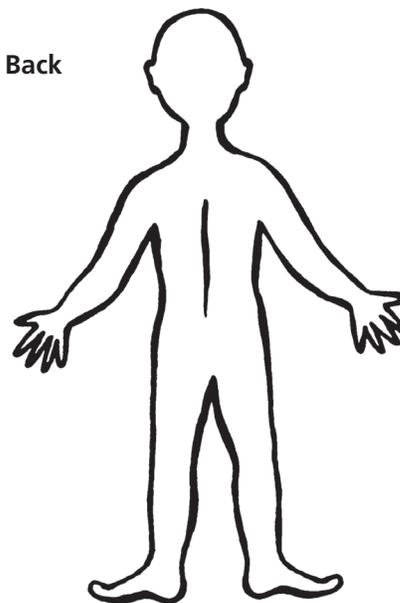
**Activity**

Help your child name and label his or her private body parts on the body outlines below. Next help your child think of three different things to say if a bigger person tried to touch his or her private body parts. Have your child practice standing tall and using a strong, respectful voice to say words that mean no.

Front



Back



(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)
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**What Is My Child Learning?**

Your child is learning never to keep secrets about touching, it is never his or her fault if someone breaks the Touching Rule, and to keep telling adults about a broken Touching Rule until someone helps.

**Why Is This Important?**

Children may be afraid to tell about sexual abuse because they've been told to keep it a secret. Knowing touching secrets are not okay and that they can get help if they tell someone makes it more likely children will report abuse.

**Ask your child:**

- **What should you do if a bigger person breaks the Touching Rule?** Possible answers: Say words that mean no. Say, "I don't want to be touched." Tell an adult.
- **What is the Never Keep Secrets Rule?** Second Step answer: Never keep secrets about touching.
- **What if the bigger person who broke the Touching Rule says to keep it a secret?** Second Step answer: Tell an adult. Touching secrets are not okay.
- **What should you do if you tell an adult and he or she doesn't believe you?** Possible answers: Tell another adult. Keep telling adults until someone helps you.

**Practice at Home**

During the week, work with your child to identify adults he or she can report a broken Touching Rule to. When you meet adults you trust, ask your child if he or she would feel comfortable telling them about a broken Touching Rule. Continue to practice with your child what he or she would say to report a broken Touching Rule.

**Activity**

Help your child draw a picture of herself or himself reporting a broken Touching Rule on the back of this paper. Then help your child think of two things to say to report a broken Touching Rule, and practice saying the words in a strong, respectful voice. Pretend to be different trusted adults so your child can practice reporting to different people.

**What I Can Say When I Report a Broken Touching Rule**

1. \_\_\_\_\_

2. \_\_\_\_\_

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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**What Is My Child Learning?**

Your child is reviewing the rules and skills he or she learned in the Child Protection Unit. Your child is also practicing how to say no to unsafe situations and how to report broken safety rules to an adult.

**Why Is This Important?**

Reviewing personal safety skills helps your child remember them. This makes it more likely for your child to remember the rules and use the skills to stay safe in different situations.

**Julie Stays Safe Video**

As part of this lesson, your child watched the video *Julie Stays Safe*. It tells the story of a girl who uses the rules and skills she learned in the Child Protection Unit to keep herself safe. *Julie Stays Safe* is available for viewing online at [SecondStep.org](http://SecondStep.org). Use this Activation Key to access it: CPUK FAMI LYGK. You can also download a guide to help you talk about the video with your child.

**Ask Your Child:**

- **What are the Ways to Stay Safe?** *Second Step* answer: Recognize: Is it safe? What’s the rule? Report: Tell an adult. Refuse: Say words that mean no.
- **What should you do when someone asks you to do something, take something, or go somewhere?** *Second Step* answer: Always ask a parent or the person in charge first.
- **What is the Touching Rule?** *Second Step* answer: A bigger person should never touch your private body parts except to keep you healthy.
- **What is the Never Keep Secrets Rule?** *Second Step* answer: Never keep secrets about touching.

**Practice at Home**

During the week, work with your child to help him or her remember the Ways to Stay Safe, the Always Ask First Rule, the Touching Rule, and the Never Keep Secrets Rule. Ask your child to recite the rules and, if you see a situation that might be unsafe, ask your child how he or she could use the Ways to Stay Safe.

**Activity**

On a separate piece of paper, help your child draw pictures of him or herself recognizing, refusing, and reporting in an unsafe situation. Then help your child remember the trusted adults he or she can approach to ask for permission or report a broken rule.

**Trusted adults:** \_\_\_\_\_  
\_\_\_\_\_

(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)
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