



Today's Lesson: Lesson 6

In today's lesson, your child reviewed **Body Boundaries**, which were presented in the previous lesson. Today's video started by returning to a situation in the previous lesson where a photograph was taken inappropriately. Even though it was meant to be a prank, it violated someone's **Body Boundaries** and right to **privacy** and made them feel uncomfortable. Your child saw through the **Safety Barometer** that this upsetting event was unsafe.

Your child learned that if something upsetting happens to them, they must refer to their **Trusted Triangle** and tell a **Grown-Up Buddy**. They also learned a calming technique and observed the steps used to help themselves or a friend who is upset or scared. Your child saw how talking about an upsetting event also helps them feel better, thus reinforcing the concept that they must tell their **Grown-Up Buddy** about anything that makes them feel unsafe. They also learned that hurtful pranks, even if they are meant to be funny, are a form of **bullying**. It is the right thing to do, and it takes courage to come forward when someone has done something that has made another person feel unsafe. Your child also saw that if someone has done something that makes another person feel unsafe and they know about it and don't tell, that is an **unsafe secret**. **Unsafe secrets** should never be kept and should always be told to their **Grown-Up Buddy**.



Human Trafficking Prevention

Students have now learned that taking a picture of someone in an inappropriate situation is a **Personal Boundary Violation** and unsafe use of a camera. Students will practice using their **Safety Barometers** to help them decide if the use of a camera is safe or unsafe.



Caregiver Connection

Talk with your child about things that might be upsetting or anxiety-producing and how they can use the calming strategy presented in today's lesson. Here are the steps presented in the lesson:

Step One:

Take several slow, deep breaths.
Breathe in, 1...2...3...4...
and now breathe out, 1...2...3...4...

Step Two:

When you feel safe, you need to talk about what just happened in your own words.

The person listening should validate what is shared and ask how it made the child feel. When the feelings are shared, those feelings should be validated as well. The idea that talking about it helps is constantly reinforced by the person listening.

Activities to Try at Home

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

- [Help Me Stay Calm Word Search](#)



Tips to Further Today's Lesson

It is important for parents to reinforce the message that even though something may seem funny if it scares or upsets someone and is done anyway, it is **bullying**. **Bullying** others is never appropriate because no one should ever be made to feel unsafe. It is also important for parents to stress that it is everyone's responsibility to report **bullying** that they witness to a **Grown-Up Buddy**. Keeping **bullying** a secret is an example of an **unsafe secret**. **Unsafe secrets** should never be kept. It takes a lot of courage to report **bullying**, and it is the right thing to do.

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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