

Safer, Smarter Schools

A School-Based Pre-Kindergarten Through Grade 12 Personal Safety and Abuse Prevention Curriculum Presented By:

 **LAUREN'S KIDS**

ABOUT *SAFER, SMARTER SCHOOLS*



The Lauren's Kids *Safer, Smarter Schools* curriculum is Florida's – and the country's – first-ever comprehensive Pre-Kindergarten through grade 12 school-based prevention and personal safety curriculum. The curriculum contains educationally sound content for parents, teachers and administrators, and professional development. *Safer, Smarter Kids* spans Pre-Kindergarten through grade 5, and includes adaptations for the special education population. *Safer, Smarter Teens* provides lessons for middle and high school students.

Each *Safer, Smarter Schools* grade level curriculum program consists of five to eight lessons aligned with Florida Standards and Next Generation Sunshine State Standards for easy integration into the classroom through benchmarks in academic areas including social sciences, reading and health. The curriculum enables all children to effectively learn these strategies, no matter their learning style.

The *Safer, Smarter Schools* curriculum is **FREE** for Florida Public Schools. Learn more at SaferSmarterSchools.org.

SCOPE & SEQUENCE

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8
Kindergarten	<ul style="list-style-type: none"> • Safety Rules • Safety Stop Sign • I Mean Business Voice 	<ul style="list-style-type: none"> • Strangers • Grown-Up Buddies • Trusted Triangle 	<ul style="list-style-type: none"> • Think, Feel, Act • Guiding Voice 	<ul style="list-style-type: none"> • Private Parts • Personal Space • Safe and Unsafe Touches 	<ul style="list-style-type: none"> • Safe and Unsafe Secrets 	<ul style="list-style-type: none"> • Tattling and Reporting 	N/A	N/A
First Grade	<ul style="list-style-type: none"> • Safety Rules • Grown-Up Buddies • Trusted Triangle 	<ul style="list-style-type: none"> • Safety Stop Sign • I Mean Business Voice 	<ul style="list-style-type: none"> • Think, Feel, Act • Guiding Voice 	<ul style="list-style-type: none"> • Safe and Unsafe Touches 	<ul style="list-style-type: none"> • Safe and Unsafe Secrets 	<ul style="list-style-type: none"> • Tattling and Reporting 	<ul style="list-style-type: none"> • Strangers 	<ul style="list-style-type: none"> • Grade Level Review
Second Grade	<ul style="list-style-type: none"> • Grown-Up Buddy • Trusted Triangle • Safety Stop Sign • I Mean Business Voice • Think, Feel, Act • Safety Barometer 	<ul style="list-style-type: none"> • Awareness of Surroundings • Safety Goggles 	<ul style="list-style-type: none"> • P.L.A.N. 	<ul style="list-style-type: none"> • Safe and Unsafe Secrets • Secret Gauge • Think, Feel, Act • Trusted Triangle • I Mean Business Voice 	<ul style="list-style-type: none"> • Body Boundaries and Privacy • Lock and Key Token 	<ul style="list-style-type: none"> • Body Boundaries and Privacy • Safety Barometer • Bullying • Safe Use of Cell Phone Camera 	<ul style="list-style-type: none"> • Cyber Safety • Guiding Voice • Cyber Citizen Learners Permit 	<ul style="list-style-type: none"> • Grade Level Review
Third Grade	<ul style="list-style-type: none"> • Good Citizenship in our Community • Wrongdoing • Wrongdoer • Victim • Bystander • Safety NETWORK • Think, Feel, Act 	<ul style="list-style-type: none"> • Digital Safety • Digital Community • Digital Citizen • Social Media 	<ul style="list-style-type: none"> • Body Boundaries and Personal Space • Violation 	<ul style="list-style-type: none"> • Body Boundaries and Personal Space • Guiding Voice • Personal Power 	<ul style="list-style-type: none"> • Unsafe Situation • Safe Secret • Unsafe Secret 	<ul style="list-style-type: none"> • Voice • Heard & Helped 	N/A	N/A
Fourth Grade	<ul style="list-style-type: none"> • Kids Bill of Rights 1. Safety 2. Respect 3. Your Identity 4. A Voice 5. Childhood 	<ul style="list-style-type: none"> • Voice-The Right To Be Heard • Safety NETWORK 	<ul style="list-style-type: none"> • Respecting Boundaries • Body Boundaries • Voice • Tattling and Reporting • Think, Feel, Act 	<ul style="list-style-type: none"> • Identity-The Right To Be Who You Are 	<ul style="list-style-type: none"> • The Responsibilities of Your Rights 	N/A	N/A	N/A
Fifth Grade	<ul style="list-style-type: none"> • Peer Pressure-Finding the Courage Within You 	<ul style="list-style-type: none"> • Cyberbullying • Cyber P.L.A.N. 	<ul style="list-style-type: none"> • Privacy • Safety NETWORK 	<ul style="list-style-type: none"> • Boundaries • Grooming 	<ul style="list-style-type: none"> • The Courage to Change 	N/A	N/A	N/A
Middle School	<ul style="list-style-type: none"> • Self Esteem & Personal Power 	<ul style="list-style-type: none"> • Acceptance: Safe and Unsafe Relationships, Balance of Power, Body Boundaries, Sexual Pressure, Fitting In, Think Feel, Act 	<ul style="list-style-type: none"> • Boundaries: Grooming, Safe and Unsafe Secrets, Safe and Unsafe Touches, Isolation and TFA 	<ul style="list-style-type: none"> • ACT-Ask, Care, Tell, Abuse, Disclosure, and Getting Help 	<ul style="list-style-type: none"> • Human Trafficking, Safe and Unsafe Relationships, Balance of Power, Personal Power 	<ul style="list-style-type: none"> • Isolation: #Safein theVirtualWorld, Technology Safety and Cybergrooming 	<ul style="list-style-type: none"> • #ItsOKtoTell: S.A.F.E.-Seek Help, Trusted Adult, Face Your Fears, Enact Your Personal Power 	N/A
High School	<ul style="list-style-type: none"> • Be the Change: Personal Rights and Responsibilities, Building Communication Skills 	<ul style="list-style-type: none"> • Healthy vs. Unhealthy Relationships, Self Esteem, Boundaries, Balance of Power 	<ul style="list-style-type: none"> • The Problem of Sexual Abuse, Grooming, Cyber Safety, Control: Force, Coercion, and Fraud 	<ul style="list-style-type: none"> • Dating Violence and Harassment, Flirting or Harassment, Confronting Sexual Harassment 	<ul style="list-style-type: none"> • Human Trafficking, ACT-Ask, Care, Tell, Advocacy Skills, Accessing Help 	<ul style="list-style-type: none"> • Education and Advocacy in Action, Developing a Safety P.L.A.N. 	N/A	N/A

Bolded and italicized K-5th grade topics are new concepts that are being introduced. **Early Childhood – Coming soon!**

ABOUT *SAFER, SMARTER KIDS*



"I have used the *Safer, Smarter Kids* program for two years now with wonderful results. The kids love it! They are excited and engaged throughout the program."

