

Talking to Safe Adults

Directions: Read the passage on the left then choose the best answer to the corresponding question on the right.

1. Jamie is new at her school and right away made a new friend. They would meet up every recess to hang out together. One day, this friend started playing with Jamie's hair and rubbing her back. These touches made Jamie feel awkward and uncomfortable.

1. This is an example of a:

- A. Safe Touch, she can just enjoy it!
- B. Not Sure Touch, and Jamie should talk to a safe adult.
- C. Not Safe Touch, and Jamie should tell a safe adult.

2. Michael has been receiving Not Safe Touches from someone he knows and likes. Michael feels weird keeping this a secret, but he is worried about telling a safe adult and getting in trouble. After thinking a lot about what has happened, Michael has decided to tell one of his safe adults.

2. Michael's safe adult should be:

- A. A person (grown-up or kid) he has fun with.
- B. A grown-up he sees often, knows well and trusts.
- C. A person he lives with.

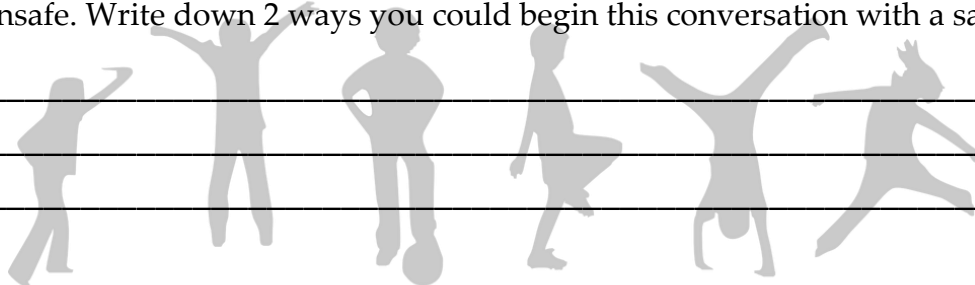
3. Jennifer went to a safe adult and told them about Not Safe Touches that have been happening to her. The safe adult she told said, "Are you sure that really happened? I just don't see how that can be true." This made Jennifer feel upset and she didn't know what to do next.

3. What should Jennifer do next?

- A. She has to prove to her safe adult this happened to her!
- B. She should keep it to herself and not talk about the Not Safe Touches again.
- C. She deserves to be believed and helped, she should tell a different safe adult

There are 3 key things that make a grown-up a safe adult. List them below.

Kids have shared they are unsure how to talk to a safe adult when someone has made them feel uncomfortable or unsafe. Write down 2 ways you could begin this conversation with a safe adult.



Keeping Lines of Communication Open

The Kids Have Rights lessons teach students the importance of talking to a safe adult, how to begin difficult conversations with safe adults, as well as how safe adults will listen to them and help them. It can be difficult for even upper elementary students to express clearly to a safe adult if someone has made them feel uncomfortable or unsafe. Many times they feel afraid to tell because they don't know what will happen next.

A developmental stage that comes along with pre adolescence is keeping secrets. It is age appropriate beginning around 9 years of age as friendships become increasingly important in a child's life. In turn, your child may not continue to tell you as much about what is going on in their world away from home.

As students begin to navigate this phase of development, talking with pre-adolescents about secrets that are safe and fun to keep vs. when they need to talk to you or another safe adult in their life. If anyone is ever in an unsafe situation they need to tell you. If a friend wants them to keep a secret that makes them feel uncomfortable or scared they can tell you.

There are many factors that play into why upper elementary age students don't talk to their parents or caregivers when they are in a situation where someone has made them feel unsafe or uncomfortable. These include:

- Peer influences
- Fear of getting in trouble
- Thinking they can solve the problem themselves

It is important your child hear from you:

- It is never too late for them to come to you with a problem or situation
- You will listen to them and you will help them



Parent and Child Activity

Role play with your child to help them practice talking to safe adults about difficult topics. Begin by presenting them the following scenario and asking them how they could come to you and tell you about what happened. This can be challenging! If they are stuck, brainstorm together. Some ideas could be to say, "I need to talk to you about something important." or, "Can we sit down and talk?"

- You are over at a good friend's house where you spend a lot of time. A grown-up friend of their family comes over that you have never met before. They begin saying things that make you feel uncomfortable, but you don't know if you should say anything because you don't want your friend to be upset with you. How would you talk to a safe adult about this?
- There are Not Safe Touches that have been happening to you. The person giving the touches is someone you and your family like a lot. How would you talk to a safe adult about this?

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 or contact us at 616-336-4265