

Speak Up Be Safe 3rd Grade Curriculum: Major Topics and Key Terms

All children are unique and special. All children deserve to be safe.

It is important to know personal safety rules and be able to know if you are in danger or unsafe. Most of the time, we learn these rules from adults. It is the job of adults to keep children safe.

Abuse is when someone does something on purpose to harm someone else or says they are going to hurt someone else. People can be hurt on the outside and the inside. There are 4 different ways this can happen:

1. **Physical Abuse** is when someone hurts another person's body on purpose.

Sometimes a parent or another adult at home might spank a child for discipline. A spanking should not leave lasting marks or a hurt. If it does, it might be child abuse.

2. **Abuse of Private Body Parts** is when someone touches or asks us to touch private body parts. **Private body parts** are the parts of the body covered by a bathing suit. If someone shows us pictures of people's private body parts, tries to touch our private body parts, asks us to talk about our private body parts, or asks us to touch their private body parts, that person is not safe.

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 or takes 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. This type of abuse hurts on the inside. It hurts feelings and the way the child feels 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 is needed to be healthy and safe. Some of the things you need to be healthy and safe are a place to live, enough healthy food to eat, to not be left alone, and to be taken to a doctor when you're sick.

Safety Rule #1-"It's MY body." You are special and deserve to be safe. This means your body deserves to be safe too.

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. (The qualities of a safe adult are reviewed, and the children are asked to identify their safe adults.) If you tell a safe adult about a concern or unsafe situation and the adult doesn't listen, it's important to tell another safe adult. You need to keep telling safe adults until someone listens and does something to keep you safe

Sometimes we get hurt by strangers, but sometimes we get hurt by people we know and love, too.

Force is making someone do something they don't want to do or don't understand. They are not given a choice whether or not to do it. There may be times when an adult or another child might try to force a child to do

something harmful or that will hurt them. Usually people who use force have some sort of power over the child (i.e., they're bigger or stronger, or they are in charge).

A **bully** is someone who uses abuse or threats, teasing or name calling, or who hurts people on purpose on the outside or the inside by keeping them out of groups or activities. Bullies sometimes use force.

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.

Sometimes people who abuse or bully children use force, but most of the time they use tricks. A **trick** is when someone tells you something or does something to fool you. Tricks that make children unsafe and lead to child abuse or bullying are wrong.

Types of tricks/warning signs that a situation may be dangerous and could lead to child abuse:

1. Someone the child wouldn't expect to gives the child a gift or treat or asks for something personal. The person giving the gift asks the child to do something he/she shouldn't do in return for the gift.
2. Someone older shows the child special attention.
3. Someone a child doesn't know tells them a story to try and get the child to go with them.

Sometimes people who hurt children try to trick them by telling them the abuse is their special secret, and they get the child to promise not to tell anyone. Sometimes they trick the child into promising not to tell by making them feel guilty.

If you're ever in a situation you think isn't safe, may be a trick, or may lead to force, you need to listen to your feelings and talk with a safe adult outside of the situation.

Promises or secrets that hurt a child are wrong. No one should keep a promise or secret about abuse or bullying. Even if the secret is about another child, you should find a safe adult to tell.

Safety Rule #4: "Tell someone."- If you feel you or another child is in danger, it is important to tell a safe adult. It's an adult's responsibility to keep children safe, but they sometimes need your help to do their job.

Cyberbullying is bullying that takes place over cell phones, tablets, and on the internet. If you or someone you know is being cyberbullied, it's important to use the fourth safety rule. Sharing personal information online with someone you don't know can lead to cyberbullying.

Safety Rule #5: "It's NEVER my fault."- Child abuse is never the child's fault, even if they were tricked or could have stopped it earlier by telling. Also, it is never too late to tell.