

Your Child Participated in Childhelp Speak Up Be Safe Today!

Key messages in Lesson 2:

- Your child reviewed information from Lesson 1, including: all children deserve to be safe and respected; adults are responsible for keeping children safe; and the first two safety rules: #1 - "It's MY body!" and #2 - "Ask an adult if I am safe."
- Children learned that abusers sometimes use force, tricks, gifts, or bribes to get children into unsafe situations. Children learned about bullying, cyberbullying, and how to stay safe online and when using technology such as cell phones.
- Safety Rule #3: "I have choices." - Children learned that in situations where they might not be safe, they have choices to help them get to a safe place. They learned a RESIST acronym to help them remember some of these choices - run, escape, speak up, ignore, stay away and tell.
- Safety Rule #4: "Tell someone." - Children learned it is important to tell a safe adult if they have been abused or if someone is not following the safety rules. Children learned that bad secrets, or secrets about abuse or not following the safety rules, are secrets that should be told to a safe adult. Children identified at least two safe adults in their lives.
- Safety Rule #5: "It's NEVER my fault." - Children learned that if they are ever abused, even if they are tricked, it is never their fault and it is never too late to tell someone and get help from a safe adult.

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:

- Talk to your child about house rules or expectations, such as telling you where they are or setting a curfew.
- Set some rules or discuss the rules you already have in place regarding cell phone and Internet use. For example:
 - Set times for allowed Internet use at home
 - Discuss what types of websites may be accessed
 - Remind children to never post pictures of themselves or to share their full name, address or phone number with anyone they meet online
 - Remind children to never join a social networking site or sign up for anything online without parent permission
 - Encourage children to talk to you if they see something inappropriate on the Internet
- Talk with your child about the seriousness of bullying and encourage your child to tell you if it happens to him/her or someone he/she knows.
- Talk with your child about how to spot tricks that may lead to abuse. Use stories or scenarios to help your child practice avoiding these tricks.
- Let your child know that you will support him/her in making choices to stay safe, including saying "No!" and getting away from unsafe people or situations. Children often need permission from parents or caregivers to feel empowered to make these kinds of decisions.

- Let your child know that you want him/her to talk to you, and that you will listen and believe them if they ever share questionable situations with you. Remind them that bad secrets - secrets that put them in danger or secrets about abuse - are okay to tell. These types of secrets should not be kept secret. Discuss ways they can talk to you without talking - write a note, leave a message, draw a picture, etc.
- Children don't always share abuse directly. They might tell you a story about a friend or ask you a question. Follow up any time your child shares something that makes you uncomfortable. If a child shares information about abuse with you, stay calm and get help. The Childhelp National Child Abuse Hotline at 1-800-4-A-CHILD is available 24 hours a day, 7 days a week and is a confidential, anonymous hotline that can help you figure out your next steps to keep your child safe.

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

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