

## 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 Trusted Adult chart or the Grown-up in Charge as soon as possible. Your children were taught that they 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 children about Safe and Unsafe Secrets make sure you emphasize that even if they accepted a gift/treat or enjoyed a privilege someone gave them, they did nothing wrong and must tell a Trusted Adult. Stress that when it comes to "secret" touching it is always important to tell a Trusted Adult and it is never the child's fault.

Sometimes it's really difficult for children to discuss certain things because they think they will get into trouble or they will be getting someone else into trouble. They may feel it is disrespectful to tell certain things. Children need to be told that finding a Trusted Adult to confide in when they feel unsafe or confused is the most important thing and even a mitzvah.

## CONGRATULATIONS!

### YOU COMPLETED THE "BE A STAR" EDUCATION PROGRAM.

For more resources go to our website or contact us at [info@magenu.org](mailto:info@magenu.org).

*MAY HASHEM KEEP ALL OUR CHILDREN SAFE FROM HARM!*