- Florida Elementary School Teacher

PRE-KINDERGARTEN THROUGH GRADE 5

Safer, Smarter Kids is a child abuse prevention education curriculum designed to empower elementary school-aged children to protect themselves in situations where someone could abuse them. Children are armed with protective principles and vocabulary to express their feelings and talk to a trusted adult.

Safety Topics: Safety awareness | Respecting yourself and others | Developing self-esteem | Assessing safe vs. unsafe situations | Understanding rules and responsibilities | Identifying and protecting body boundaries | Listening to a guiding voice | Accessing help and trusted adults | Determining safe vs. unsafe secrets | Determining safe vs. unsafe touches | Practicing cyber safety and digital citizenship | Establishing personal power and influence

The curriculum was developed by Lauren Book, M.S.Ed. – child abuse survivor, child advocate and educator and founder and CEO of the Lauren's Kids foundation – along with career educators and guidance counselors to provide critical safety information to children, parents and teachers.

Safer, Smarter Kids follows a developmentally appropriate sequence of instruction for elementary school students, helping children develop skills to stay safe as their world expands. Each grade level program in the curriculum includes five to eight lessons that are aligned to the Florida Standards and Next Generation Sunshine State Standards for easy integration into the classroom. The curriculum allows for all children to effectively learn these critical strategies, no matter their learning style, and contains adaptations for children with special needs.

Effectiveness testing of the early childhood components of the curriculum showed children had a 77% learning gain in their knowledge of critical personal safety information. Personal safety learning continues for middle and high school students through the *Safer, Smarter Teens* program.



KINDERGARTEN

Children learn strategies and vocabulary to stay safe in the context of their growing world. The main tenets of this curriculum teach children that their bodies are their own, they always have the right to say no when they feel uncomfortable and should tell their trusted adult about the situation, and no one should ever ask a child to keep an unsafe secret. Buddy and Lauren introduce important vocabulary and tools to avoid victimization without dealing explicitly with the issue of sexual abuse.

Curriculum Kit Includes:

- Teacher's Guide and USB (parent letters in English, Spanish and Creole)
- Poster and Stickers
- Homework Sheets, Center Activities, Journals
- Scenario Cards, Visual Aids
- Parent Letters, Certificates of Completion
- Florida Standards Reference Sheet

Topics (6 Lessons):

- Safety Rules
- Grown-Up Buddies
- Trusted Triangle
- Safety Stop Sign
- I Mean Business Voice
- Guiding Voice
- Think, Feel, Act
- Private Parts
- Personal Space
- Safe and Unsafe Secrets
- Tattling and Reporting
- Strangers

20 copies of consumable materials included; all activities can also be found on USB, and additional copies may be ordered in the form of Replenishment Packs at Shop.LaurensKids.org.





1st GRADE

Expanding upon the use of the strategies and vocabulary learned previously, children utilize these same concepts to navigate more complex scenarios and situations around their home. Special emphasis is placed on their ability to identify and access help from their parents and other trusted adults. Children work with Buddy to search for their safety tools to complete their Safety Tool Belts – a concept that helps children understand that they always have the tools and strategies necessary to protect themselves at home and access help, no matter the situation.

Curriculum Kit Includes:

- Teacher's Guide and USB (parent letters in English, Spanish and Creole)
- Poster and Poster Clings
- Homework Sheets, Center Activities, Journals
- Scenario Cards, Visual Aids, Memory Cards, Tokens
- Parent Letters, Certificates of Completion
- Florida Standards Reference Sheet

Topics (8 Lessons):

- Safety Rules
- Grown-Up Buddies
- Trusted Triangle
- Safety Stop Sign
- I Mean Business Voice
- Guiding Voice
- Think, Feel, Act
- Safe and Unsafe Touches
- Safe and Unsafe Secrets
- Tattling and Reporting
- Strangers

20 copies of consumable materials included; all activities can also be found on USB, and additional copies may be ordered in the form of Replenishment Packs at Shop.LaurensKids.org.





2nd GRADE

Children learn that everyone has personal power to proactively keep themselves and others safe in their neighborhoods. Building upon concepts learned in 1st grade, children expand their vocabulary and learn new protective strategies for their growing relationships. Connections are made between strategies used in the physical world to those on the Internet. At the completion of the curriculum, children, along with Buddy and his new friends, discover the “super” power inside each of them that helps them to stay safe.

Curriculum Kit Includes:

- Teacher’s Guide and USB (parent letters in English, Spanish and Creole)
- Poster and Poster Clings
- Bifolds with Parent Letters, Journals and Activity Sheets
- Stickers
- Scenario Cards
- Cyber Learner’s Permits
- Florida Standards Reference Sheet

Topics (8 Lessons):

- Safety Superstar Tools
- Grown-Up Buddies
- Trusted Triangle
- Safety Stop Sign
- I Mean Business Voice
- Think, Feel, Act
- Awareness of Surroundings
- P.L.A.N.
- Safe and Unsafe Secrets
- Body Boundaries and Privacy
- Internet Safety

20 copies of consumable materials included; all activities can also be found on USB, and additional copies may be ordered in the form of Replenishment Packs at Shop.LaurensKids.org.





3rd GRADE

Expanding upon the tools and strategies learned in kindergarten through 2nd grade, children recognize their role in their physical and cyber communities. They understand the difference between being a victim, a bystander and a wrongdoer, as well as how to evaluate what each of these means and the impact it has on the people around them. Special emphasis is placed on defining safe cyber citizenship and the vulnerabilities that come with online relationships.

