

LESSON 5

THE RESPONSIBILITIES OF YOUR RIGHTS



Today's Lesson: Lesson 5

In today's lesson, Lauren reviewed all of the **rights** in the Kids' Bill of Rights: **safety, voice, be yourself, respect, and childhood**. The idea that your child is entitled to these **rights** was reinforced, along with introducing the concept that **responsibilities** are an important part of having **rights**. Just like adults, your child learned they have **responsibilities** that come with these **rights**. Part of that **responsibility** means your child must consciously make safe choices and safe decisions. Your child was reminded that when they feel unsafe, uncomfortable, or like their **personal boundaries** aren't being respected, it's their **responsibility** to use their **voice** to tell a **trusted adult** in their **Safety NETWORK** until they are **heard and helped**. Your child also reviewed the concept that they have a **responsibility** to their friends by **respecting** each of their **rights** in the Kids' Bill of Rights. The important message for students is that listening to the concerns of their friends and telling a **trusted adult** in their **Safety NETWORK** when help is needed is not just a **responsibility** students have, but it is also a safe choice and a responsible decision.



Human Trafficking Prevention

Throughout all the **Safer, Smarter Kids** lessons, students have gained the tools they need to communicate their need for help when necessary. 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 influenced by an unsafe person.



Caregiver Connection

In today's video, Lauren revisits all of the **rights** in the Kids' Bill of Rights with the kids in the Rec Center. Each scenario in the previous videos is reviewed as the kids discuss why exercising their **rights** enabled them to resolve a situation. When each of the **rights** has been discussed, the kids review the concept of the **responsibility** they have to make sure they are exercising their **rights** and to make sure others respect their **rights**. Lauren emphasizes that the kids also have the **responsibility** to help their friends because sometimes it's hard for friends to speak up and get help when needed. Throughout the program, students observed that in many instances, friends alerted a **trusted adult** that another friend's behavior had changed or that they seemed not to be themselves. Each time someone got a **trusted adult** involved to help their friend, your child saw how using that safety strategy was a safer, smarter choice!

Ask your child how they exercise their **rights**. Help your child learn how to exercise their **rights** in an appropriate manner and communicate to them that it is never okay to be in an **unsafe situation**. Above all, they have the **right** to be safe and the **responsibility** to tell and keep telling until they are **heard and helped**.

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: Helping Your Child Make a Cyber P.L.A.N.](#)

- [Steps-to-Safety: Your Child's Rights to Safety](#)
- [Steps-to-Safety: Cyberbullying](#)
- [Create a Family Password](#)
- [Awareness of Surroundings](#)

Try out this interactive web-based activity to learn the vocabulary words for Lesson 5.

- [Let's Practice: Lesson 5 Vocabulary](#)



Tips to Further Today's Lesson

Help your child understand the **responsibilities** of their **rights**.

Your child has the **right** to be safe.

- Your child has the **responsibility** to stay out of unsafe situations and **report** any situation that makes them feel unsafe or uncomfortable.
- Your child has the **responsibility** to follow the rules so that others are safe.

Your child has the **right** to their **voice**.

- Your child has the **responsibility** to use their **voice** to tell someone in their **Safety NETWORK** until they get the **2 H's: heard and helped**.
- Your child has the **responsibility** to listen to others.

Your child has the **right to be yourself**.

- Your child has the **responsibility** not to compromise who they are just to please others.
- Your child has the **responsibility** to let others be who they are.

Your child has the **right to respect** and for their **body boundaries** to be respected.

- Your child has the **responsibility** to tell a **trusted adult** in their **Safety NETWORK** if they are being disrespected or if their **body boundaries** are not being respected.
- Your child has the **responsibility** to respect the **personal boundaries** of others.

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.

