

# How Do I Feel?



**Happy**



**Sad**



**Scared**



**Nervous**



**Mixed up**



**Angry**



**Surprised**

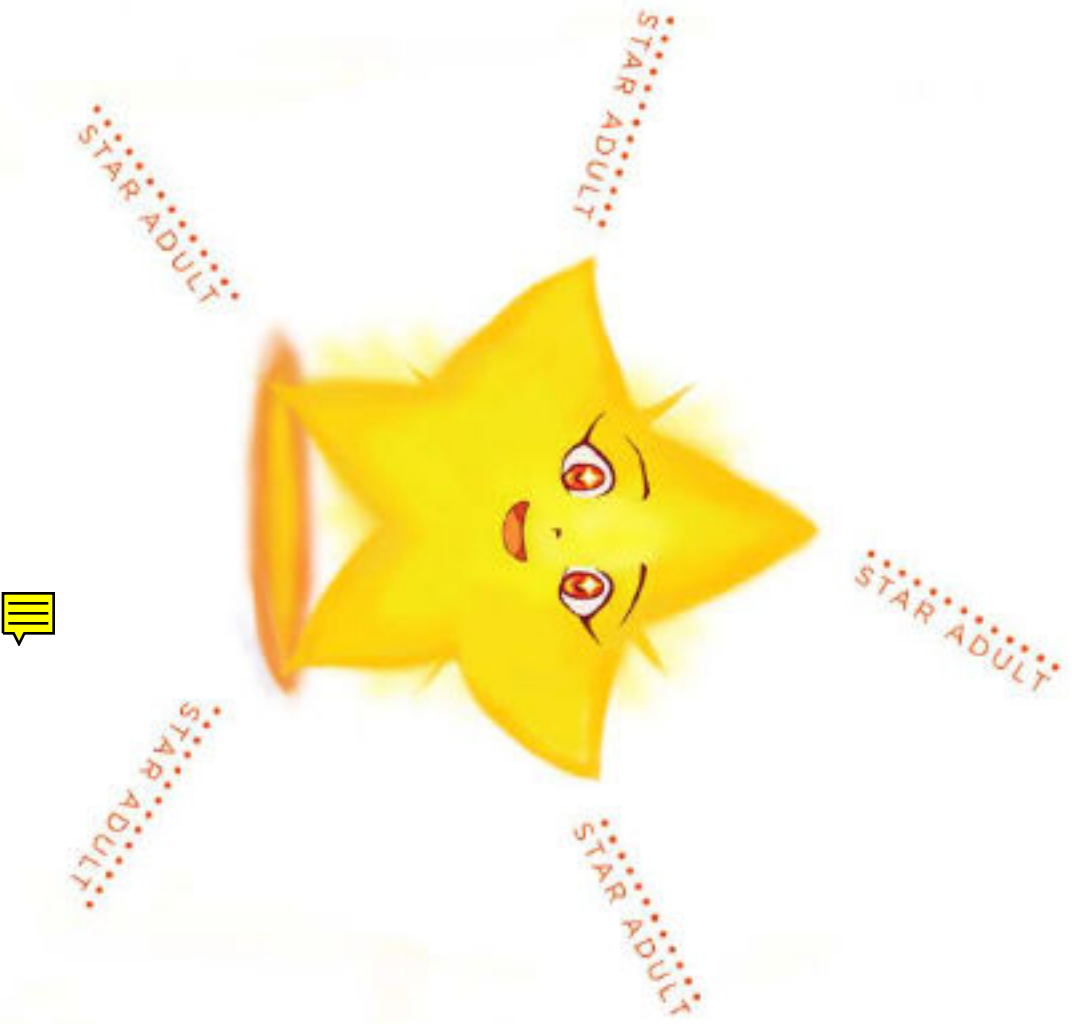


**Excited**



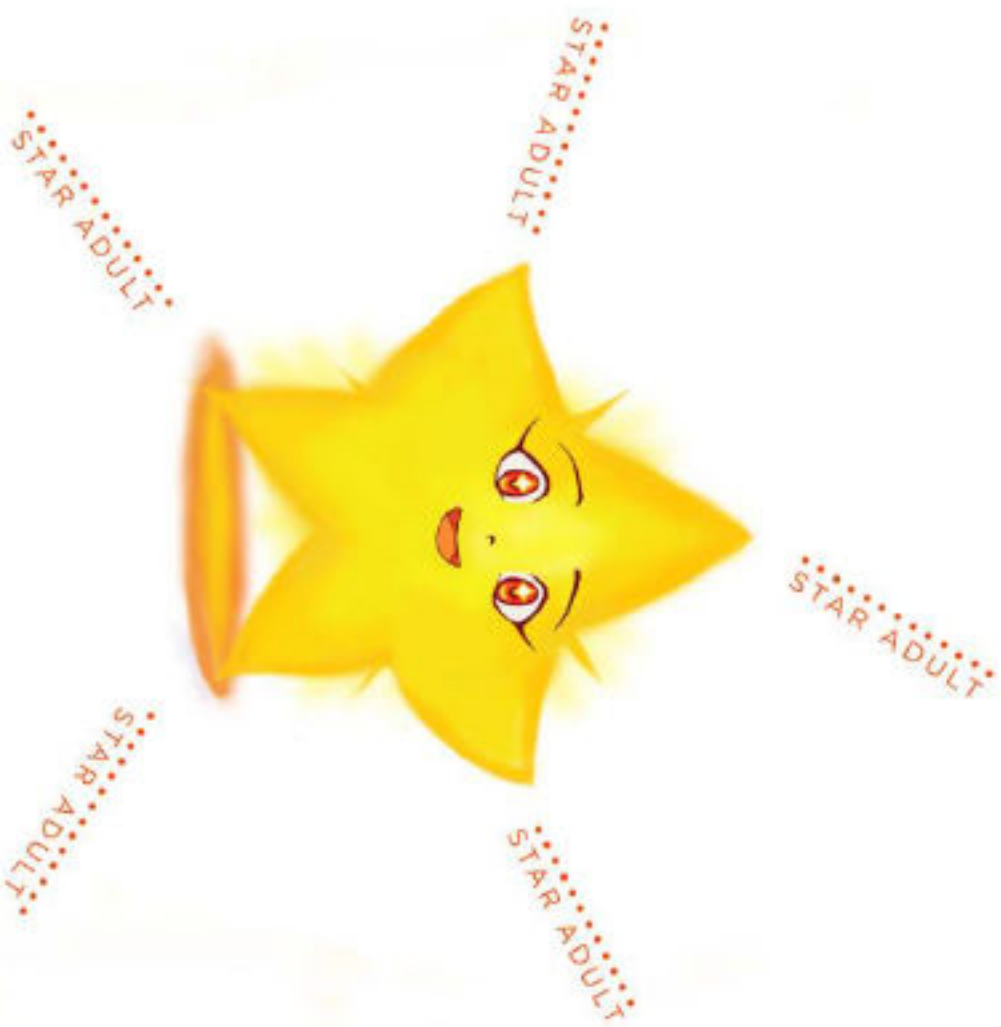
**Embarrassed**

## SAFETY STAR CHART



Fill in the names of your **Star Adults**, then hang in a prominent place.

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Dear Caregiver,

Work with your child to fill out his or her Safety Star Chart. Help your child brainstorm names of people that he or she considers a Star Adult. Your child should write the names or draw the pictures of the five adults he or she feels safe to tell anything to. As you complete this homework with your child, make sure the names written down are also people that you feel comfortable having your child confide in.

After filling out the chart, hang it in a prominent place that's easily accessible to the child, such as next to his or her bed, in the playroom, or on the refrigerator. Putting the Safety Star Chart in a place for everyone to see will reinforce the Star Adult concept with your child and help others see that your child has a system set up to stay safe.

It's important that you and your child pick at least one trusted adult on the Safety Star Chart who isn't a family member. All Star Adults must be old enough to drive a car. Inform the adults that are chosen that they are individuals your child feels are trustworthy. Explain that their responsibilities may include the child sharing positive aspects of his or her life, as well as things that the child finds upsetting. Ensure that the Star Adults are aware of the safety rules and how to handle a disclosure, if chas v'shalom it occurs.

Explain to your child that he or she can change any of the adults listed on the Safety Star Chart if your child no longer feels comfortable sharing with them. Remember to help your child update his or her Safety Star Chart at least once a year to make sure the adults listed are still active in the child's life and are  in a position to help.

For more child safety tips visit us at: [www.Magenou.org](http://www.Magenou.org)

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## PARENT NEWSLETTER *Lesson #1*