Curriculum Kit Includes:

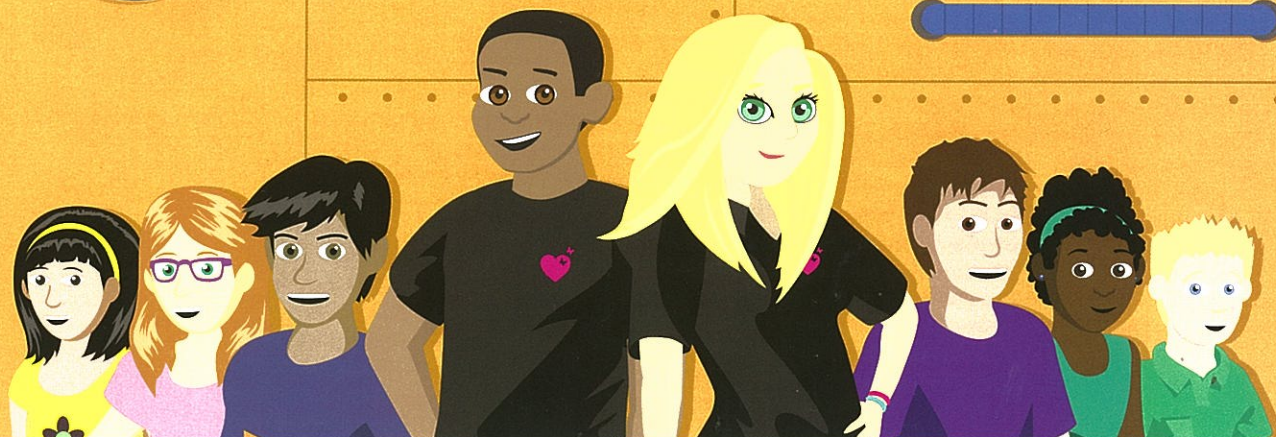
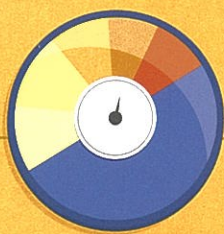
- Teacher's Guide
- USB with videos, lesson materials and parent letters (Parent letters available in Spanish and Creole)
- Learning Log Bifolds
- Cyber Citizen Licenses
- Certificates of Achievement
- Glossary Sheet
- Vocabulary Word Wall Cards
- Florida Standards Reference Sheet

Topics (6 Lessons):

- Good Citizenship in Our Community
- Wrongdoing, Wrongdoer, Victim, Bystander
- Safety NETWORK
- Think, Feel, Act
- Internet Safety
- Digital Citizenship
- Digital Community
- Body Boundaries and Personal Space
- Guiding Voice
- Personal Power
- Unsafe Secrets
- Accessing Help – Being Heard, and Getting Help



20 copies of consumable materials included; all activities can also be found on USB, and additional copies may be ordered in the form of Replenishment Packs at Shop.LaurensKids.org.



4th GRADE

The 4th Grade curriculum continues to address safety information in a relatable, child-centric backdrop to help children more clearly identify their changing needs as they become more mature and independent. Students will join Lauren and kids from the Rec Center as they travel back in time to learn about the United States Constitution and Bill of Rights, which are provided as an introduction to the Kids' Bill of Rights and build the framework for all of the lessons in the 4th Grade curriculum. Students are introduced to the Kids' Bill of Rights, which includes their right to Safety, Respect, their Identity, a Voice and the right to their Childhood.

Curriculum Kit Includes:

- Teacher's Guide
- USB with videos, lesson materials and parent letters (Parent letters available in Spanish and Creole)
- Learning Logs (Big Idea and Key Vocabulary, My Turn Activity, Journal Prompt, and Building the Background Activity)
- Poster & Key Vocabulary Cards
- Florida Standards Reference Sheet

Topics (5 Lessons):

- Kids' Bill of Rights: Right to Safety, Respect, Your Identity, A Voice, Childhood
- Safety NETWORK, Digital Safety
- Respecting Boundaries, Body Boundaries
- Tattling vs. Reporting, Trusted Adults
- Think, Feel, Act



24 copies of consumable materials included; all activities can also be found on USB, and additional copies may be ordered in the form of Replenishment Packs at Shop.LaurensKids.org.



5th GRADE

The 5th Grade curriculum builds upon and expands the concept of kids' rights introduced in 4th Grade. It provides strategies for children to identify their inner courage and make choices that can keep them safe during this challenging developmental transition from childhood to adolescence. Emphasis is placed on teaching children how to react to pressure from peers including, bullying and the setting of personal boundaries. Lesson 5 discusses some of the concerns that children may have as they transition to middle school and models appropriate responses, so children are armed with relatable dialogue that they can use in their everyday lives.

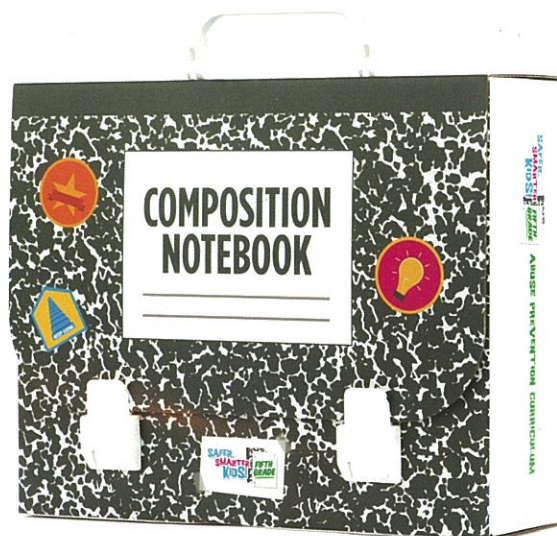
Curriculum Kit Includes:

- Teacher's Guide
- Parent Letters
- USB with videos, lesson materials and parent letters (Parent letters available in Spanish and Creole)
- Learning Logs (Big Idea and Key Vocabulary, My Turn Activity, Journal Prompt, and Building the Background Activity)
- Poster & Key Vocabulary Cards
- Activity Sticky Notes
- Florida Standards Reference Sheet

Topics (5 Lessons):

- Introduction: Finding the Courage Within You
- Peer Pressure
- Cyber Bullying & Cyber Safety
- Privacy, Safety NETWORK
- Boundaries, Grooming
- The Courage to Change

24 copies of consumable materials included; all activities can also be found on USB, and additional copies may be ordered in the form of Replenishment Packs at Shop.LaurensKids.org.



ABOUT *SAFER, SMARTER TEENS*



Did you know? At least **20 percent of teens will become a victim of some form of abuse** before graduating from high school. Though the stats are staggering, the solution is clear: we can prevent abuse and empower survivors through education and awareness.

