

LESSON 5

THE COURAGE TO CHANGE



Today's Lesson: Lesson 5

In this final lesson, Lauren reviews all of the safety concepts while applying what students have learned to address concerns they may have as they face transitioning from elementary school to middle school. As Lauren addresses these concerns, she continues to stress the strategies that your child has learned throughout this curriculum and how these strategies empower them. Your child was reminded of the power of their **voice** as an important safety strategy, as well as the **trusted adults** in their **Safety NETwork**. The message of finding your courage and using your voice continued to be reflected as each lesson's scenario was revisited: **peer pressure, bullying, cyberbullying, privacy violations, and body boundary violations**.



Human Trafficking Prevention

Throughout all the **Safer, Smarter Kids** lessons, students have gained the tools they need to communicate their need for help. In this lesson, the human trafficking prevention components 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

In today's video, Lauren and Rodney discussed the transition from elementary to middle school with the kids at the Rec Center. Your child learned how middle school is fun and exciting, with a lot more freedom, which most kids enjoy. The students at the Rec Center talked about the things they're excited about and the challenges they're nervous about facing. Lauren and Rodney reminded the students that they have strategies to deal with any challenges they may encounter, including listening to their **Guiding Voice** – or conscience – about making safe choices, respecting other people's rights, and using their **voice** to access help from **trusted adults** when necessary. Your child learned that they will have to deal with **peer pressure** and must use their **courage** and personal power to do what is both right and right for them. Ask your child about their concerns about transitioning to middle school. Ask them what strategies they will use to help them enjoy their middle school experience and also help them deal with the challenges they may encounter.

Activities to Try at Home

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

As your child moves from elementary to middle school, it is important to stay connected. While adolescents don't make that easy, parents need to stay vigilant. With increased freedom, increased

access to the Internet, and the rapidly changing world of technology, your child may be exposed to unsafe situations and people. It is important for parents to know their child's friends and have a relationship with their friend's parents and their child's teachers. Parents should periodically monitor Internet, cell phone, and social media use. You want to know what sites your child is visiting and with whom they interact. Never allow them to use chat rooms or chat features on games or apps. Keeping lines of communication open with your child and reinforcing the lessons learned in this curriculum will result in safer, smarter decisions and choices!

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.

©2021 Lauren's Kids, Inc. LAUREN'S KIDS® and the Safer, Smarter Kids™ trademarks, curriculum, and content are the exclusive property of Lauren's Kids, Inc., used under license. Any unauthorized use, duplication, copying, or sharing, in electronic form or otherwise, is strictly prohibited and subject to penalty under applicable state and federal law.

