



Child Abuse Prevention Program Outlines

Kindergarten Safety Program

One 30-minute session

- Everyone has a body that belongs just to them.
- Certain parts of the body are private (swimsuit picture).
- There are appropriate and inappropriate touches.
- Your body should not be hurt by other people.
- It is not okay for children to hurt other children (bully).
- An UH OH FEELING warns you to be careful (stay away from danger).
- You can SAY NO to touches that make you feel uncomfortable.
- You should GO TELL a grown-up you trust when you need help.
- It is never a child's fault if they are hurt or harmed by anyone.

Lesson taught using:

Story: *Katy's Story** (Story and video descriptions listed on last page)

Puppet: Safety Saurus

Activity: Safety Saurus Says

First Grade Safety Program

One 45-minute session

- Everyone has a body that belongs just to them.
- Certain parts of the body are private (swimsuit picture).
- There are appropriate and inappropriate touches.
- It is not okay for children to hurt other children (bully).
- An UH OH FEELING warns you to be careful (stay away from danger).
- There are good and bad secrets. Bad secrets need to be told to get help.
- There are things you can do if anyone tries to hurt you:
 - SAY NO
 - GO TELL a grown-up you trust
- There is a difference between tattling and telling.
- It is never a child's fault if they are hurt or harmed by anyone.

Lesson taught using:

Story: *Katy's Story**

Puppet: Safety Saurus

Activity: Safety Saurus Says

Optional Activity as time allows: Role Play

Second Grade Safety Program

Two 40-minute sessions taught on consecutive days

Day One

- Everyone has a body that belongs just to them.
- There are appropriate and inappropriate touches.
- Certain parts of the body are private (swimsuit picture).
- There are good and bad secrets. Bad secrets need to be told in order to get help.
- It is not okay to hurt others or let others hurt you (bully).
- An UH OH FEELING warns you to be careful (stay away from danger).
- There are things you can do if anyone tries to hurt you:
 - SAY NO
 - GO TELL a grown-up you trust
- There is a difference between tattling and telling.
- It is never a child's fault if they are hurt or harmed by anyone.

Day Two

- Review and practice new skills (processing information) through role play scenarios.
- Each student will create a personal safety plan or Handy Safety Plan (personalizing skills).

Lessons taught using:

Video: *What Tadoo With Secrets**

Puppet: Safety Saurus

Activity: Safety Saurus Says

Review Game

Role play: Telling trusted adults

Third Grade Child Abuse Prevention Program

Two 45-minute sessions taught on consecutive days

Day One

- Introduce and define child abuse including body (physical), feelings (emotional), touching (sexual) and ignoring (neglect).
- It is not okay for children to abuse other children (bully).
- There are good and bad secrets. Bad secrets need to be told in order to get help.
- Children need to protect themselves from people who may try to abuse them.
- There is a difference between tattling and telling.
- Child abuse is never a child's fault.

Day Two

- Review (processing information).
- The best safety rule is to listen to the UH-OH FEELING and avoid dangerous situations.
- Safety rules are important. Some of these are:
 - Tell the abuser no or stop (assertive behavior).
 - Get away from the situation as soon as possible.
 - Tell a trusted adult.
- Practice new skills through role play scenarios.
- Each student will create a personal safety plan or Handy Safety Plan (personalizing skills).

Lessons taught using:

Video: *McGruff on Self Protection:*

*Preventing Child Abuse and Neglect**

Role play: Would I feel an UH OH FEELING? How would I SAY NO. What trusted adult would I GO TELL?

Fourth Grade Child Abuse Prevention Program

Two 50-minute sessions taught on consecutive days

Day One

- Define child abuse including physical, emotional, sexual and neglect.
- Reasons we learn about abuse:
 - To protect ourselves and get help.
 - To know how to help our friends.
 - So we don't abuse others.
- It is not okay for children to abuse other children (bully).
- There is a difference between discipline and abuse.
- There are good and bad secrets. Bad secrets need to be told in order to get help.
- Children need to protect themselves from people who may try to abuse them.
- Child abuse is never a child's fault.

Day Two

- Review (processing information).
- The best safety rule is to avoid danger when possible.
- Safety rules are important. Some of these are:
 - Tell the abuser no or stop (assertive behavior).
 - Get away from the situation as soon as possible.
 - Tell a trusted adult.
- Each student will create a personal safety plan or Handy Safety Plan (personalizing skills).