- The Advocacy Center: The Facts About Youth Sexual Abuse

MIDDLE & HIGH SCHOOL PERSONAL SAFETY CURRICULUM

Lauren's Kids *Safer, Smarter Teens* curriculum empowers middle and high school students to tap into their personal power and become advocates for change in their communities, while learning how to use their voices to better protect themselves and others. Developed by Lauren Book, M.S.Ed, alongside experts and career educators, the curriculum includes five lessons that are aligned to the Florida Standards and Next Generation Sunshine State Standards for easy integration into the classroom.

The *Safer, Smarter Teens: Personal Power* Middle School curriculum teaches students how to recognize danger and how to use their personal power to say "no," get help, set boundaries and become leaders. Middle school students learn about the warning signs of unsafe situations and what actions they can take to reduce risks, stay safe, and access help through scenario-based video lessons and in-class activities.

The *Safer, Smarter Teens: Be the Change* High School curriculum addresses personal safety and the balance of power in relationships and topics such as sexual abuse, sexual harassment, and dating violence through real-life conversations with abuse survivors, law enforcement, educators and experts. This curriculum will empower students to know what to do in an unsafe situation, who to turn to for help, and how to help a friend in need.

SAFER, SMARTER TEENS

PERSONAL POWER



MIDDLE SCHOOL

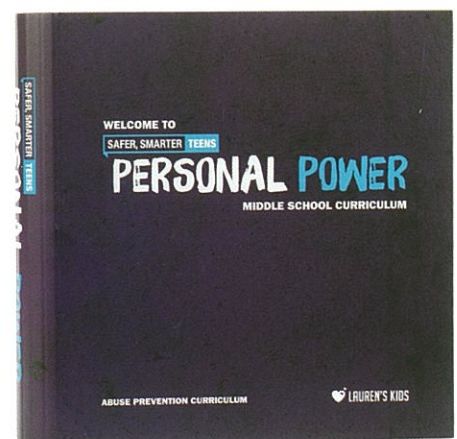
The *Safer, Smarter Teens: Personal Power* curriculum delves into Lauren Book's personal story of childhood abuse and the journey to find her voice, and provides middle school students with knowledge that they have personal power: the power to recognize danger, the power to say no, the power to get help, and the power to set boundaries about what people can and can't do with their bodies. The curriculum also helps students learn to recognize the warning signs of unsafe situations and what actions they can take to reduce risks, stay safe and access help through scenario-based videos and in-class exercises. In every lesson, students are challenged to use their voices and cultivate personal power.

Curriculum Kit Includes:

- Teacher's Guide
- Parent Letters
- USB with videos, lesson materials and parent letters (Parent letters available in Spanish and Creole)
- Activity Sheets
- Spotlight and Key Vocabulary
- Focus Scene Cards
- Key Vocabulary Cards
- Florida Standards Reference Sheet
- Bookmarks

Topics (7 lessons):

- Introduction to Personal Power & Lauren's Story
- Body Boundaries, Peer Pressure & Fitting In
- Grooming, Secrets, Isolation
- Think, Feel, Act
- Abuse, Disclosure and Getting Help
- Technology Safety and Cybergrooming
- Human Trafficking



SAFER, SMARTER TEENS

BE THE CHANGE



HIGH SCHOOL

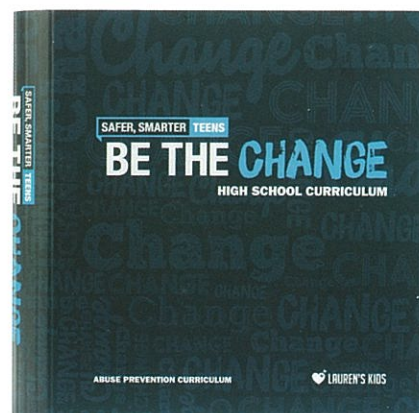
The *Safer, Smarter Teens: Be the Change* curriculum focuses on a time when a young adult may face greater risks to their personal safety. The high school curriculum addresses personal safety and relationships, and some sensitive topics such as sexual abuse, sexual harassment and dating violence. This curriculum will empower students to know what to do in an unsafe situation, who to turn to for help, and how to help a friend who is in need. Throughout the five lessons, students hear from real-life survivors who share their personal stories of abuse and how they found the courage to access help.

Curriculum Kit Includes:

- Teacher's Guide
- Parent Letters
- USB with videos, lesson materials and parent letters (Parent letters available in Spanish and Creole)
- Lesson Glossaries
- Activity Sheets
- Florida Standards Reference Sheet

Topics (6 Lessons):

- Be the Change: Personal Rights and Responsibilities
- Healthy vs. Unhealthy Relationships
- The Problem of Sexual Abuse
- Dating Violence and Harassment
- Education and Advocacy in Action
- Human Trafficking



SAFER, SMARTER KIDS! SPECIAL NEEDS

SPECIAL NEEDS

Unfortunately, more than 90% of people, both male and female, with special needs will be sexually abused at some point in their lives, and 49% will experience 10 or more abuse incidents in their lives.¹ Only 3% of sexual abuse cases involving people with disabilities are ever reported, which is why the lessons taught in this specialized curriculum are so critical.¹

Lauren's Kids offers several resources to ensure the *Safer, Smarter Kids* curriculum is able to reach all kinds of learners. Offerings include a stand alone resource with engaging lesson plans that incorporate visual aids to educate children about the importance of body boundaries and personal safety, and encourages children to develop a group of trusted adults with whom they can share things that make them uncomfortable. The framework is designed to create a cooperative environment for parents and teachers to create a learning plan so that each child, no matter their need, can receive a developmentally appropriate abuse prevention education.

The framework integrates with current autism models and focuses on the children recognizing facial cues and situational circumstances to determine what action should be taken to protect themselves.

Lauren's Kids has also developed pacing guides to help accommodate students with developmental, emotional and behavioral disabilities who are being taught lessons from the traditional grade level curriculum programs.

CHILDREN WITH SPECIAL NEEDS: PREVENTING CHILDHOOD SEXUAL ABUSE

PREVALENCE: Childhood sexual abuse is nearly prevalent in our country with 1 in 3 girls and 1 in 5 boys being sexually abused by age 18. Sex offenders often target children who are withdrawn or isolated from their peers, whose homes the sexually, or whose parents are not able to understand or communicate. Children with disabilities can be particularly vulnerable, especially if they have challenges understanding or if they struggle with personal hygiene (such as not using the bathroom or bathing). Children with some disabilities, such as Down Syndrome, may be especially vulnerable, even with strangers, making them susceptible to abuse.

