

LESSON 6

HEARD & HELPED



Today's Lesson: Lesson 6

In today's lesson, your child revisited the concepts of **personal space**, **private parts** of the body, and **body boundaries**. The concept of a **body boundary violation** is introduced. A **body boundary violation** happens when someone's **body boundaries** are not respected. Your child observed the steps in accessing help when a **body boundary violation** occurs.

What happens when someone is in an unsafe situation and needs to access help from their trusted adults in their **Safety NETWORK** helped communicate the important safety message that all children need to understand...they have the right to be safe. Steps leading to being heard and helped were reinforced with your child. Your child also observed what happens when one may be heard but not helped. It is important for your child to understand the process of what to do when help does not come after telling a trusted adult in their **Safety NETWORK**.



Human Trafficking Prevention

Throughout all the **Safe, Smarter Kids** lessons, students have gained the tools they need to communicate their need for help. This lesson will extend and emphasize to students the importance of accessing help when they are in an **unsafe situation**, have an **unsafe secret**, or are being influenced by an unsafe person.



Caregiver Connection

Using the steps of **Think, Feel, Act (TFA)**, brainstorm different situations where your child might need the help of one of their trusted adults in their **Safety NETWORK**. Discuss with your child what happens if they **Think** that a trusted adult in their **Safety NETWORK** may not be able to help them and how that makes them **Feel**. It is important that your child understands that they must **Act** to keep themselves safe. No matter how disappointed, hurt, or angry your child may be, their goal is to be helped out of an **unsafe situation**. The goal of this conversation is for your child to understand that they must get the **Two H's: Heard and Helped** – when they are in an **unsafe situation** or even if they feel unsafe about anyone or any situation; and that there are steps to tell the other **trusted adults** in their **Safety NETWORK**. The most important message for your child to internalize is that it is okay to tell and to keep telling.

Activities to Try at Home

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

- [Create a Family Password](#)
- [Awareness of Surroundings](#)

Try out this interactive web-based activity to learn the vocabulary words for Lesson 6.

- [Let's Practice: Lesson 6 Vocabulary](#)



Tips to Further Today's Lesson

What happens if, in the course of this conversation about accessing help, your child discloses someone has hurt them and they are in an unsafe situation? Speak with loving messages that convey that you believe what the child has disclosed, that you are glad that the child trusted you enough to tell you, and that you will do everything you can to make sure they are safe.

- Remain calm (and neutral) when you are with your child
- Tell your child you're glad they told you
- Tell your child that you believe them
- Tell your child that the abuse was not their fault
- Tell your child they were very brave to tell and you are proud of them
- Tell your child you will do everything possible to protect them
- Tell your child that you will make a report to people who can help stop the abuse, such as the Department of Children and Families.

For more ways to talk to your students about staying safe, visit [Safer Smarter Schools](#). 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.

