



Your Child Participated in *Speak Up Be Safe*™ Today!

Key things your child learned in SESSION 1:

- All children are special and it is the job of adults to keep children safe.
- Safety Rule #1: **“It’s MY body!”** – The children learned that they have a right to be safe and that includes their bodies. They learned that their private body parts are the parts that are covered by a bathing suit.
- Safety Rule #2: **“Ask an adult if I am safe.”** – Children are encouraged to use this rule in situations that might put them at risk for injury or abuse. If a child is wondering about her/his safety, it means they need to get to an adult who can help them.
- The children learned the term CHILD ABUSE and that some people might trick them into abusive situations.
- The children learned that knowing their personal identification information can help others keep them safe.

It is important to talk with your child about safety.

Being a parent or caregiver is challenging, especially when talking about difficult subjects like safety and child abuse. Below are some tips and talking points to get the conversation started.

- Each of the safety rules has a motion that goes along with it. Ask your child to teach you the rules and the motions. Teaching someone else helps children remember what they have learned!
- Consider giving your child language to refer to his or her private body parts. Research has shown that being able to name body parts accurately, including private body parts, can help children talk about abuse when abuse is happening or has happened.
- Use the language from the program when you are talking with your child. For example, if your child runs away from you in a crowded store, talk calmly with him/her about how it is your job to keep her/him safe and that is why you have a safety rule about staying where you can see each other in public places.
- Encourage your child to talk with you whenever he or she asks “Do I feel safe?”
- Consider having a family password that only family members know and that can be given to an adult who needs to get your child in an emergency. Your child should be coached to ask any adult for the password before going with them.
- Review personal identification information with your child on a regular basis, especially if your address or phone number changes.

**For more information on *Speak Up Be Safe*™ and how to prevent child abuse visit
www.childhelp.org/SpeakUpBeSafe or call 1-800-4-A-CHILD.**