SYMPTOMS OF SEXUAL ABUSE:

- Changes in eating or sleeping habits
- Adults passing time alone with your child
- Sex or unusual nicknames for private parts
- Problems in school: drops in academic performance, concentration difficulties, truanting, acting, always engaging in class disruption, withdrawal from family and friends
- Sudden loss of interest
- Drop in academic level
- Sudden or inappropriate sexual behavior
- Self-harm or suicidal thoughts
- Unusual depression and anxiety
- Avoidance of certain people or environments
- Unexplained gifts
- Regression behaviors (thumb-sucking, bedwetting)

PREVENTING SEXUAL ABUSE:

- Make it sure your child is talking to you about everything to the fullest extent of their ability to communicate.
- Make sure any caregivers are background checked and fingerprinted.
- Make sure there are two adults present at all times, especially in sensitive care such as showering and bathing.
- Be alert for strangers with disabilities who are strangers and treat them in such a manner to their age. Establish appropriate body boundaries and dress undress in front of your child.

TEACH THEM ALL ON YOUR LIST OR KEEP IT YOURSELF: Teach proper boundaries and appropriate activities, such as giving handshakes to strangers rather than hugs.

REPORTING ABUSE: Only 3 percent of sexual abuse cases involving people with disabilities are ever reported, so it is important to report the abuse if you suspect your child is being harmed. Reporting is simple and confidential. Even if you do not have all of the information about your child's case, you can still report abuse.

Telephone: 1.800.462.2873
Fax: 1.800.358.0004
TDD: 1.800.473.5145
Web: www.LaurensKids.org

LAUREN'S KIDS
PROVIDING SPECIAL NEEDS EDUCATION
SINCE 1997



¹Valenti-Hein, D., Schwartz, L. The Sexual Abuse Interview for Those with Developmental Disabilities.

RESOURCES & SUPPORT FOR EDUCATORS



EDUCATOR SUPPORT & PROFESSIONAL DEVELOPMENT

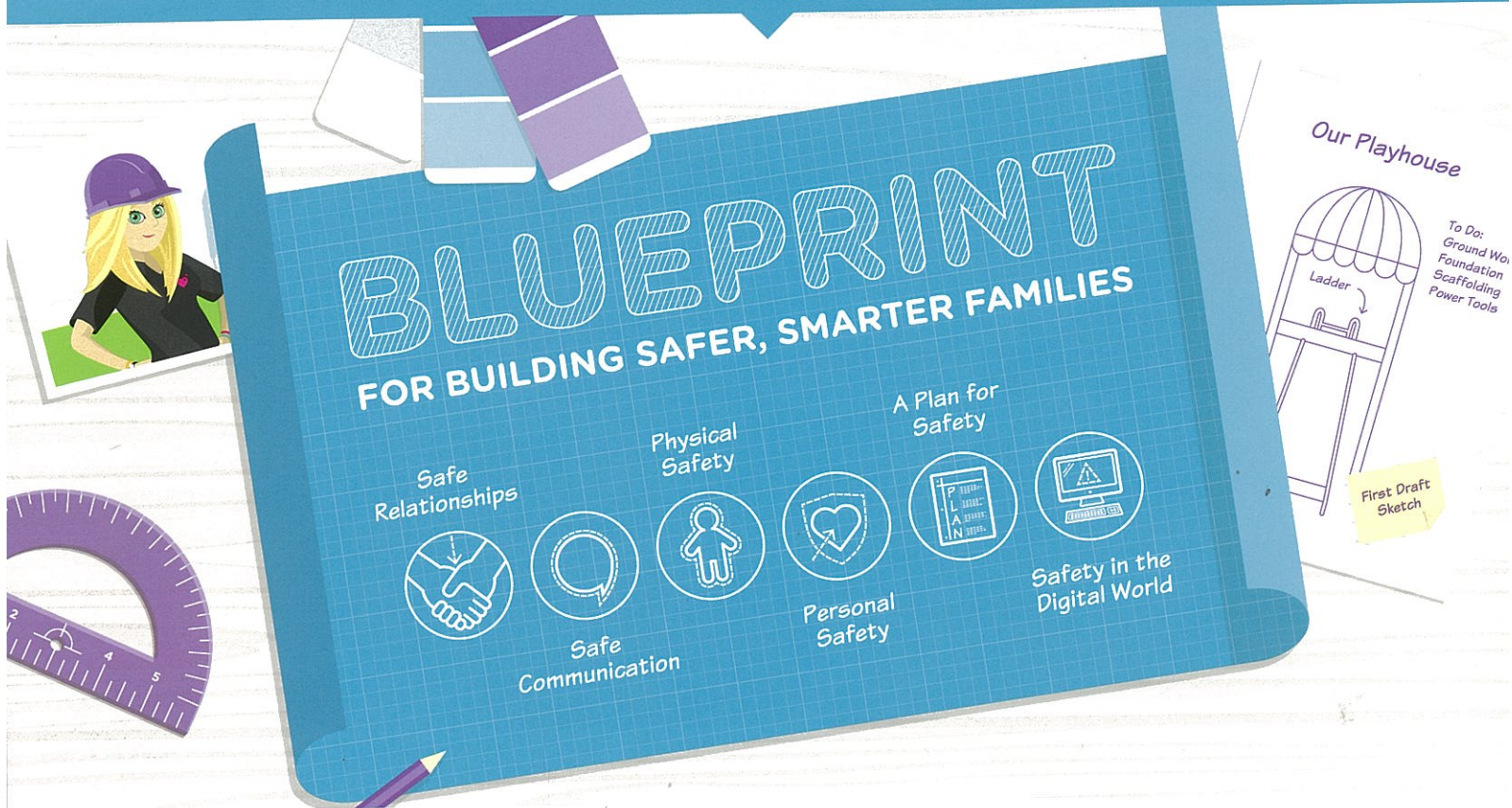
Become your students' best advocate. Lauren's Kids is committed to supporting educators as they work to help students become safer & smarter. Offerings include:

- Comprehensive Teacher's Guides with step-by-step instruction on how to teach each grade level of *Safer, Smarter Kids* & *Safer, Smarter Teens* curriculum programs in your classroom
- Access to lesson-by-lesson implementation training for each grade level of the *Safer, Smarter Kids* & *Safer, Smarter Teens* curriculum programs
- Professional development courses for classroom teachers and administrators, developed in partnership with the University of Florida
- Resources for guidance professionals
- In-person trainings
- Access to Lauren's Kids team members for questions and support
- And more...

