

LESSON 3: THINK, FEEL, ACT



Today's Lesson: Lesson 3

In today's lesson, students were introduced to the concept of a **Guiding Voice**, the little voice inside them that helps them decide if a situation is safe or unsafe. Your child was encouraged to pay attention to what their **Guiding Voice** says in any situation. Your child also learned the safety process of **Think, Feel, Act (TFA)**. The children were presented with various scenarios and asked what they would **Think** in that situation, how they would **Feel**, and how they would **Act**. This lesson encourages children to take steps to tell someone when a situation makes them feel confused, scared, icky, or uncomfortable by:

- Using their **Safety Stop Sign**
- Telling their **Grown-Up Buddy**
- Telling someone until they get the **2 H's: Heard and Helped**



Human Trafficking Prevention

The introduction to **guiding voice** and **Think, Feel, Act** in this lesson addresses human trafficking prevention. Both of these safety tools encouraged students to take steps to tell someone when a situation makes them feel confused or “icky.” Students will continue using their **guiding voice** and **Think, Feel, Act** as they apply these safety tools to unsafe situations throughout teacher and student-led activities.

Traffickers may target young victims through social media websites, chat rooms, after-school programs, and on the streets, in shopping malls, or in clubs. In some cases, teens who are already involved with the traffickers are used to recruit other victims. In fact, a person can be trafficked without ever leaving their hometown.

Reinforce to your child that when they feel unsafe, they are unsafe. When they are unsafe, they must tell a **Grown-Up Buddy** in their **Trusted Triangle**.



Caregiver Connection

Asking children what they think about possible situations helps them envision what they might do if a situation like that ever happened to them. By asking them what they think or feel about something before and after the situation, it lets them know that they can talk with you about anything and you are there to help them figure out what to do. By regularly engaging your child in such conversations, your child is more likely to come to you with real-life situations that occur, ask more questions, and gain your input.

Activities to Try at Home

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

- [Steps-to-Safety: TFA: Think, Feel, Act](#)



Tips to Further Today's Lesson

- In various situations that come up, ask your children what they **think** and **feel** — whether at the grocery store, at home, or during extracurricular activities. Then, ask, based on these feelings, how you and they — depending on the situation — should **act**.
- Whenever your child asks, "Mom, what about...," ask what your child thinks and feels about it first before you give your answer. Also, ask if your child's **Guiding Voice** has told them anything lately and ask if they have listened to it.

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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