

PARENT NEWSLETTER *Lesson #4*

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

PARENT CONNECTION

We recommend you have an open conversation about which adults are involved in your child's life and how he/she feels about them. Talk about how you feel about them as well and come up with some options that you can both agree upon are safe trusted individuals. Make sure your child knows that it is their choice and if they don't feel safe with someone they don't have to choose them. In addition, talk about the concept of trust but, verify. This means that I may trust someone initially but, if they do or say something that changes that I can change my mind and he/she can talk about that with you. Remember it's important to teach that **GOOD PEOPLE CAN DO BAD THINGS**. Children should learn that they can trust but, they can also trust their gut in knowing when something isn't right, even if it's with someone who is a known "good" person. Remember do a lot of listening and less talking. Kids have really important, insightful things to say if we let them!

EDUCATED PARENTS ARE EMPOWERED PARENTS

Today we learned about Trusted adults, surprise vs. secrets and Tricky people

We talked about different adults in our lives that we trust and how if someone violates a boundary it's crucial to find an adult to talk to in order to keep ourselves safe. Trusted adults will be people in their lives that they feel safe and comfortable with.

They are adults that will help when in need and are there for important conversations.

We also learned about safe vs. unsafe secrets. A safe secret such as a surprise has an expiration date, an ending as to when it will be revealed. A secret is something that someone asks you to keep and never to reveal. This can be unsafe. We talked about different situations this may come up in with the goal being that a healthy adult or older kid wouldn't ask another kid to keep a secret from their parents in most situations.

This opened important discussions about what secrets would come up that may be kept from the adults in a kid's life. Safe secrets make you feel happy and connected and your trusted adults wouldn't be upset if they found out. This can include things like a secret handshake with a friend. Unsafe secrets could be putting you or a friend in danger and probably won't feel so right.



Lastly, we talked about Tricky people and how that may play into unsafe secret keeping as well. We learned that these can be people that will try to make you break your safety rules or may offer or ask you things that can make you feel uneasy or uncomfortable.

A tricky person will often try to make you feel like you are part of the crime. Phrases like "we" will get into trouble are used and are a good signal of a tricky person.

A tricky person may also try to make you feel like you are their closest friend and may confide personal information that is inappropriate for sharing.

We learned that anytime you have a gut feeling that something feels a bit off or maybe you actually felt ok but, you are learning now that a healthy person wouldn't say or do certain things, it is so important to go to your trusted adult.



Congratulations! You completed the Be A STAR education program