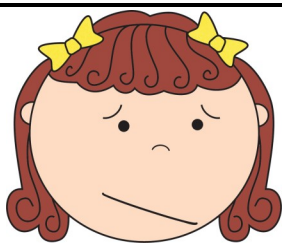


# I am Safe and Smart

## Kim's Story



Kim was spending the night at her friend Makayla's house. She and Makayla were watching a movie together and eating popcorn. It was fun! Makayla's brother Daniel asked if he could watch, too, and he sat down next to Kim. He put his hand on Kim's leg and rubbed it. This made Kim feel nervous inside. Then Daniel touched Kim's private parts. She felt surprised and scared.

Listen while your teacher reads Kim's story and choose the BEST answer.

- Kim received a
  - Not Sure Touch.
  - Not Safe Touch.
  - Not Sure and a Not Safe Touch.
- These touches made Kim feel
  - nervous, surprised, and scared.
  - safe inside.
  - confused inside.
- Kim will
  - be in trouble if she tells a Safe Adult.
  - not be in trouble if she tells a Safe Adult.
  - not be believed if she tells a Safe Adult.
- This is
  - not Kim's fault.
  - Kim's fault.
  - Makayla's fault.
- What should Kim do? (Hint: It's begins with Tell...)

Draw a picture of one of your Safe Adults and write their name.




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- I know how to keep my body safe.
  - True
  - False
- My Safe Adult will listen to me, believe me, and knows how to help me.
  - True
  - False

# Helping Your Child Stay Safe

## When they are Spending Time Away from Home



As your child spends time away from home at a friend's, camp, and other activities it is important to check in with them about how this time is spent. These conversations help your child see you are comfortable with the topic and you are willing to talk with them if something should happen while they are away from home.



### Before they leave:

- ★ Set your child up to know what to do in difficult situations away from home. Review safety rules in a casual way before they head out.
- ★ Games they play should be fun and silly, not scary or uncomfortable. Their clothes should always stay on when playing games.
- ★ If anyone (grown-up, teenager or kid) says or does something that makes your child feel uncomfortable/scared/weird, they can call you anytime.

### When they get home:

- ★ Ask questions such as: How did you spend your time/What did you do? What was something fun you did? Was there anything that made you uncomfortable?
- ★ Talk with your child one on one, not in front of the other parents/caregivers. This will help your child to be open and honest.
- ★ Avoid questions such as: Were you good? Did you listen? This makes it difficult for a child to open up about any situation that made them feel scared or uncomfortable.

## Parent and Child Activity

Ask your child what if these scenarios occurred while they were away from home. What would they do? Share how you would help them.

- Your friend's older sibling wants you both to play a game for older kids. The game makes you feel uncomfortable but your friend tells you it's no big deal.
- A grown-up you look up to says to you, "You're my favorite, but we'll just keep that our little secret." They rub your back as they tell you this and it gives you a funny feeling inside.
- A friend you hang out with quite a bit tells you someone has been giving them Not Safe Touches but they don't want you to tell anyone. They think they'll be in trouble if anyone finds out.

Kids Have Rights™ is a prevention program of the Children's Advocacy Center of Kent County

If you have questions regarding talking to your child about body safety, please visit our website for more information [www.cac-kent.org](http://www.cac-kent.org) or contact us at 616.336.4265