

LESSON 4

WHO YOU ARE: THE RIGHT TO BE YOURSELF



Today's Lesson: Lesson 4

In today's lesson, your child was reminded that everyone in the United States has certain **rights** – such as the right to freedom of speech, which means Americans are allowed to express their feelings, thoughts, and opinions. In the Kids' Bill of Rights, your child learned about the **right to be yourself**. **Being yourself** is defined as all of the ideas, beliefs, strengths, and weaknesses that make up your **unique** personality and who you are.

Your child saw how the **right to be yourself** could be compromised when they are trying to fit in. Lauren talked about how it can be a challenge for students because they want to fit into different groups, such as their class at school, their family, or their team. But it is important for your child to understand that if they sacrifice who they really are, what they really enjoy, or the things they really like just to fit in, they lose what makes them **unique**.



Human Trafficking Prevention

Students will learn about the importance and the **right to be yourself**. Students also learn that they don't have to change their interests to please or meet the **expectations** of others.

Since **recruiting** is an important aspect of human trafficking, preventing such will extend the concept of resisting pressure from others to build awareness of the dangers of recruiting in the physical and digital worlds. Also discussed are the concepts of safety on the Internet, **social media**, and the safe use of **digital devices**, which will increase students' knowledge of the possible dangers that may be encountered online.



Caregiver Connection

In today's video, your child observed what happened when Nick, a talented athlete and basketball player, decided not to try out for the basketball team because he wanted to do something else. His disappointed teammates begin to pressure him to rejoin the team by telling him they need him to win the championship. Nick becomes angry when his friends don't **respect** his decision. Lauren notices that Nick is upset and talks to him. Nick reveals that he loves to sing and has a chance to perform with the chorus, but because he is tall and has always played basketball, everyone always expects him to play. He doesn't want to let his friends or his dad down, but he really wants to pursue being in the chorus – and he can't do both. When Lauren finds out that Nick likes to sing and would like to focus on developing that skill, she reminds Nick that both his skill in basketball and his love of singing are part of what makes him **unique** and part of his personality. She reassures Nick by telling him that his dad would want Nick to be himself and to do what makes him happy and that he should not feel pressured to do something that he doesn't want to do.

Ask your child how Nick resolved his desire to sing and the pressure from his friends to play basketball. Ask your child if they have ever felt pressured to be something or someone that was not part of who they are. What did they do?

Make sure that your child understands that the **right to be yourself** is okay. Everything about them makes them special and who they are. Children who are comfortable with the concept of **being yourself** will be less vulnerable to pressure. Children who are confident in what makes them **unique** are safer, smarter kids.

Activities to Try at Home

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

- [“Who I Am” Activity](#)

Try out this interactive web-based activity to learn the vocabulary words for Lesson 4.

- [Let's Practice: Lesson 4 Vocabulary](#)



Tips to Further Today's Lesson

List all the talents, interests, likes, dislikes, strengths, and even weaknesses that make up your child's **unique** personality. Share your list with your child. This is a great conversation starter and gives you the opportunity to validate all the characteristics that make your child **unique** and special. It also gives your child the opportunity to share things about themselves that you might not know.

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.

