

Elementary Personal Body Safety Lessons Overview and Resources for Parents

MCPS

Elementary Personal Body Safety Lesson Overview

- ▶ By the end of this Personal Body Safety resource, parents will have accessed the following:
 - ▶ Parent talking points for discussion with students/children
 - ▶ Grade level overview for topics in prekindergarten through Grade 5
 - ▶ Sample student books by grade level
 - ▶ Sample online resources
 - ▶ Community resources for support and follow-up

Elementary Parent Discussion: The Talk Every Parent Needs to Have



Starting the Conversation

It's completely normal to feel uncomfortable, but you can start by weaving these messages into your everyday interactions: at bath time, over meals, or driving to an outing. Or, take your child out for a special treat and some one-on-one time. Find the way that feels right for you.

Download our [conversation guide](#) to use when speaking with your kids.

The Talk Every Parent Needs to Have

Committee for Children's long-standing history of protecting children from sexual abuse is the origin and soul of our nearly 40-year-old organization. Our goal for this site is to help families know what to say and do to protect kids from predators. In fact, research shows that talking to your kids about sexual abuse, touching, and private body parts can help keep them safe. We understand that child sexual abuse is scary, but talking about it shouldn't be, so we're giving you some tips for beginning the conversation, along with strategies and resources to use if your child brings it up.

Committee for Children Conversation Guide Link: <http://www.cfchildren.org/resources/child-abuse-prevention>

Elementary Personal Body Safety Lesson Overview

- ▶ Students in Grades Pre-Kindergarten-5th will receive personal body safety lessons taught by their school counselor. The classroom teacher is present.
- ▶ The lessons will help students to:
 - review skills for self-protection and identifying child abuse and neglect;
 - review skills for asking for help for self and others and practice reporting to a trusted adult;
 - engage in positive and appropriate interactions with peers and adults; and
 - develop knowledge, decision making skills, and behaviors which promote safe living in the home, school, and community

Pre-Kindergarten – Fifth Grade PBSL Key Points

- ▶ Identify which areas of their body are private.
- ▶ Identify whether a touch is “safe” or “unsafe/unwanted.”
- ▶ Recognize how to avoid and refuse unsafe/unwanted touches.
- ▶ Identify the difference between good/happy and bad/unsafe **secrets**.
- ▶ Identify adults that they can trust to talk to about any uncomfortable/unsafe things.
- ▶ Identify ways to tell a trusted adult even when feeling uncomfortable.
- ▶ Understand that sexual abusers may use tricks, bribes, or threats to gain and maintain trust and secrecy.
- ▶ Recognize and report child abuse.