Visit SaferSmarterSchools.org to learn more.



RESOURCES & SUPPORT FOR FAMILIES



BLUEPRINT FOR BUILDING SAFER, SMARTER FAMILIES

The *Blueprint for Building Safer, Smarter Families* activity pack helps families teach elementary schoolers personal safety and abuse prevention strategies from a place of fun – not fear.

Each pack comes with a step-by-step guide for parents containing information on protective safety concepts and activities to complete with their children. Based on concepts introduced in the *Safer, Smarter Kids* curriculum, the activity pack focuses on building:

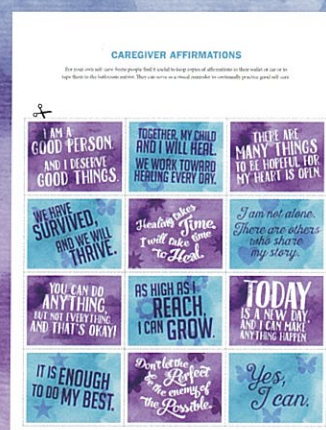
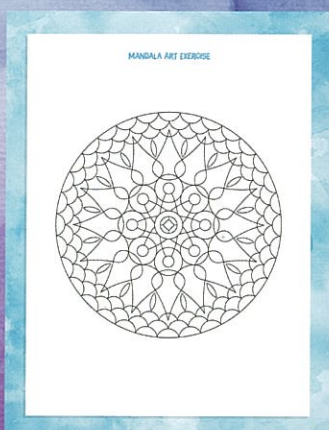
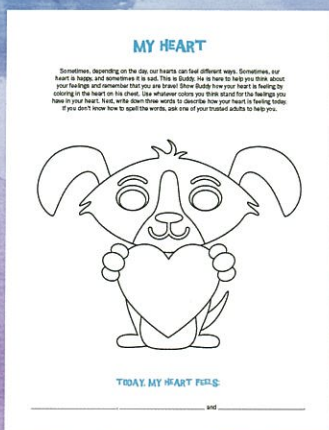
1. Safe Relationships
2. Safe Communication
3. Physical Safety
4. Personal Safety
5. A Plan for Safety
6. Safety in the Digital World

Available **FREE** for Florida families, order on Shop.LaurensKids.org.
Free resources also available online at SaferSmarterFamilies.org;
visit today to check out our Family Safety Toolkit.





A GUIDE TO *hope & healing*



A GUIDE TO HOPE & HEALING

Helping families begin the healing process following a child's disclosure of sexual abuse.

A Guide to Hope & Healing was developed by the Lauren's Kids foundation in conjunction with Florida's children's advocacy centers, the Florida Council Against Sexual Violence, therapists and parents of survivors. It provides essential information and answers questions that often arise after a child's disclosure of abuse. This resource is available to families free of charge, both online and in print.

A Guide to Hope & Healing Includes:

- Manual For Parents & Caregivers
- Reference Tips and Forms
- Activities to Help Facilitate Healing

Available **FREE** for Florida families, order on Shop.LaurensKids.org.

RECOGNIZE: Healthy sexual behaviors for children, statistics, and signs of child sexual abuse.

REPORT: Whom to contact, information to collect and the process for reporting child sexual abuse.

RESPOND: How to comfort and protect your child after a disclosure of sexual abuse.

RECOVER: How to help your child and family cope and heal from the trauma of child sexual abuse.



If you're choking back tears and your heart's filled with fears...you know very well, it's OK to tell.



LAUREN'S KINGDOM

Little Lauren lives with her loving family in a small stone house by the sea. Her radiant smile and sweet disposition warm the hearts of everyone she meets...but things change when a babysitter arrives. Lauren is afraid of the bigger, stronger babysitter's touching and becomes quiet and sad. But, with the help of her friend Rodney, Lauren finds the courage to use her voice. Together, they learn an important lesson for children everywhere:

If you're choking back tears and your heart's filled with fears...you know very well, it's OK to tell.

Lauren's Kingdom is appropriate for children in pre-K through second grade and is available on **Shop.LaurensKids.org**. All proceeds go toward the Lauren's Kids foundation's work to prevent abuse and help survivors heal.

Best-selling author **Lauren Book, M.S.Ed.**, is an internationally recognized child advocate, a former classroom educator and a lover of children's literature.



LAUREN'S KIDS

Lauren Book, Lauren's Kids' founder and CEO, was a victim of childhood sexual abuse for six years at the hands of her trusted caretaker. Armed with the knowledge that 95% of sexual abuse is preventable through education and awareness, Lauren has worked to turn her horrific personal experience into a vehicle to prevent childhood sexual abuse and help other survivors heal.

An official 501(c)3 since 2007, Lauren's Kids is based in South Florida and educates adults and children about sexual abuse prevention through in-school curriculum, awareness campaigns and speaking engagements around the country and the world. From 2010 to 2018, Lauren trekked 1,500 miles across Florida each year, walking on highways and byways from Key West to Tallahassee to raise awareness and educate communities. She continues to host advocacy events at the Florida Capitol – including a 42 hour walk in honor of the 42 million survivors of childhood sexual abuse in the U.S. today – and complete service projects to benefit sexual assault treatment centers and children's advocacy centers statewide. The foundation has produced Emmy® Award-winning public awareness programming, and helped advocate for the passage of nearly two dozen laws to support survivors and protect children from predators. The ultimate goal is to prevent sexual abuse through education and awareness, and to help survivors heal with guidance and support.

To learn more about Lauren's Kids, visit www.LaurensKids.org

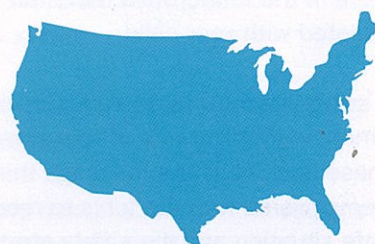
Welcome to your Lauren's Kids **Blueprint for Building Safer, Smarter Families** activity pack, focused on helping your child learn critical personal safety lessons. This interactive activity pack contains lessons on how to build Safe Relationships, Safe Communication, Physical Safety, Personal Safety, a PLAN for Safety, and Digital Safety. This pack will provide you with the language and activities necessary to teach your elementary school-aged child(ren) about personal safety in a way that is comfortable, accessible and fun.

