



Your Child Participated in *Speak Up Be Safe™* Today!

Key things your child learned in SESSION 2:

- Your child reviewed information from Session 1, including:
 - All children are special and it is the job of adults to keep children safe.
 - The first two safety rules: #1 – **“It’s MY body!”** and #2 – **“Ask an adult if I am safe.”**
- Safety Rule #3: **“I have choices.”** – The children learned that in situations where they might not be safe, they can think about what choices they have to help them get to a safe place. Your child talked about situations where he or she might not be able to get away or stay away from an unsafe person or situation.
- Safety Rule #4: **“Tell someone.”** – The children learned it is important to tell a safe adult when they have been abused or if someone is not following the safety rules.
- The children identified safe adults in their lives.
- Safety Rule #5: **“It’s never my fault.”** – The children learned that if they are ever abused, even if they are tricked, it is never their fault and it is never too late to tell someone.

It is important to talk with your child about safety.

Being a parent or caregiver is challenging, especially when talking about difficult subjects like safety and child abuse. Below are some tips and talking points to get the conversation started.

- Each of the safety rules has a motion that goes along with it. Ask your child to teach you the rules and the motions. Teaching someone else helps children remember what they have learned! **Your child now knows all FIVE of the safety rules!**
- Let your child know that you will support her/him in making choices to stay safe, including saying “No!” and getting away from unsafe people or situations. Children often need permission from their parents or caregivers to feel empowered to make these kinds of decisions.
- Encourage your child to use his/her words to express feelings or opinions. Learning how to talk about things, especially when expressing displeasure, can help your child be prepared to do the same in similar situations throughout life.
- Let your child know that you want them to talk to you, and that you will LISTEN and BELIEVE them if they ever share questionable situations with you. Remind them that bad secrets – secrets that put them in danger or secrets about abuse – are OK to tell.
- Children don’t always share abuse directly. They might tell you a story about a friend or ask you a question. Follow up any time your child shares something that makes you uncomfortable. If a child shares information about abuse with you, stay calm and then get help.

**For more information on *Speak Up Be Safe™* and how to prevent child abuse visit
www.childhelp.org/SpeakUpBeSafe or call 1-800-4-A-CHILD.**

NATIONAL HEADQUARTERS

15757 North 78th Street Suite B · Scottsdale, AZ 85260 · T 480-922-8212 · F 480-922-7061 · www.childhelp.org/SpeakUpBeSafe