



PARENT NEWSLETTER *Lesson #5*

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



PARENT CONNECTION

We recommend you make time to discuss this important and sensitive lesson with your children. If you have not already spoken to your children about their bodies and their right to keep their bodies safe, now is the time!

It is important that children know its ok for them to say NO any time a touch of any kind makes them uncomfortable - they have control over their bodies. Children should not be forced to kiss/hug family members. Even though these are often harmless touches, forcing a child to kiss/hug people when they don't want to sends a message that they are not in control of their own bodies and that adults hold the power. (Brainstorm on a fun handshake so bubby/grandpa won't be insulted). In addition, talk with your child about the differences between safe and unsafe secrets. Keep the lines of communication open and make sure your child knows to come to you if he/she is told to keep a secret from you. Believe your child. Children who feel they can talk to their parents or caregivers about anything are much less susceptible to being victimized by a predator.

In today's lesson your child learned about Safe and Unsafe Touch, body boundaries, and the difference between Safe and Unsafe Secrets.

Your child learned how Safe Touches (such as a welcome hug, an encouraging pat on the back, cuddling with a parent) and Unsafe Touches (any touch that is confusing or hurts, e.g. tickling too hard, pinching cheeks, hitting) make him/her feel.

We explained that Safe Touches make us feel:

Loved Happy Encouraged Safe

While Unsafe Touches make us feel:

Icky Scared Confused Uncomfortable

Your child also learned that he/she has private parts - areas of the body covered by a bathing suit. NO ONE should touch, look at, or talk to your child about his/her private parts, except at certain times such as when parent/caregiver is giving child a bath or during a doctor visit. Your child was strongly encouraged to tell someone in his/her SAFETY STAR about any touch that makes him/her feel unsafe.

When speaking to your child about this topic, emphasize the fact that even if they did not say NO or STOP if someone tried to touch them, the most important thing is to TELL. Most children will have a very difficult time saying No to an adult or older child and therefore, if they are only told to not let it happen they will assume they are in the wrong and not Tell. If you emphasize that the most important thing is to TELL and you will be so proud of them, there is a better chance for the child disclosing the abuse.

Remember if God forbid a child discloses an abuse to you remain calm. Your initial reaction to a child's healing process is crucial. Tell them, "I am so glad you told me," "you did the right thing," "you are so brave," "I am so sorry this happened to you and I am so proud of you for telling." Then reach out and get the help you need.







You are with your friend and his older brother at the arcade. His older brother tells you and your friend that you can walk around and play without him. However, he says you cannot tell your parents.

Question:

Is this a Safe or Unsafe Secret?

Tell the students that this is an Unsafe Secret because you should not be in a public place alone without a Grown up in charge and you should not keep Unsafe Secrets from your parents.



You and your best friend have a special, secret, funny handshake that only the two of you know about.



Question:

Is this a Safe or Unsafe Secret?

Tell the students that this is a Safe Secret because no one will get hurt and it does not deal with safety.



Your mother is giving your little brother a surprise party with balloons, cake and lots of fun games, but she tells you not to tell anyone about it.

Question:



Is this a Safe or Unsafe Secret?

Tell the students that this is a Safe Secret because it will eventually be told and make everyone smile.





Your father bought your mother earrings for Pesach and tells you not to tell anyone.

Question:

Is this a Safe or Unsafe Secret?

Tell the students that this is a Safe Secret because it will eventually be told and your mother will be very happy.





Your aunt tells you something about herself that is very private and it makes you feel very confused and sad. She tells you that you are her favorite niece and that you should not tell your parents what she said or she won't be able to come visit anymore.

Question:

Is this a Safe or Unsafe Secret?

Tell the students that this is an Unsafe Secret because grown up's should not be talking to children about private things and you feel very sad and confused. You should never keep Unsafe Secrets from your parents so you have to tell.





After your learning program, your teacher pulls you aside and gives you a present because he is so proud of how you did, but he said not to tell anyone, not even your parents.

Question:

Is this a Safe or Unsafe Secret?

