

K-3 Alternative Safe Environment Training

For use with students who were unable to attend video training.



I will be kind and say nice things to others.

Give an example of something nice you might say:



I will keep my hands to myself except when helping others.

Why should you not touch others except when you are helping them? _____



I will take turns and include others in games.

Give an example of when you take turns and include others in games. _____



I will tell an adult in charge when someone is being hurt or there is an emergency.

Give 2 examples of an emergency:

1. _____
2. _____



I will respect other people's property and private space.

How can you show respect for people and their property? _____



I will be a good listener and not interrupt.

Name 2 good reasons to be a good listener:

1. _____
2. _____



I will obey school/parish rules and respect the adults who watch over me.

Name some rules in your class:



I will not accept a gift or anything to eat or drink from someone unless my parents, teachers or chaperones say it is ok.

Who could I take gifts and food from?



Besides my family members, I should never be alone with another adult. I should always be with either two or more adults or I should be with one or more friends when we are with one adult.

Give examples of places where I need to be careful not to be alone with an adult.



Think about some times when you have felt less afraid because of someone's touch. For example, when there was a loud thunderstorm, you may have been hugged by your parents, older brother or sister, or grandparent.

THINK ABOUT IT

Can you name an example of feeling less afraid because of someone's touch?

Think about times when you may have felt more afraid because of someone's touch. For example, someone could have pinched you or pulled your hair. These times can make you feel sad or hurt.

Can you name an example of feeling afraid because of someone's touch?

When someone touches you in a way that makes you feel afraid or uncomfortable, that "uh-oh" feeling, You must tell an adult, such as your parents or teacher. No one except your parents or caregivers (grandparents, doctors, etc.) should ever touch the parts of your body covered by a bathing suit.

List the names of people you can tell when you have that "Uh-oh" feeling because someone touched you and made you feel afraid or uncomfortable.

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REMEMBER:

- Adults don't ask young people for help: they ask other adults.
- You should never go anywhere with anyone who says you have to leave with him or her to receive a gift.
- Be careful when people use words to trick you to go somewhere with them by telling you they want to show you something you like or that is fun.
- You should never leave a store, mall, or park with anyone without your parents' permission.
- Never go with someone when they tell you your parents are sick or been in an accident and told them to pick you up. Always use a special password that you and your parents have before you go with anyone. If they don't know your password, they are not safe.
- Never go with someone who wants you to play a "special" game with them. If the game isn't being played in front of people you know and trust, that's a big sign of danger.
- When someone threatens to hurt you, your pets, your brothers and sisters, or your parents if you do not do what he or she wants, you should tell someone you trust right away. They will not hurt you if you tell.
- You should not trust any messages you get over the Internet from adults you do not know. Remember, sometimes adults pretend to be young people on the Internet.
- Never set up secret meetings with anyone you meet over the Internet.
- If someone does something that makes you feel uncomfortable or unsafe, trust yourself! Get away, and tell an adult you trust.

WHAT WOULD YOU DO?

What if someone told you they were hurt and needed help?

What if someone told you they would harm you or your family if you didn't do what they told you to do?

What if someone told you your mom asked them to pick you up?

What if someone offered to buy you something you really wanted, something really expensive, if you spent time with them?

REMEMBER:

- Sometimes, no matter what a young person does, he or she cannot escape being touched in harmful ways.
- It is never the young person's fault if she or he is abused.
- No young person causes (or makes) an adult want to harm him or her.
- When abuse does occur, it is extremely important to tell someone about it. It is common for an abuser to continue to abuse the young person or other young people unless the victim tells someone what happened.
- When we seek out help, we are saying, "What was done to me was not okay" and "I don't want to be hurt anymore." Talking to an adult can help stop the abuse and can provide us with the tools and help we need to stop hurting and start healing. Plus, telling an adult will likely keep the abuser from hurting anyone else.
- No secret is a good one, especially a secret related to being sexually abused.

VERIFICATION

I verify that _____
(student's name)

completed the Alternative Grade K – 3 Safe Environment Training at

_____ on _____
(name of parish or school) (date)

(signature of Pastoral Minister/Catechist/School representative)