

PARENT NEWSLETTER Lesson #5

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

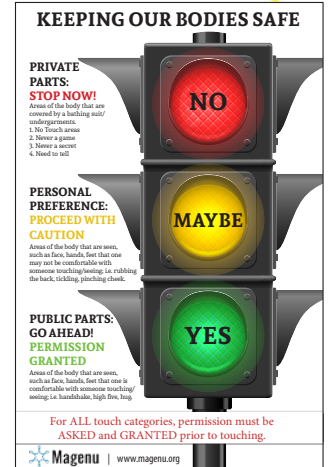
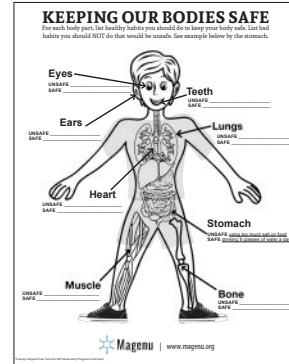


PARENT CONNECTION

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.

Today's lesson was not only a sensitive one, but the most important lesson of our program. Lessons 1-4 allowed us to pave the way to discuss this very valuable lesson in a way that would be comfortable and feel safe to the children. When you review this lesson with your children, make sure to do so in a relaxed and comfortable setting. Be sensitive to each child's personality and respect your child's wishes. If this is a lesson the child wants to review in private, find a quiet time to discuss. Acknowledging a child's feelings will allow for the best results.



In this lesson we discussed how Hashem created each of us in a special way, complete with different body parts. We have parts of our body that are public and parts that are private, which means only for us to see, touch, and discuss. The Safety Rules for private parts are:

NO ONE IS ALLOWED TO SEE OUR PRIVATE PARTS

NO ONE IS ALLOWED TO TOUCH OUR PRIVATE PARTS

NO ONE IS ALLOWED TO TALK TO US ABOUT OUR PRIVATE PARTS

WE ARE ALSO NOT ALLOWED TO SEE, TOUCH OR TALK ABOUT SOMEONE ELSE'S PRIVATE PARTS

We discussed the concept of our bodies belonging to us and had the children practice saying "My body belongs to me!" We addressed the difference between Safe Touch and Unsafe Touch and setting boundaries when it comes to our personal space.

Most importantly, we stressed to the children that although its best for them to use the Stop, Think, Act steps when it comes to situations that involve protecting their personal space, they may not be able to do so when confronted with uncomfortable situations. Still the most crucial rule to follow is to Tell a Trusted Adult, and there is no time limit in telling. So even if a child doesn't react in the safest way, stressing to your child that he/she is NEVER to blame and should always TELL is paramount. As a parent, you can never stress the concept of Telling a Trusted Adult enough.