



What Is My Child Learning?

Your child is learning the Ways to Stay Safe and eight safety rules called the Never-Never Rules. The Ways to Stay Safe are Recognize: Is it safe? What's the rule? Refuse: Say words that mean no. Report: Tell an adult.

Why Is This Important?

Learning safety rules helps students tell the difference between safe and unsafe situations. When students are asked to break safety rules, it's important for them to know how to refuse and tell an adult so they can get help.

Ask your child:

- **What are the Ways to Stay Safe?** *Second Step* answer: Recognize: Is it safe? What's the rule? Report: Tell an adult. Refuse: Say words that mean no.
- **How can you tell if something is unsafe?** Possible answers: If it breaks a Never-Never Rule. If you're getting hurt.
- **What is one of the Never-Never Rules?** See list to the right.

Practice at Home

Before doing something that requires following a Never-Never Rule to stay safe, like crossing the street, ask your child to remember to follow the Never-Never Rule.

The Never-Never Rules are:

- Never ride on wheels without wearing a helmet.
- Never cross the street without checking all ways for traffic.
- Never play with fire.
- Never touch a dog without asking the person in charge.
- Never use a sharp tool without an older person's help.
- Never touch guns.
- Never ride in a car without wearing a seatbelt.
- Never go in water without an older person watching.

Activity

Help your child think of a situation when he or she would use the Ways to Stay Safe and the Never-Never Rules (for example, your child wants to pet a dog and there is no adult around, or another child wants to ride bikes but they only have one helmet). Have your child say the Never-Never Rule and explain how to use the Ways to Stay Safe. Help your child record ideas below, then act out the situations with your child.

- Situation: _____
- Never-Never Rule: _____
- Recognize: _____
- Report: _____
- Refuse: _____

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)



What Is My Child Learning?

Your child is learning the Always Ask First Rule: Always ask a parent or the person in charge first. Your child is learning to follow this rule when someone wants him or her to do something, go somewhere, or take something.

Why Is It Important?

Asking permission from the person in charge is an important rule for students to know. It helps protect students from possible danger, and it also helps parents and caregivers know what their children are doing.

Ask your child:

- **What should you do when someone asks you to do something or go somewhere?** *Second Step answer: Always ask first.*
- **What should you do if someone offers to give you something?** *Second Step answer: Always ask first.*
- **Who are some people you can ask first?** *Possible answers: Mom, Dad, teacher.*

Practice at Home

Notice when your child comes to you to ask first. Thank your child for following the Always Ask First Rule. Remind your child that following the rule helps keep him or her safe: **Thank you for asking first. That's following the Always Ask First Rule. Doing this helps you stay safe.**

If you notice your child doing something potentially dangerous or going somewhere without asking, say: **Remember, what rule do you need to follow before doing that?** (The Always Ask First Rule.) **And what is the Always Ask First Rule?** (Always ask a parent or the person in charge first.)

Activity

Help your child name and write three places he or she often goes, such as school, home, daycare, or a friend's house. For each location, help your child identify two trusted adults to ask before doing something, going somewhere, or accepting something.

Location 1: _____

- Trusted Adult 1: _____
- Trusted Adult 2: _____

Location 2: _____

- Trusted Adult 1: _____
- Trusted Adult 2: _____

Location 3: _____

- Trusted Adult 1: _____
- Trusted Adult 2: _____

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
----------------	--------	---------------------



What Is My Child Learning?

Your child is learning that safe touches are positive and caring, unsafe touches hurt your body, and how to say no assertively to unwanted touches, safe or unsafe.

Why Is It Important?

Students need to know the difference between safe and unsafe touches, that unsafe touches are not okay, and that they can refuse any touch they don't want, even if it's safe. This can help protect them from sexual abuse.

Ask your child:

- **What are some unsafe touches?** Possible answers: Kicking, hitting, pinching.
- **What should you say if someone touches you in an unsafe way?** Possible answers: Stop, that hurts me. Stop, that's not okay.
- **What are some safe touches?** Possible answers: Hugs, holding hands.
- **What can you say if someone wants to touch you, but you don't want to be touched?** Possible answers: Please don't touch me. I don't want to be touched.

Practice at Home

When you are talking to your child about the day, ask for stories about any safe touches or unsafe touches he or she saw or experienced. Ask: **How did you know that was a safe touch?** (It made me feel happy. It made me feel cared for.) Or: **How did you know that was an unsafe touch?** (It hurt my body.)

Activity

Help your child list different safe and unsafe touches. For each, help him or her write why it is safe or unsafe.

Safe Touches

Type of Touch	Why Is It Safe?
Pat on back	It makes me feel happy.

Unsafe Touches

Type of Touch	Why Is It Unsafe?
Tripping	It can hurt when I fall.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)



What Is My Child Learning?