Pre-K – 5 Sample Book List

Pre-Kindergarten - Kindergarten

Your Body Belongs to You by Cornelia Maude Spelman

First grade

I Can Play It Safe by Alison Feigh

Do You Have a Secret? by Jennifer Moore-Mallinos

Second grade – Third

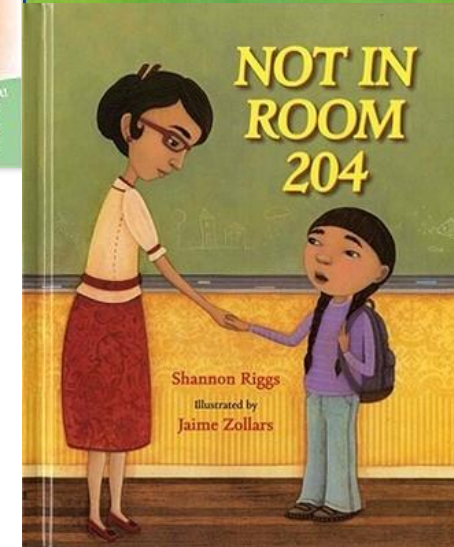
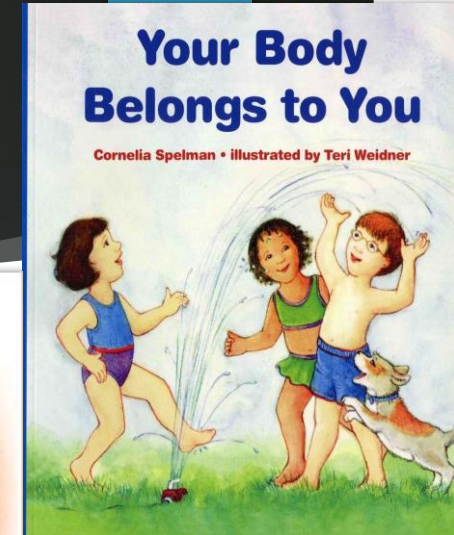
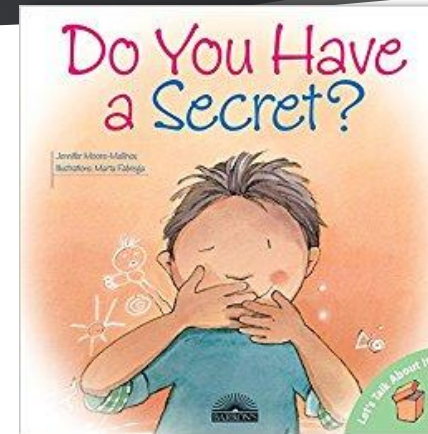
Scoop or Smarter than the Scoopers by Julia Cook

I Said No! A Kid to Kid Guide to Keeping Private Parts Private by Zack and Kimberly King

Fourth – Fifth grade

Not in Room 204: Breaking the Silence of Abuse by Shannon Riggs

<http://www.cfchildren.org/blog/2018/04/books-to-help-parents-talk-about-sexual-abuse/>



Elementary Parent Resources

- ▶ National Center for Missing & Exploited Children <https://www.missingkids.org/>
- ▶ Washington Coalition of Sexual Assault Programs <http://www.wcsap.org/resources-parents-address-child-sexual-abuse>
- ▶ Prevent Child Abuse America <http://preventchildabuse.org/resource/child-sexual-abuse-prevention/>
- ▶ TODAY Parenting Team <http://community.today.com/parentingteam/post/10-child-abuse-prevention-resources>
- ▶ National Sexual Violence Resource Center <https://www.nsvrc.org/publications/websites/caring-kids-what-parents-need-know-about-sexual-abuse>
- ▶ Childhelp <https://www.childhelp.org/story-resource-center/child-abuse-education-prevention-resources/>
- ▶ Child Welfare Information Gateway <https://www.childwelfare.gov/topics/preventing/prevention-programs/sexualabuse/>

Elementary Parent Resources

- ▶ National Children's Advocacy Center <http://www.nationalcac.org/for-parents/>
- ▶ The American Camp Association <https://www.acacamps.org/resource-library/child-abuse-prevention-resources>
- ▶ <https://www.kidpower.org/child-abuse-prevention/resources-for-schools/>
- ▶ Kidpower <https://www.kidsinthehouse.com/all-parents/safety/teaching-kids-be-safe/teaching-kids-about-appropriate-boundaries>
- ▶ Kidsinthehouse The Ultimate Parenting Guide <https://www.kidsinthehouse.com/all-parents/safety/teaching-kids-be-safe/importance-teaching-your-child-personal-safety>
- ▶ Barbara Sinatra Children's Center Foundation <http://fightchildabuse.org/>
- ▶ Military OneSource <http://www.militaryonesource.mil/-/2017-child-abuse-prevention-month-tool-kit>
- ▶ RAACE Race Against Abuse of Children Everywhere <https://www.raace.org/educating-adults-children>

Sexual Abuse Prevention Activities

Support Tree: Who is Safe to Ask for Help

<http://www.cfchildren.org/blog/2017/12/support-tree-activity/>

Three steps to help parents teach kids about their bodies, personal space, and safe and unsafe touches

<http://www.cfchildren.org/blog/2017/08/activity-teaching-touching-safety-rules-safe-and-unsafe-touching/>

Refusing Bullying Activity and Three Ways to Safe Song

<http://www.cfchildren.org/blog/2017/04/keeping-children-safe-reporting-child-sexual-abuse/>