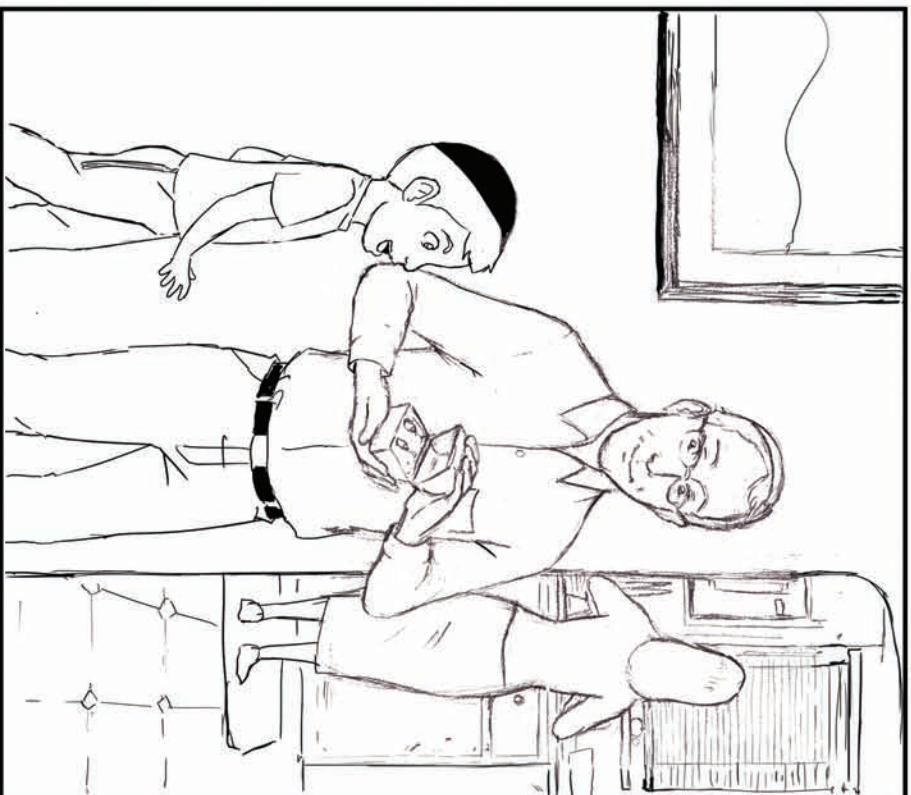
Tell the students that this is an Unsafe Secret because it feels uncomfortable and you should not be asked to keep secrets from your parents.



SURPRISES!

VS.

SECRETS



What is the difference between a Safe and Unsafe secret? A safe secret makes us feel happy and comfortable and is one that can be told. An unsafe secret makes us feel sad, confused or mad. We should never keep secrets about our private parts. If someone tells you to keep a secret from your trusted adults you must run and TELL right away.



CONGRATULATIONS!

YOU HAVE COMPLETED THE

Be-A-Star!

SAFETY PROGRAM





PARENT NEWSLETTER *Lesson #6*

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



PARENT CONNECTION

We recommend you talk to your child about the difference between Safe and Unsafe Secrets. Keep the lines of communication open, and make sure that your child knows that it's okay to come to you with any information. It's crucial that they know they should never keep a secret from you. The most important thing a parent or caregiver can do when a child discloses a secret is to believe what they are saying and validate their feelings. Children who feel they can talk to their parents or caregivers about anything are much less susceptible to being victimized by a predator.

In today's lesson, your child learned the difference between Safe and Unsafe Secrets. A Safe Secret is one that is eventually told and that makes everyone happy such as a surprise party or gift. An Unsafe secret makes you feel confused, "icky," or scared and one that you are told not to share. They learned that when they are confronted with an Unsafe secret, it is important to tell a trusted adult on their safety star or the grown up in charge as soon as possible. Your child was taught that he/she should never keep a secret from their trusted adults when it pertains to Private Parts.

Many children are offered bribes in the form of toys, candy, special foods or privileges in order to manipulate them into keeping the secret of abuse. Most kids will take those bribes and then assume they are now implicit in the crime. Ex. I ate the pizza he gave me so I can't tell what happened now because I liked the pizza and it means I agreed to what happened. When speaking to your kids about safe and unsafe secrets make sure you emphasize that even if you took something or liked something someone gave you, you did nothing wrong and you must tell a trusted adult. Emphasize when there is secret touching it is always important to tell a trusted adult no matter what and it is never your fault.

CONGRATULATIONS!
YOU COMPLETED THE "BE A STAR" SAFETY PROGRAM.

For more resources go to our website or contact us at info@magenu.org.

MAY HASHEM KEEP ALL OUR CHILDREN SAFE FROM HARM!