While childhood should be a time of wonder and excitement – a time to learn and grow – not all children get to experience the carefree joy of childhood. Unfortunately, we know that child abuse occurs at every socioeconomic level, across ethnic and cultural lines, within all religions, and within families who have completed all levels of education. 90% of the time a child is harmed, it's at the hands of someone they – and their parents – know, love and trust.

**1 IN 3
GIRLS & 1 IN 5
BOYS**

IN THE UNITED STATES ARE
SEXUALLY ABUSED
BEFORE THE AGE OF 18

Child abuse occurs at **every** socioeconomic level, across ethnic and cultural lines, within all religions, and at all levels of education.



More than **90%** of individuals with a developmental delay or disability will be sexually abused at least once in their lifetimes.

90%



**1 IN 5
CHILDREN**
are solicited sexually
through the Internet
before their 18th birthday.



The stats are staggering, but the solution is clear: **95 percent** of child sexual abuse is preventable through education and awareness

Whether your child has received the *Safer, Smarter Kids* personal safety curriculum in school, or they are new to Lauren's Kids personal safety education, this **Blueprint for Building Safer, Smarter Families** activity pack is designed to be a resource to help prevent abuse and keep your child(ren) safe from harm.

Let's get started!

A handwritten signature in black ink that reads 'Lauren Book'.

Lauren Book, M.S.Ed., Founder/CEO, Lauren's Kids

About Lauren's Kids: 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. Lauren's Kids is a designated 501(c)(3) non-profit organization.

For more ways to talk with your child about staying safe, visit SaferSmarterFamilies.org; for additional resources, visit LaurensKids.org. To report abuse, call the ChildHelp National Child Abuse Hotline at 1-800-422-4453, and you will be referred to your local abuse reporting agency.



HOW TO USE THIS ACTIVITY PACK

The **Blueprint for Building Safer, Smarter Families** activity pack is designed for use with elementary-aged children. The pack contains different sets of activities for younger elementary-aged children (Kindergarten – 2nd grade) and older elementary-aged children (3rd – 5th grade) within the following sections: **Groundwork**, **Laying the Foundation**, **Scaffolding Your Child's Safety**, and **Power Tools**. These sections are color-coded, and these colors correspond with activities located in the in the Child Materials pocket of your folder to be completed with your child.

The safety lessons contained in each section are built upon one another, scaffolding your child's safety knowledge. At the core of these lessons is the message that "it's OK to tell." Children are empowered with the tools to recognize when they are in an unsafe situation and the safety strategies to communicate that they need the help of a trusted adult, like you.

Groundwork – This section is designed for families whose children have not received the *Safer, Smarter Kids* curriculum program in school, or who need a review of the concepts. There are reinforcement activities specific to younger and to older elementary-aged children in this section.

Laying the Foundation – This section introduces safety topics that will be developed and built upon throughout the activity pack, utilizing the formative concepts presented to your child in the Groundwork activities and/or in their classroom through the *Safer, Smarter Kids* curriculum. These activities are for elementary school children of all ages.

Scaffolding Your Child's Safety – This section is for younger elementary school children, and reinforces and applies lessons learned through previous activities. Congratulations, your child is safer & smarter!

Power Tools – This section is for older elementary school children, and reinforces and applies lessons learned through previous activities. Congratulations, your child is safer & smarter!

If you have multiple children and need additional copies of the activities contained in this pack, please visit LaurensKids.org/FamilyActivityPack to download printable activity worksheets.

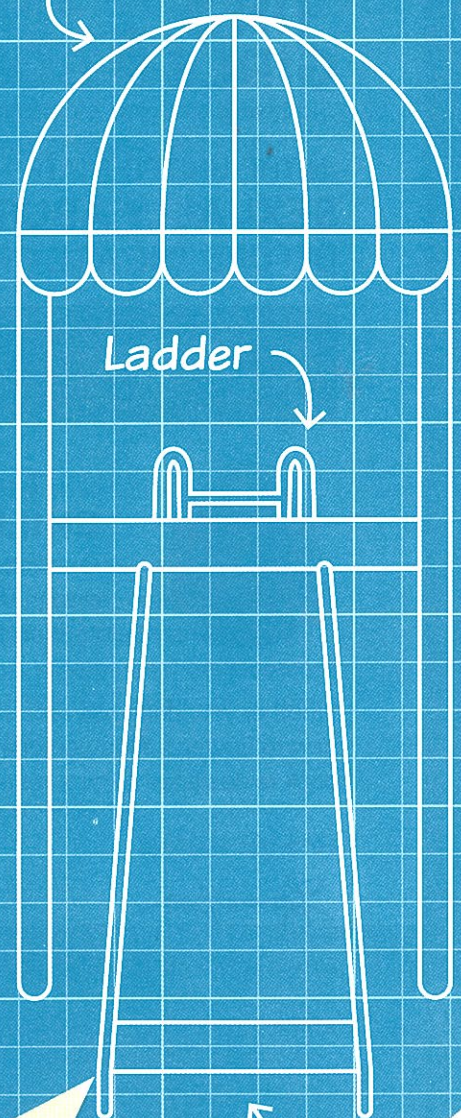
Reminder:
Add a flagpole



Roof

Ladder

Slide



GLOSSARY OF KEY VOCABULARY

Body Boundaries: The space that each of us has around us that should not be touched or seen, unless we are hurt and need help.

Cyber Bullying: Using the internet or social media to threaten or harass someone.

Cyber P.L.A.N.: Your plan to keep you safe on the internet and social media.

Grown-Up Buddies: Trusted adults who are old enough to drive who help a child to be safe.

Grooming: The process of building trust with a victim by an abuser.

Guiding Voice: Everyone has a Guiding Voice inside of them. This is the voice that either reminds you of things or helps you realize that you're feeling confused, nervous or uncomfortable – whatever those feelings may be. You should always listen and tell someone in your Trusted Triangle if you realize that you are feeling confused, nervous, or uncomfortable.

I Mean Business Voice: We use our I Mean Business Voice any time we need our voice to be heard in any situation where we don't feel safe.

Personal Space: The space around a person's body that belongs to us. Nobody should be going into our personal space without our permission, because our bodies belong to us.

P.L.A.N.: Permission, Location, Activity, Names and Numbers of people you are with. Anytime you go somewhere, you make a P.L.A.N. First, get Permission from the grown-up in charge of you. Next, tell the Location where you will be. Then, let the grown-up know what the Activity will be. Finally, give the names and phone numbers of the people who are with you.

