

Speak Up Be Safe 1st Grade Curriculum: Major Topics and Key Terms

Safe adults help you and will listen to you when you are confused or scared. They care about keeping you safe. All children are special, and it is the job of adults to keep children safe. No one should ever hurt a child. There are also some things children can do to help the adults keep them safe.

Our bodies are special and deserve to be safe on the outside and the inside. **Abuse** means to do something wrong to someone else, something on purpose that hurts a person. **Physical abuse** is when someone, an adult or another child, does something on purpose to hurt a child's body. Some children are spanked as a form of punishment. But spankings should not leave lasting marks or a hurt. If it does, it might be child abuse.

Physical safety means keeping your body safe from other people trying to hurt your body on purpose.

Safety Rule #1: "It's MY body." – Your body belongs to you.

Private body parts are the parts of the body covered by a bathing suit. Your private body parts are something you keep to yourself. It is NOT OK for adults or other children to touch or show private body parts. There are some times when it may be OK for someone to touch or see a child's private body parts: (1) a doctor needs to check a child's body for injuries and illness and a parent/caregiver is in the room, and (2) a parent/ caregiver may see a child's private body parts at bath time or if they are helping a child get dressed. Touching or showing private body parts is NEVER a game.

Safety Rule #2: "Ask an adult if I am safe." If something doesn't seem or feel right, or you're wondering if you're safe, you need to go to an adult you trust and ask for help.

A **trick** is when someone fools you, lies to you, pretends, or calls something a game that really isn't a game. Some adults might trick children to get them to do things that aren't safe. It is never OK to go with someone unless your mom, dad, or whoever takes care of you told you themselves that it is OK. Some families have a family password. This password is something a person can tell you so you will know FOR SURE that your mom, dad, or the person who takes care of you told someone else to come and get you.

Personal information (e.g., first and last name, address, phone number, birth date, etc.) is information each child should know to help safe adults keep them safe. This information should only be shared when the child needs help from a safe adult.

Safety Rule #3: "I have choices." If you are in a situation where you might not be safe and can't get to a safe adult right away, there may be things you can do. The choices are: use your words, get away, and stay away.

Safety Rule #4: "Tell Someone." It is important to tell a safe adult if someone hurts you or scares you. (The qualities of a safe adult are reviewed, and the children are asked to identify their safe adults.) It is always important to tell a safe adult so they can do their job of keeping you safe, and safe adults want you to tell. If you tell a safe adult you don't feel safe or are being hurt and the adult isn't a good listener, it's important to tell another safe adult. You need to keep telling safe adults until someone listens and does something to help keep you safe.

A promise or secret that hurts a child or that's about breaking a safety rule is a bad promise or secret, and it needs to be told to a safe adult. If someone tries to hurt you, threaten you, or touch you in an unsafe way and asks you to promise not to tell, this is a promise or secret that is bad, and it is important to tell.

Safety Rule #5: "It's NEVER my fault." Child abuse is never the child's fault, even if the child was tricked into abuse. Also, even if something unsafe happened a long time ago, it is never too late to tell a safe adult.