



SPEAK UP BE SAFE

Presented by Center for Child Protection

Speak Up Be Safe, a Childhelp curriculum, is geared toward children and is an evidence-informed primary prevention curriculum aimed at stopping and preventing child abuse, including physical abuse, emotional abuse, sexual abuse, neglect, bullying and cyberbullying. The overarching goal with this curriculum is always to provide children with the skills to identify and be able to approach a safe adult if they find themselves in a situation where they feel unsafe.

LESSONS

The content and delivery of the Pre-K through 12th grade curricula are based on several areas of research including child development, learning styles, social psychology and child abuse and neglect prevention. The two lessons at each grade level are written to promote broad student participation and critical reflection by engaging students in visual, auditory and physical learning. The curriculum also includes information for teachers and take-home information for parents.

Every lesson reinforces primary ideas through age-appropriate instruction and interaction.

IDEAS INCLUDE:

- Safety
- You Deserve to be Safe
- There are Safe Adults
- Child Safety is an Adult's Responsibility
- Five Childhelp Speak Up Be Safe Safety Rules



Presented by



The 5 Safety Rules for PreK/Kindergarten^{1st} and 2nd Grade:

- ☉ It's MY Body! (Lesson 1) Children learn that they have a right to be safe and that includes their bodies. They learn that their private body parts are the parts that are covered by a bathing suit.
- ☉ Ask an adult if I am safe. (Lesson 1) Children are encouraged to use this rule in situations that might put them at risk for injury or abuse. If a child is wondering about her/his safety, it means he/she needs to talk to a safe adult who can help.
- ☉ I have choices. (Lesson 2) Children learn that in situations where they might not be safe, they can think about what choices they have to help them get to a safe place (for 2nd grade- using their words, getting away or staying away). Children talk about situations where he or she might not be able to get away or stay away from an unsafe person or situation.
- ☉ Tell someone. (Lesson 2) Children learn it is important to tell a safe adult if they have been abused or if someone is not following the safety rules. Children identify at least two safe adults in their lives (for 2nd grade, secrets are also addressed).
- ☉ It's NEVER my fault! (Lesson 2) Children learn that if they are ever abused, even if they are tricked, it is never their fault and it is never too late to tell someone and get help from a safe adult.

For more information about Speak Up Be Safe or to schedule your training with a Center for Child Protection Education Team Member, please email training@centerforchildprotection.org.

The 5 Safety Rules for Upper Elementary (3rd – 5th Grade):

- ☉ It's MY Body! (Lesson 1) Children learn that they have a right to be safe and that includes their bodies. They learn that their private body parts are the parts that are covered by a bathing suit.
- ☉ Ask an adult if I am safe. (Lesson 1) Children are encouraged to use this rule in situations that might put them at risk for injury or abuse. If a child is wondering about her/his safety, it means he/she needs to talk to a safe adult who can help.
- ☉ I have choices. (Lesson 2) Children learn that abusers sometimes use force, tricks, gifts, or bribes to get children into unsafe situations. Children learn about bullying, cyberbullying, and how to stay safe online. Children learn that in situations where they might not be safe, they can think about what choices they have to help them get to a safe place, including using their words, getting away or staying away.
- ☉ Tell someone. (Lesson 2) Children learn it is important to tell a safe adult if they have been abused or if someone is not following the safety rules. Children learn that secrets should be told to a safe adult and identify at least two safe adults in their lives.
- ☉ It's NEVER my fault! (Lesson 2) Children learn that if they are ever abused, even if they are tricked, it is never their fault and it is never too late to tell someone and get help from a safe adult.

For more information about Speak Up Be Safe or to schedule your training with a Center for Child Protection Education Team Member, please email training@centerforchildprotection.org.