



LESSON 2





You are in the bathroom alone when suddenly the fire alarm starts to ring.

Stop: Take a deep breath

Think:

- 1. How am I feeling? Is it safe or Unsafe?**
- 2. What is the safety rule?**

Act:

- 1. Go to a safe place.**
- 2. Tell a trusted adult.**





You are at your friend's house and he wants to go bike riding with you, but you don't have your helmet. He says he doesn't have one either, so what's the big deal?

Stop: Take a deep breath

Think:

- 1. How am I feeling? Is it safe or Unsafe?**
- 2. What is the safety rule?**

Act:

- 1. Go to a safe place.**
- 2. Tell a trusted adult.**

PARENT NEWSLETTER *Lesson #2*



RULES KEEP US SAFE! WHEN WE USE THEM, WE ARE ALL STARS!



PARENT CONNECTION

It is important to provide your child with S.T.A.R.: Support, Trust, Active Listening, Respect

SUPPORT: Make sure you are there for your child and he/she knows it. Being consistent with the attention that you give your child is critical to building the relationship.

TRUST: This is the foundation of all relationships. Your child will feel secure if he/she knows that you will do what you say. Dependability and reliability are crucial in helping a child feel safe and secure, and emotionally strong.

ACTIVE LISTENING: This is the key to hearing what your child is trying to tell you, even if he/she is not telling you directly. It means listening with your full attention, not thinking about your response. Then, after listening, reflect back in your own words what you think you heard, including feelings not stated in words, to ensure you understood correctly. This helps the child to feel understood. Children need to know you are on their side.

RESPECT: A fundamental characteristic of your relationship, respect must be mutual. It means accepting the validity of your child's thought and feelings. This reflects empathy for your child's feelings and situation, seeing the world through his/her eyes. You don't necessarily have to agree with your child to respect and empathize with his/her thoughts and feelings.

Today we continued by learning about the steps we should take to ensure that we will make good decisions and be safe. The steps are **STOP**, **THINK**, and **ACT**.

STOP: means that in all situations we should first stop and take a deep breath, taking in air through the nose, holding it for a count of 3 and then letting it out through the mouth for a count of 3. This is important because often when we're in a situation that can be difficult, it's hard to think clearly and make good decisions. We need to take a deep breath to calm ourselves and to figure out our next step.

THINK: We learned to always ask ourselves 2 questions:

1. How am I feeling right now and is this safe or unsafe? Am I happy or sad? Scared or excited? What is going on in my heart and head? If I'm feeling happy it probably means I'm safe and if I'm feeling scared or uncomfortable I have to trust my inner voice and it probably means I'm not safe.

2. What is the safety rule for this situation?

There are 2 parts to this step is because although we should trust our gut feeling, sometimes we may feel comfortable or even happy, but the situation may still be unsafe. We used the example of playing outdoors on a sunny day and not wearing sunscreen. Although we are feeling fine and even happy, after a few hours of being outdoors we will have a sunburn and it will be painful. This was an example of when our feelings may not give us the answer that is the safest. It's really important to remember to always follow the safety rules that we will learn more about in the lessons ahead.

ACT:

1. Going to a safe place
2. Telling a safe adult

Practice using these 3 steps with your child in different scenarios, as role-playing is a valuable safety tool that makes your child comfortable and imprints the information in his/her memory for future recall.

