

Speak Up Be Safe 5th Grade Curriculum: Major Topics and Key Terms

Personal Safety means doing our best to stay away from danger and situations where we might get hurt. It is also important to know how to look out for dangerous situations. It is the responsibility of adults to keep children safe, but children can help by knowing the safety rules and following them.

It is important to know who the **safe adults** are in your life so you know who to go to when faced with an unsafe or uncertain situation. (The characteristics of a safe adult are reviewed and the students are asked to identify safe adults in their lives.)

Our personal space, or **personal boundary**, is the area around our bodies, and we usually like to choose who's allowed within that space. People can have different personal space sizes depending on the relationship they have with the other person. We should respect other people's personal boundaries and watch for actions and words that tell us we're making someone uncomfortable by crossing into their personal space.

Abuse is when someone does something on purpose to harm someone or says they are going to hurt someone. People can be hurt on the outside AND the inside.

Child abuse is when someone, an adult or another child, does something to harm a child or threatens to harm a child.

Safety Rule #1: "It's MY body."- You deserve to be safe, and your body deserves to be respected and kept safe too. One way we can respect other people's bodies and have others respect our bodies is to pay attention to the personal boundaries of others.

There are 4 different ways people can hurt others on the inside and the outside or abuse them:

- 1. Physical Abuse** is when someone hurts a child's body on purpose. This can happen from hitting, punching, kicking, biting, or twisting an arm or a leg. It can leave behind a bruise, a broken bone, cuts, or scratches. Sometimes a parent or caregiver might spank a child to discipline them. A spanking should not leave behind a bruise or a mark. If it does, it may be child abuse.
- 2. Abuse of Private Body Parts** (i.e., the parts of the body covered by a bathing suit) can happen in different ways: (a) when someone touches a child's private body parts or tries to get a child to touch their private body parts, (b) when someone tries to talk to a child about their private body parts or asks a child to tell them about his/her private body parts, or (c) when someone shows a child their private body parts or shows pictures of private body parts.

Some types of touching and showing private body parts aren't abuse. Examples: a doctor checking a child's body for injuries and illness and a parent/caregiver is in the room, and a child needs help washing and a parent /caregiver helps the child. It is wrong when someone touches, talks about, or shows pictures of private body parts not to help a child, but in a way that will harm or hurt a child.

- 3. Emotional Abuse** is when a child is told bad things about themselves over and over again to hurt their feelings or make them feel bad about themselves. All children deserve to be safe- not just their bodies, but their feelings too.

4. **Neglect** is when a child is not getting what he/she needs to be healthy and safe (e.g., not being fed or having proper clothes, not having a place to live, being left alone for long periods of time, being left with people that aren't safe, or not getting needed medical care).

Safety Rule #2- "Ask an adult if I'm safe." You don't always have to know if something that has happened to you or someone else is safe or not. You can talk with a safe adult and he or she will help you figure it out.

Sometimes strangers can hurt us, but sometimes we can get hurt by people we know and love. Most of the time, the abuser is someone we know.

Force is making someone do something they don't want to do, and they're not given a choice whether or not to do it. Sometimes adults or children force other children to do bad things that hurt their bodies or feelings.

Abusers sometimes use force, but most often they use tricks. A **trick** is when someone tells you something or does something to fool you. Sometimes tricks are fun, but they're not OK when they are mean and hurt people or break the safety rules. Some common tricks someone might use to try to hurt or abuse children are:

1. When someone older takes a special interest in a child as a friend.
2. A promise of a gift from someone the child wouldn't expect it from.
3. Touching or taking pictures of private body parts presented as a game.
4. A threat to harm or hurt someone/something the child loves if the child doesn't do something.
5. A stranger giving a child a message from his/her parents or caretaker, requesting a child's assistance, or asking the child to come over to a car or house.

If you're ever in a situation you think might not be safe and may be a trick or may lead to force, you need to listen to your feelings and find a safe adult.

There are many internet sites where children can talk with people they don't know. These are called social networking sites. There are times when the internet and social media are unsafe to use. Important internet safety rules include: never share personal information online; never meet in person with someone you "met" online; never say something hurtful, embarrassing, or personal about someone online or in a text message; and speak up right away if you witness or are subjected to online cruelty.

Internet predators are people who use the internet to have illegal contact with children. They try to trick children into thinking of them as really good friends, when they're actually strangers. Sometimes they might try to trick a child into thinking they're the same age or lie about where they live. If you feel unsafe or uncomfortable with what someone is saying to you online, this is a warning sign or "red flag". Other red flags to watch out for when using the internet include someone: telling you to keep your friendship secret, trying to send gifts or special favors in a game, asking about problems or frustrations with parents or schools/teachers, asking you to meet them, showing lots of attention, and asking or telling anything about private body parts. If a child notices any of these red flags, they should immediately tell 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. There are six choices, or **resistance strategies**:

R- Run (Run away if possible or as soon as possible. Get to a safe place.)

E- Escape (If you can't get away immediately, do so as soon as possible.)

S- Scream (Scream "no" or "stop" and threaten to tell.)

I- Ignore (If someone is trying to engage you in conversation or calling you over to a car or house, ignore them and move on.)

S- Stay Away (Avoid all future contact, or at least contact where you would be alone with the person.)

T- Tell (Tell a safe adult.)

Sometimes people use cell phones in unsafe ways. One way is when people send inappropriate messages or pictures of private body parts using their cell phones. These pictures and texts can be easily forwarded to a lot of people. Once you send something, you have no control over what happens to it. Before pushing the send button, a child should ask, "Would I tell or show this in person?" and "How much would I mind if this was posted on a bulletin board for everyone to read or see?"

Bullies do things over and over again to the same person to hurt them physically, emotionally, or both.

Cyberbullying is when people do things on the internet and/or cell phones to hurt or embarrass someone on purpose.

Safety Rule #4: "Tell Someone." -If you're in an unsafe situation or think you're in an unsafe situation, or if you've been bullied or abused, it's important to tell a safe adult. You should also tell when you think or know someone else is unsafe.

Sometimes it might be hard to tell others about unsafe situations or abuse:

- You or someone else might get in trouble.
- You might think someone might not trust or love you anymore.
- You might have been threatened (i.e., they would hurt you or someone you care about if you tell.)
- You were told it was a secret and you shouldn't tell anyone. (Secrets about someone getting hurt are bad secrets, and they should be told to a safe adult.)
- You don't think anyone will listen or believe you.

It's important to identify safe adults you could talk to about an unsafe situation or concern. If you tell an adult and they don't listen or do anything to help, you can try again or tell another safe adult. Tell until someone listens and takes what you say seriously. If it's hard to tell someone using your voice, you can write it down, draw a picture, or share a story.

Safety Rule #5: "It's NEVER my fault." Child abuse is never the child's fault. Even if they could have stopped it sooner by telling, or they didn't or weren't able to follow the safety rules. Also, it's never too late to tell.

Sexual harassment means to tease, bother, or annoy someone because they are a boy or girl, and it is any behavior that is unwanted and sexual in nature.

Sexual harassment can take place in person or electronically, and a lot of kids are affected. Schools have rules against sexual harassment, and there are laws against it. There are 3 types of sexual harassment seen in schools: talking, writing, and touching. (Examples of each type are provided.) Anyone can be sexually harassed and anyone can potentially sexually harass someone else.

If you are sexually harassed, you have choices (the RESIST strategies). Also if you feel safe doing so, tell the person to STOP. Say, "I want you to stop _____." It makes me feel _____. Then tell a safe adult what's going on.