

# LESSON 2: ESTABLISHING A TRUSTED TRIANGLE



## Today's Lesson: Lesson 2

In today's lesson, students learned the importance of safety rules and having a **Grown-Up Buddy** and a **Trusted Triangle**. In addition, we discussed the importance of identifying **Grown-Up Buddies** (adults responsible for a child's protection) to go to in any unsafe or confusing situation. The concepts covered are:

- Children should always stay close to their **Grown-Up Buddy** when in public.
- Each student identified three adults to be in their **Trusted Triangles**. Students' criteria to select these adults is based on knowing someone they could talk to about situations that leave them feeling scared, confused, uncomfortable, or "icky." Students brainstormed examples of adults who could be in their **Trusted Triangles**, including:

**Dad**  
**Mom**  
**Teacher**  
**Coach**

**Principal**  
**Guidance Counselor**  
**Grandma**  
**Grandpa**

**Aunt**  
**Uncle**

- **Strangers** are any people children don't know well. **Strangers** don't necessarily look dangerous.
- If they get separated from their **Grown-Up Buddy** when out in a public place, the students are encouraged to look for and ask for help from someone official, like a firefighter or police officer, or a mother with children.



## Human Trafficking Prevention

Although 90% of all childhood sexual abuse is committed by someone the child knows, students must understand the “**strangers**” concept. In addition, as students encounter adults in all aspects of their lives, they must understand the characteristics of safe adults and the attributes of **safe relationships**. Being able to identify an **unsafe relationship** and taking steps to get help is critical to their safety.

Human trafficking prevention components in this lesson address students learning about the characteristics of safe adults, both people they know and **strangers**. This knowledge will help them make safe decisions with adults outside their **Trusted Triangle**.



## Caregiver Connection

Throughout this curriculum, your child will come to understand the importance of boundaries and that rules are necessary to keep them safe. By discussing and brainstorming safety rules for the home, your child will learn that rules are an important part of their environment. After making a list of your child's safety rules, place it in a visible place in your home.

### Extension Activity

Please work with your child to fill out the **Trusted Triangle** extension activity below. Help brainstorm names of people who are considered **Grown-Up Buddies**. Your child should write the names and draw pictures of the three or more adults who are safe to go to any time your child feels scared or confused. As you do this with your child, make sure the names you write down are also people with whom you feel your child is safe. At least one person in the **Trusted Triangle** must be someone outside the family, and everyone should be old enough to drive a car so that these trusted adults can seek help for the child if necessary. Also, be sure to brainstorm with your child about other adults they can turn to for help when a member of their **Trusted Triangle** is not available.

Please display the **Trusted Triangle** in a prominent place in your house, like the refrigerator. Putting it in a place for everyone to see will reinforce the **Grown-Up Buddy** principle with your child and help others see that your child has a system to report unsafe behavior. Also, please remember to review your child's **Trusted Triangle** with them and help them update it periodically to ensure it stays current.

**Trusted Triangle Extension Activity** - may be downloaded and printed

- [Steps-to-Safety: How to Help Your Child Make a Trusted Triangle](#)

Next, help your child send a letter to each member of their **Trusted Triangle**. This letter explains how important each member of their **Trusted Triangle** is in their life because they are a safe person for your child to go to in any situation where they may need help. Be sure to give these letters to the people in your child's **Trusted Triangle**, so they understand the important role they play in your child's life. Below are two options for sharing these letters with your child's **Grown-Up Buddies**.

### Send Your Grown-Up Buddy a Letter - pdf

1. Download and print a copy for each **Grown-Up Buddy**. Click the link to view the letter and download the letter: [Grown-Up Buddy a Letter](#)
2. Have your child type or write the name of the **Grown-Up Buddy** on each letter and sign their name at the bottom
3. Mail or give the letters to your child's **Grown-Up Buddies** in person.

### Grown-Up Buddy Letter - email template

1. Click the link to "Make a copy:" [Grown-Up Buddy Letter - email template](#)
2. Replace the text in the template with the **Grown-Up Buddy's** name and your child's name.
3. Select all the text on the page and select "copy."
4. Go to your email account and compose a new email.
5. Go to the body of your email to "paste" the text you copied from the template.
6. Add the email address of your child's **Grown-Up Buddy**.
7. Add a "subject" (Suggested subject title: "You are a Grown-Up Buddy in My Trusted Triangle.")
8. Send
9. Repeat this process for each **Grown-Up Buddy** in your child's **Trusted Triangle**.

## Activities to Try at Home

You are encouraged to use the following resources with your child at home. These activities may be downloaded and printed.

- [Buddy Mask Activity](#)
- [Steps-to-Safety: Cyber Safety](#)
- [Create a Family Password](#)



## Tips to Further Today's Lesson

- Ask your child to name situations when it's important to stay close to their **Grown-Up Buddy**.
- We recommend every family establish a secret family password. Choose a word that your child can remember to use in various situations to prove what they are told is the truth. For example, if someone tries to pick up your child by saying, "Your mom told me to pick you up," your child can ask the person for your secret family password. Give your child examples of how this password should be used. Your child will learn about this in future lessons.

For more ways to talk to your child about staying safe, visit [Safer, Smarter Families](#). For additional resources, visit [Lauren's Kids](#). To report abuse, call the [ChildHelp National Child Abuse Hotline](#) at 1-800-422-4453, and you will be referred to your local reporting agency.

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