

## PARENT NEWSLETTER *Lesson #4 part 1*

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



### PARENT CONNECTION

Grooming is a subtle, gradual, and escalating process of building trust with a child and his/her family. It is deliberate and purposeful. Abusers may groom children for weeks, months, or even years before any abuse takes place. It usually begins with subtle tactics, such as:

1. Testing a child's boundaries through inappropriate jokes or tickling.
2. Using play to move from appropriate touching to "accidental" inappropriate touching (This is done to desensitize a child to touch.)
3. Manipulating the child to not tell anyone, either through fear, guilt, embarrassment, bribery, or threat.
4. Confusing the child into feeling responsible for the abuse.

Always asking for permission prevents a child from falling victim to the grooming process. Your child should know to say, "Thank you, but I need to ask my grown-up buddy if it's okay." But, even if the child forgets to say these words, he/she should know to come TELL you, knowing that he/she won't get into trouble. Stressing this to your child will ensure that your child feels comfortable telling you anything.

Today we continued by discussing the rule of OK WITH MY GROWN-UP BUDDY. This safety rule helps keep your child safe in all situations, whether at home, school, shul, camp, or anywhere else your child may go. We must always make sure that we ask our Grown-Up Buddy's permission:

- Before opening the door
- Before answering the phone
- Before taking a gift, treat, or candy
- Before getting into a car or going anywhere with anyone
- Before speaking to an adult, when the child is alone



We identified a Grown-Up Buddy as an adult/older sibling who is responsible for the child's protection while child is under that Grown-Up's care.

We discussed various situations to reinforce that getting the OK WITH MY GROWN-UP BUDDY will keep us safe. Following this rule allows us to stick to our PLAN (Permission, Location, Activity, Name & Number), by informing our Grown-Up Buddy of our whereabouts/activities. This not only keeps us safe, but also shows that we are mature and responsible. Anytime there is a change in our PLAN we must make sure it's OK WITH MY GROWN-UP BUDDY.

We touched upon the concept of a Stranger being any person that the child does not know well, meaning the child doesn't know even basic information about this individual such as person's first and last name, where he/she lives, names of his/her children, etc. Strangers don't necessarily look dangerous and it's important to stress to your child that even people your child thinks he/she knows are considered strangers if you, the parent, is not with your child.

Just like two apples can look the same on the outside, but after the apples are cut open we may find one is good and the other is rotten, it is hard to tell if a person is dangerous based on his/her physical appearance. Children must always stick to the rules to ensure their safety.

Make sure this rule is followed across the board. Telling a child he/she can open the door/take gifts from certain individuals, such as grandma or a close friend, without getting an OK first causes confusion, as the child may decide others are okay as well.