



## PARENT LETTER

### TODAY'S LESSON: LESSON 1

Today, our first-grade class had its first **Safer, Smarter Kids** lesson. In today's lesson, Lauren introduced the **Safer, Smarter Kids** curriculum that explained the importance of Safety Rules and having a Grown-Up Buddy and a **Trusted Triangle**. The students brainstormed rules to help keep them safe. Here are the core rules they came up with:

1.

2.

3.

4.

### PARENT CONNECTION:

Throughout this curriculum, your child will come to understand the importance of boundaries and that rules are necessary to keep them safe. By discussing and brainstorming safety rules for the home, your child will understand that rules are an important part of their environment. After making a list of your child's home safety rules, place them in a visible place in your home.

### ABOUT LAUREN'S KIDS FOUNDATION:

Lauren's Kids was founded by child abuse survivor, prevention advocate and elementary school educator Lauren Book, M.S.Ed. The organization educates adults and children about sexual abuse topics through an in-school curriculum and speaking engagements around the world. The goal of Lauren's Kids is to create a world where the sexual abuse and exploitation of children is not tolerated.

## THE IMPORTANCE OF USING THE GROWN-UP BUDDY SYSTEM:

Today we discussed the importance of identifying Grown-Up Buddies (adults who are responsible for a child's protection) to go to in any unsafe or confusing situation. Among the concepts we covered are these:

- Children should always stay close to their Grown-Up Buddy whenever they are out in public.
- All the students thought about who could be in their Trusted Triangle. The students identified these adults based on the adults they could talk to about situations that leave them scared, confused, uncomfortable or icky. Students brainstormed examples of adults who could be in their Trusted Triangles, including:

Mom	Teacher	Principal	Grandma	Uncle
Dad	Coach	Guidance Counselor	Grandpa	Aunt

- Strangers are any people they don't know well. Strangers don't necessarily look dangerous.
- If they get separated from their Grown-Up Buddy when out in a public place, the children are encouraged to look for someone official like a firefighter or policeman, or a mother with children.

## HOMEWORK DIRECTIONS:

Work with your child this evening to fill out their Trusted Triangle homework. Help them brainstorm names of people that they consider Grown-Up Buddies. Your child should write the names and draw pictures of the three or more adults who they feel safe to go to any time they feel scared or confused. As you do this with your child, make sure the names that you write down are also people with whom you feel your child is safe. Please sign the completed Trusted Triangle and send it back to school with your child.

Later, your child's teacher will return the Trusted Triangle to you to place in a prominent place in your house, like the family refrigerator. Putting the Trusted Triangle in a place for everyone to see will reinforce the Grown-Up Buddy principle with your child and help others see that your child has a system to report abuse.

Please note that it is important that at least one person in the Trusted Triangle be outside the family, and everyone should be old enough to drive a car so that this trusted adult is able to seek help for the child if necessary.

## TIPS TO FURTHER TODAY'S DISCUSSION:

Ask your child to name situations when it's important to stay close to his or her Grown-Up Buddy.

Review your child's Trusted Triangle handout with them and be sure to help them update it periodically to be certain it's current. A special note to parents and caregivers: Talk to the adults in your child's Trusted Triangle. Make sure these adults know your child looks to them for support. As a team, you can better protect your child. Brainstorm with your child about other adults they can turn to for help.

Review your child's rules on the front of this Parent Letter and discuss or revise them if necessary.