

# "The Rule": Talking to Safe Adults

Directions: Follow along as your teacher reads each sentence aloud and circle the correct answer to finish the sentence.

1. Safe Adults are...
  - A. grown-ups I know well, see a lot and trust
  - B. friends I spend a lot of time with
  
2. Safe Adults are...
  - A. grown-ups I kind of know
  - B. grown-ups I know very well
  
3. If someone gives me a Not Sure Touch or a Not Safe Touch, I will...
  - A. talk to a Safe Adult
  - B. talk to a friend
  - C. not tell anyone



Someone you love and are close to has been giving you Not Safe Touches. When it happened the first time, they said it was an accident. It keeps happening and it makes you feel weird inside. What should you do?

- I felt weird, so I will follow "the rule" and talk to a Safe Adult.
  
- The person I love and am close said it was an accident, so I don't need to talk to a Safe Adult.

Your good friend tells you they have been getting Not Safe Touches. The person giving the touches is someone they have a lot of fun with and they are worried about telling a Safe Adult. Your friend asks you to keep this a secret. What should you do?

- This is not a safe secret, you will tell one of your Safe Adults what happened.
  
- Keep this secret for your friend and don't tell anyone.

Directions: Read the sentence below. Talk with a partner about how you could tell a Safe Adult. Then, write one of your ideas below.

**Someone you like touched the private parts of your body. No one was around when it happened, but you know this touch is not safe. What are some words you could use to tell a Safe Adult about what happened?**

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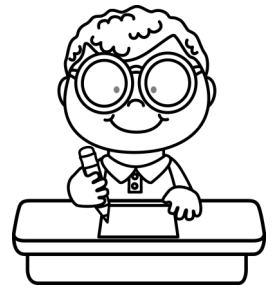


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# Creating a Safety Network for Your Child



A safety network is a group of Safe Adults your child can talk to if something is bothering them or they need help.

Discuss with your child the different places in their life where they have Safe Adults. They have Safe Adults at home and school, but where else do they spend time where there are grown-ups they know really well and trust?

This could include a coach/leader of a group, a grown-up at their friends home, a house of worship, or a grown-up at daycare.

## What makes a Safe Adult?

These are:

- Grown-ups your child knows very well
- Grown-ups they spend time with often
- Grown-ups they know they can trust

Grown-ups are excited to hear they are Safe Adults for your child! Let these grown-ups know they are a part of your child's safety network.

### Important note for Safe Adults:

When a child comes to you with something difficult to talk about or something bothering them, take the time to:

- ✱ listen to what the child is sharing
- ✱ believe what they are telling you
- ✱ thank them for sharing with you

## Parent and Child Activity

Role play with your child about how to tell a Safe Adult if someone gives them touches that make them feel uncomfortable or unsafe. Read the following scenarios with your child and have them practice how they would tell you about each situation. Make it like real life and pretend you are making dinner or on the computer. How would they get your attention to talk to you about something important?

- You are over at a friend's house and a grown-up there is tickling you. At first the tickles are fun, but then you begin to feel weird inside.
- You and your cousin spend a lot of time together and you always have fun. The last few times you were with them, they touched the private parts of your body but said it was an accident. This makes you feel nervous inside.
- A friend you have fun with and care about asks you to play a game about touching private parts. They tell you not to tell anyone or you'll both be in a lot of trouble.