

## **The Child Safety Workshop**

The following are concepts that are discussed in the Child Safety Workshop. Please take a few minutes to review them and practice these with your child at home tonight.

### **3 Personal Safety Steps**

When someone does something to you don't like, says something to you, you don't like, touches you in a way you don't like

1. Say NO!
2. Get Away
3. Tell a Trusted Adult

### **The Touching rule**

Swimsuits cover private body parts, no one should touch your private body parts unless it is to keep clean or healthy. An example of being kept clean is when mom or dad change baby's dirty diaper. An example of being kept healthy is when you go to the doctor's office to get a check up.

### **Trusted Adult /Grown-up**

A trusted adult is an adult that you can tell anything to. A trusted adult is someone that you like, someone that makes you feel good when you are with them. A trusted adult can be your or your mom and dad, teacher, your grandparents, your uncle or aunt. A trusted adult can be your brother or sister that is in college or has a job. You can tell your principal or even your doctor. Do not be afraid to tell, even if you are not sure about what happened it is better to talk to your trusted adult about it.

### **Always Ask for Permission Rule**

Remember always ask for permission first, before you go anywhere with any one, or accept a gift from anyone. The person to ask is Mom or Dad or the person in charge. Make a special code word with your parents. In an emergency, if your parents send someone to pick you up, that person can use the code word. The special code word can be the name of your teddy bear, or your favorite color, or any word you chose. Only you and your parents can know this code word. Do not tell anyone the code word.

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### What is a Stranger?

A stranger is a person you do not know. A stranger can be a woman, a man, or a child. A stranger may be smiling or may look angry or even sad. A stranger can be wearing nice clothes or sloppy dirty clothes. You do not help strangers find their lost puppies, or their friend's house. You do not talk to strangers. You do not help them in any way. You leave strangers alone. You do not go for rides with strangers. If a stranger says get in the car with them, you do not. You run away, go back to the nearest safe place. If a stranger grabs you, you fight, kick, scream this is not my parent!. You bite, you make it difficult for the stranger to hold you.

### Practice situations:

1. What would you do if you do not want to be hugged or kissed by a relative?  
Answer: Say No thank you I don't want a hug right now.
2. What would you do if someone asked you to help them search for a lost dog?  
Answer: Do not help them. An adult should get help from another adult not a child.
3. What would you do if the neighbor offered you money to do a job at their house?  
Answer: Ask for permission from parents
4. What would you do if someone told you your mother has been hurt and you must go with them to the hospital?  
Answer: Ask for the code word, if they don't know it, do not go with them.
5. What would you do if you were playing outside and your cousin invited you for a ride on his new motorcycle?  
Answer: ask for permission from parents.

For Parents /Teachers

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6. What would you do if we went somewhere and you got lost?

Answer: go to the nearest employee and say you need help looking for your parents. DO NOT walk around looking for your parents.

7. What would you do if someone broke the touching rule?

Answer:

1. Say NO!
2. Run Away
3. Tell a Trusted Adult



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