Your child is learning the Touching Rule: A person should never touch your private body parts except to keep you healthy. Your child is also learning how to say no and to tell an adult when someone breaks the rule.

Why Is It Important?

The Touching Rule helps your child recognize sexual abuse so he or she can say no and tell an adult. Knowing the correct names for private body parts helps your child be understood when reporting.

Ask your child:

- **What is the Touching Rule?** *Second Step* answer: A person should never touch your private body parts except to keep you healthy.
- **What are your private body parts?** Possible answers: Boys—penis and buttocks or bottom. Girls—vulva, vagina, breasts, and buttocks or bottom.
- **What should you do when a person breaks the Touching Rule?** *Second Step* answer: Say, “No, I don’t want to be touched,” and tell an adult.

Practice at Home

Help your child create a plan for what to do if someone breaks the Touching Rule at school, daycare, a friend’s house, or other places your child regularly visits. Ask: **If a person broke the Touching Rule at _____, what would you do? What adult would you tell?**

Activity

Help your child name and label private body parts on the body outline below. Then help your child think of three different things to say if a person tried to touch his or her private body parts. Have your child practice standing tall and using a strong, respectful voice to say words that mean no.

	Refuse—Say words that mean no:

(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)
----------------	--------	---------------------



What Is My Child Learning?

Your child is learning never to keep secrets about touching, it is never his or her fault if someone breaks the Touching Rule, and to keep telling adults about a broken Touching Rule until someone helps.

Why Is It Important?

Children may be afraid to tell about sexual abuse because they've been told to keep it a secret. Knowing touching secrets are not okay and they can get help makes it more likely children will report abuse.

Ask your child:

- **What should you do if a person breaks the Touching Rule?** Possible answers: Say words that mean no. Say, "I don't want to be touched." Tell an adult.
- **What is the Never Keep Secrets Rule?** Second Step answer: Never keep secrets about touching.
- **What if the person who broke the Touching Rule tells you to keep it a secret?** Second Step answer: Tell an adult. Touching secrets are not okay.
- **What should you do if you tell an adult and he or she doesn't believe you?** Possible answers: Tell another adult. Keep telling adults until someone helps you.

Practice at Home

During the week, work with your child to identify adults to whom he or she could report a broken Touching Rule. Tell your child it's important to keep telling until someone helps him or her.

Activity

Help your child write what to say to you and to another trusted adult outside of your home to report someone breaking the Touching Rule. Have your child practice what to say out loud.

What to say to report a broken Touching Rule:

1. Who are you reporting to? _____

What can you say? _____

2. Who are you reporting to? _____

What can you say? _____

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)



What Is My Child Learning?

Your child is reviewing the rules and skills he or she learned in the Child Protection Unit. Your child is also practicing how to say no to unsafe situations and how to report broken safety rules to an adult.

Why Is It Important?

Reviewing personal safety skills helps your child remember them. This makes it more likely for your child to remember the rules and use the skills to stay safe in different situations.

David Speaks Up Video

As part of this lesson, your child watched the video *David Speaks Up*. It tells the story of a boy who uses the rules and skills he learned in the Child Protection Unit to keep himself safe. *David Speaks Up* is available for viewing online at SecondStep.org. Use this Activation Key to access it: CPU1 FAMI LYG1. You can also download a guide to help you talk about the movie with your child.

Ask Your Child:

- **What are the Ways to Stay Safe?** *Second Step* answer: Recognize: Is it safe? What’s the rule? Report: Tell an adult. Refuse: Say words that mean no.
- **What should you do when someone asks you to do something, take something, or go somewhere?** *Second Step* answer: Always ask a parent or the person in charge first.
- **What is the Touching Rule?** *Second Step* answer: A person should never touch your private body parts except to keep you healthy.
- **What is the Never Keep Secrets Rule?** *Second Step* answer: Never keep secrets about touching.

Practice At Home

During the week, work with your child to help him or her remember the Ways to Stay Safe, the Always Ask First Rule, the Touching Rule, and the Never Keep Secrets Rule. Ask your child to recite the rules and, if you see a situation that might be unsafe, ask your child how he or she could use the Ways to Stay Safe.

Activity

Help your child to complete the Personal Safety Mix 'n' Match activity below by drawing a line from each item in the left column to its description in the right. Use the “Ask Your Child” section above to check that your child has completed this correctly. When your child is done, help him or her remember the trusted adults he or she can go to ask for permission or report a broken rule.

Recognize	Never keep secrets about touching
Report	A person should never touch your private parts except to keep you healthy
Refuse	Tell an adult
Touching Rule	Is it safe? What’s the rule?
Always Ask First Rule	Say words that mean no
Never Keep Secrets Rule	Always ask a parent or the person in charge first before going somewhere, doing something, or taking something from someone else.

Trusted adults: _____

(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)
----------------	--------	---------------------