


Safer, Smarter Kids

First Grade





Characteristics of Safe Adults

- **Stranger** - someone you don't know
 - **Safe Adult** - An adult who always protects you from unsafe situations and who makes you feel safe
 - **Grown-Up Buddy** - an adult you trust who you can turn to any time you need help and to whom you can tell anything
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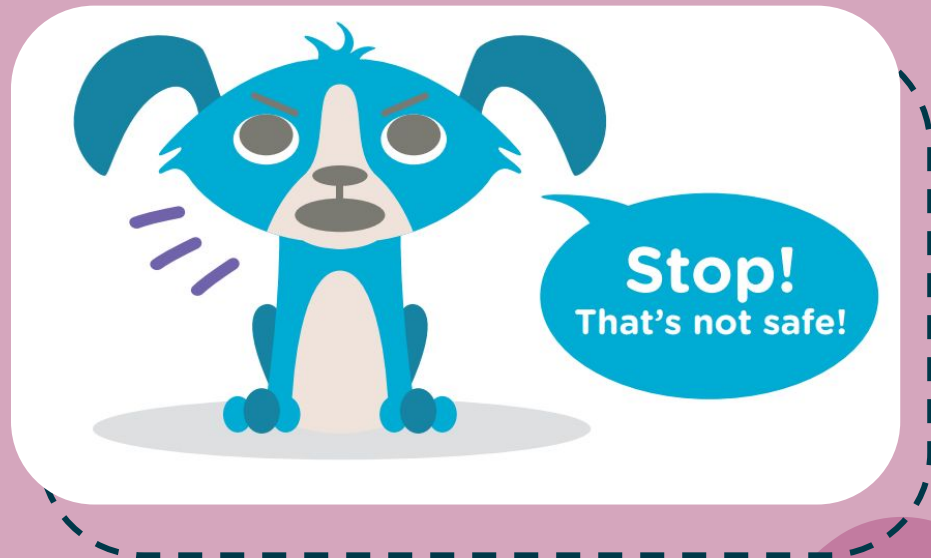


Understanding Safe and Unsafe Situations

- Rules help to keep us safe
 - At school
 - On the bus
 - At home
 - Crossing the street
 - Using the computer
 - Talking to people

We can always say “No” to situations that make us feel afraid, nervous, or uncomfortable

- Use your “I Mean Business Voice” to say:





Make Safe Choices: Using Think, Feel, Act and Guiding Voice

- **Guiding Voice** - our little voice inside that helps us decide if something is safe or unsafe



- **Think, Feel, Act**
 - What do I **think** about the situation?
 - How does it make me **feel**?
 - How will I **act**? What do I do to make a safe choice?

- When we **feel** unsafe, we **are** unsafe. When we are unsafe, we tell a Grown-Up Buddy.

Personal Safety & Physical Safety

- **Privacy** - our right to keep others from seeing or hearing things that are personal
- Privacy is part of our **Personal Safety**
 - Our right to have our personal space respected and keeping private parts of our body private
- **Physical Safety**
 - Our right to be free from hurtful, unwanted, and unsafe touches
- When we feel unsafe, we say “That is not a safe question” and we tell our Grown-Up Buddy



Identifying Unsafe Secrets

- **Unsafe Secrets** - secrets that make you feel unhappy, hurt, or icky. Any secret about private body parts is always a bad secret
- **Types of Unsafe Secrets**
 - Threat - When we are told something bad will happen if we don't keep an unsafe secret
 - Promise - When we are told something good will happen if we keep an unsafe secret
 - Trick - When someone lies to, deceives, or manipulates us into doing something they want

Nothing is worth keeping an unsafe secret. Always tell our Grown-Up Buddy.





Safe Use of the Internet and Social Media



- **Rules of the Cyber Highway**
 - Chat rooms are not safe. Never accept an invitation to a chat room
 - Always tell a Grown-Up Buddy if you find an unsafe website
 - Never send pictures or personal information to anyone you don't know



Keeping Our Brain Healthy

- Taking care of our body helps us take care of our brain
 - Exercise
 - Sleep
 - Healthy meals
- Never use drugs, alcohol, or cigarettes
- If someone offers you drugs, alcohol, or cigarettes, always tell your Grown-Up Buddy

A healthy brain helps us make safe choices!





Accessing Help



- It is important to tell our Grown-Up Buddy whenever we are in an unsafe situation, have an unsafe secret, or are being influenced by an unsafe person.
- Grown-Up Buddies are here to help us and are expected to help right away.

It is OK to tell and keep telling until you are Heard and Helped!

Reinforcing Stranger Safety

- Strangers are people we don't know well
- In an emergency, we can use Think, Feel, Act and our Guiding Voice to make safe decisions about interacting with strangers
- Remember:

If any person, any situation, any touch, or any secret makes us feel unsafe, uncomfortable, confused, or “icky”, we must tell a Grown-Up Buddy and keep telling until we are Heard and Helped.



Teacher Resources

For additional questions or concerns, you may contact your school's Social Worker or District Mental Health Counselor, as well as the below resources:

Safer, Smarter Kids Curriculum

<https://original.safersmarterkids.org/teachers/curriculum/human-trafficking/>

Department of Education Human Trafficking Information Page

<https://www.fl DOE.org/schools/healthy-schools/human-trafficking.shtml>

Florida Abuse Hotline

1-800-962-2873

National Human Trafficking Resource Center

1-888-3737-888

Broward County Substance Use & Abuse Toolkit

<https://www.browardschools.com/cms/lib/FL01803656/Centricity/Domain/13726/BCPS%20Substance%20Use%20and%20Abuse%20Prevention%20Education%20Toolkit%20links%20REV.pdf>

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