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



### PARENT CONNECTION

The most important part of abuse prevention is open and honest communication between parent/caregiver and child. As caregivers, we often mistakenly assume our children know we are there for them no matter what. However by providing them with ample individual attention and a listening ear, we demonstrate support, guidance, and an outlet to tell us anything. This open forum not only builds trust, but also increases the child's self-confidence and self-worth.

Encourage your child to share his/her feelings with you, whether the feelings are happy, excited, sad or uncomfortable. Be sure to show **SUPPORT** and **VALIDATE** your child's feelings. Thank your child for opening up to you and sharing. Show your child that he/she is a most important person in your life and that you always have time to listen and to keep him/her safe.

### EDUCATED PARENTS ARE EMPOWERED PARENTS

Magenu's BE A STAR Personal Safety Awareness Program came to your child's class today to teach the first lesson in the series on how to stay safe in various life situations.

We learned that we are all created special and we all have different talents and feelings. Our feelings are important and we need to listen to them because they tell us information about the situations we are in. If we are happy and comfortable that tells us that we are probably **SAFE**. However, if we feel scared or have a yucky feeling in the pit of our stomach that tells us that we are probably **NOT SAFE**.

We also have **STAR ADULTS** (Trusted Adults) in our lives who care about us and to whom we can tell our feelings. These Star Adults will help keep us safe. Each child received a **SAFETY STAR CHART** to fill out with a parent/caregiver at home. Please make sure you complete the chart with your child and hang it in a prominent place easily accessible to the child, e.g. near child's bed, on refrigerator, in playroom, etc.

The Safety Star Chart placed in an easily viewed location not only acts as a reminder to your child but also as a deterrent to potential predators: This child has adults he/she confides in, so stay away!