Lessons taught using:

Video: *Listen To Me**

Activity: Handy Safety Plan

Fifth Grade Child Abuse Prevention Program

Two 50-minute sessions taught on consecutive days

Day One

- Define child abuse including physical, verbal, sexual and neglect.
- Reasons we learn about abuse:
 - To protect ourselves and get help.
 - To know how to help our friends.
 - So we don't abuse our own children someday.
- It is not okay for children to abuse other children (bully).
- There is a difference between discipline and abuse.
- There are good and bad secrets. Bad secrets need to be told in order to get help.
- Children need to protect themselves from people who may try to abuse them.
- Child abuse is never a child's fault.

Day Two

- Review (processing information).
- The best safety rule is to avoid danger when possible.
- Safety rules are important. Some of these are:
 - Tell the abuser no or stop (assertive behavior).
 - Get away from the situation as soon as possible.
 - Tell a trusted adult.
- Each student will create a personal safety plan or Handy Safety Plan (personalizing skills).

Lessons taught using:

Video: *Nobody's Home**

Activity: Handy Safety Plan

Sixth Grade Child Abuse Prevention Program

Two 60-minute sessions taught on consecutive days

Day One

- Define child abuse including physical, verbal, sexual and neglect.
- Reasons we learn about abuse:
 - To protect ourselves and get help.
 - To know how to help our friends.
 - So we don't abuse our own children someday.
- It is not okay for children to abuse other children (bully).
- There is a difference between discipline and abuse.
- There are good and bad secrets. Bad secrets need to be told in order to get help.
- Children need to protect themselves from people who may try to abuse them.
- Child abuse is never a child's fault.

Day Two

- Review (processing information)
- The best safety rule is to avoid danger when possible.
- Safety rules are important. Some of these are:
 - Tell the abuser no or stop (assertive behavior).
 - Get away from the situation as soon as possible.
 - Tell a trusted adult.
- Each student will create a personal safety plan or Handy Safety Plan.

Lessons taught using:

Video: *Break the Silence: Kids Against Child Abuse**

Activity: Handy Safety Plan

STORY AND VIDEO DESCRIPTIONS

Katy's Story – Katy's story is told in class using a flip-chart. Safety Saurus has a friend named Katy who has a bad secret. Someone has touched her on the private parts of her body. Private parts are described as anywhere a swimsuit covers. Safety Saurus tells her that what happened wasn't her fault and there is something she can do to make it stop.

What Tadoo With Secrets –There is only one thing scarier than telling a bad secret - keeping it. In this entertaining mix of live action, puppetry and animation, seven-year-old Juliet learns that secrets can be 'good' or 'bad', and that telling 'bad' secrets to a caring adult is the right thing to do. Professor Sir Hillary Von Carp and his wise frog friends, What and Tadoo, team up again to teach important lessons in making choices, distinguishing good secrets from bad, and following basic rules for getting help or helping oneself.

McGruff On Self-Protection: Preventing Child Abuse and Neglect - Every child has the right to feel safe and protected. McGruff the Crime Dog explains to his nephew, Scruff that any form of child abuse or neglect is against the law, and that help is available to children who need it. Dramatizations from McGruff's files feature children who have learned how to handle themselves in abusive and neglectful situations. Three scenarios examine cases of child neglect, physical abuse and sexual abuse. In each case, the children have worrisome secrets that they are afraid to reveal. With the encouragement of McGruff and other trusted adults, they discuss their fears and learn that everyone is a valuable person and has the right to be safe and protected. McGruff stresses that in order to deal with their problems, it is important for children to talk to a trusted adult whenever they're in a harmful situation or they're feeling uncomfortable about something.

Listen To Me: Physical Child Abuse - Young Brian comes to the aid of his little sister, Lizbeth, and his friend, Jeffery, when he seeks outside help for physical child abuse. Brian sees his mother blame and beat his six-year-old sister for things that go wrong. (He received the same treatment when he was her age.) Jeff's arm is broken and Brian fears worse will happen. Through the help of a school counselor and an abuse agency, Brian's family learns to deal with their problem and shows all children that there is help available - help that can make a change.

Nobody's Home - Anthony is in trouble. He is neglected and physically abused by a mother he loves, protective of his younger brother, and he wants to keep his family together. Anthony talks to a counselor at his school and is finally able to understand that it is important to get help from an adult you trust when there is a problem too big to solve alone. He realizes he isn't responsible for everything that occurs in his home and he has a need/right to get relief from burdens that aren't his to carry. Because the problem of neglect in a family is not easily resolved, this program offers understanding and direction to those who may be victims of neglect, and insight and sensitivity to those who are not.

Break the Silence: Kids Against Child Abuse Physical abuse, sexual abuse and neglect are explained in a way young children can understand. Four kids talk candidly about their abuse and their abusers as they describe how adults use fear, manipulation, and neglect to hurt children. As each story is told, animated versions of the child and the abuser help illustrate how the abuse happened and how it made the child feel.