Private Parts: The parts of our body covered by our bathing suit and our mouth.

Reporting: Reporting is something that involves a threat to safety.

Safe Secret: A safe secret is one that is eventually told and that makes everyone happy.

Safe Touch: A safe touch is one that makes you feel loved, happy, comforted, and safe. This can be a welcome hug, an encouraging pat on the back or cuddling with a parent.

Safety NETwork: Your group of trusted adults who will keep you safe.

Stranger: People that you don't know. Anyone that you don't know is a stranger.

Tattling: Tattling is a complaint about someone else's behavior that doesn't involve safety.

Think, Feel, Act: TFA stands for Think, Feel, Act. Think about a situation, how it makes you Feel, and what Action you should take to keep yourself safe.

Trusted Adult: A grown-up who will help you make safe decisions and protect you. Trusted adults are old enough to drive and help you to be safe.

Trusted Triangle: A Trusted Triangle is made up of trusted adults who are old enough to drive and to whom you can tell anything. One person in your Trusted Triangle should be outside of your family.

Unsafe Secret: An unsafe secret is one that makes you feel confused, "icky," or bad and that you are told not to share.

Unsafe Touch: An unsafe touch is a touch that makes us feel "icky," uncomfortable, or confused.

Violation: An unsafe touch; not showing respect for body boundaries.

Voice: Your right to be heard and share your opinions, needs, fears, and hopes.

RESOURCES

Lauren's Kids has many resources to support families as they become safer and smarter. The *Safer, Smarter Kids* abuse prevention and personal safety curriculum is available to all Florida Public and Charter Schools at no cost and is widely implemented throughout the state and country. This activity pack has been developed to extend that safety education into your home.

FAMILY SAFETY PLAN

[safer-smarterfamilies.org](https://safer-smarter-families.org)

Our FREE *Safer, Smarter Families* Family Safety Plan Generator is a custom, interactive tool that provides parents with age-appropriate language and activities. This tool supports parents as they have important conversations about their families' personal safety in a comfortable way, and provides information just for parents and caregivers about how to keep kids safe, signs of abuse, and spot, unsafe behavior in adults.

HOPE AND HEALING

laurenskids.org/hopeandhealing/

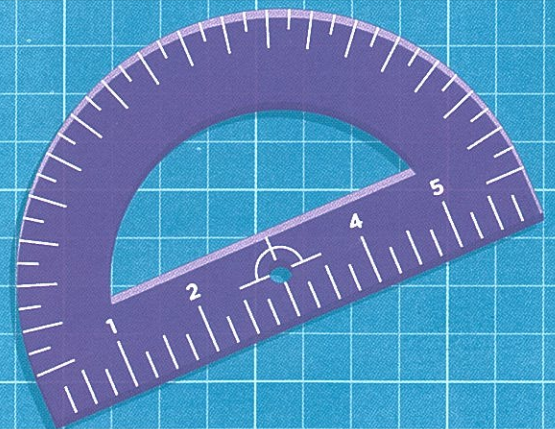
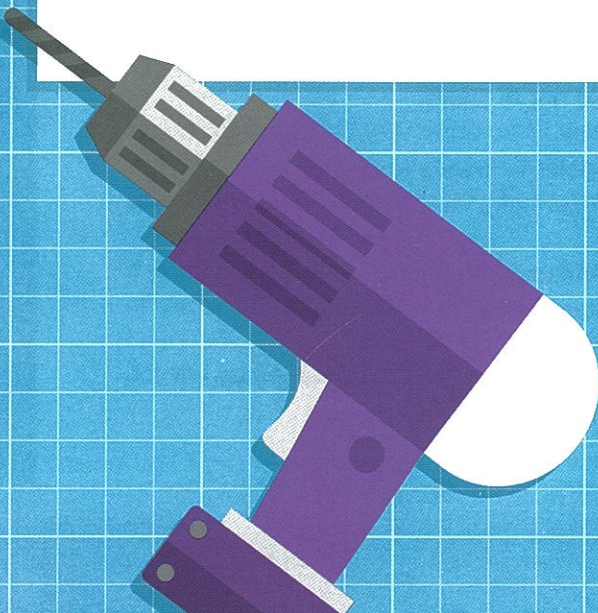
A free resource for families dealing with the aftermath of a child's disclosure of sexual abuse, with therapeutic activities for both caregiver and child.

SAFER, SMARTER SCHOOLS CURRICULUM

safer-smarterschools.org

The Lauren's Kids *Safer, Smarter Schools* curriculum is the country's first Pre-Kindergarten through grade 12 school-based prevention and personal safety curriculum series. The *Safer, Smarter Kids* program spans Pre-Kindergarten through grade 5, as well as special education; *Safer, Smarter Teens* provides lessons for middle and high school students. *Safer, Smarter Schools* professional development is also available for educators, administrators and guidance professionals. FREE for Florida public and charter schools – ask your child's school about implementing the program today.

Sources for all statistics referenced in the activity packs can be found at LaurensKids.org.



CHILDREN WITH SPECIAL NEEDS: PREVENTING CHILDHOOD SEXUAL ABUSE

PREVALENCE:

Childhood sexual abuse is sadly prevalent in our country, with 1 in 3 girls and 1 in 5 boys being victimized by age 18. Sex offenders often target children who are withdrawn or isolated from their peers, whose home life is chaotic, or whose parents need help with babysitting or transportation. Children with disabilities can be particularly vulnerable, especially if they have challenges communicating or if they need help with personal hygiene tasks such as using the bathroom or bathing. Children with some disabilities, such as Down Syndrome, may be extremely affectionate, even with strangers, making them susceptible to abuse.

BEHAVIORAL SIGNS OF SEXUAL ABUSE:

- Changes in eating or sleeping habits
- Adults seeking time alone with your child
- New or unusual nicknames for private parts
- Problems in school: drastic changes in academic performance, concentration difficulties, bullying peers, truancy, engaging in class disruption, etc.
- Withdrawal from family and friends
- Lack of trust in others
- Drug or alcohol use
- Sudden or inappropriate sexual behavior
- Self-stimulation or seductiveness
- Increased depression and anxiety
- Avoidance of certain people or environments
- Unexplainable gifts
- Regressive behaviors (thumb-sucking, bedwetting)

- Fear of previously-enjoyed people or places
- Engaging in acting out or delinquent behaviors
- Suddenly avoiding physical contact
- Regression in toileting ability, increase in soiling oneself

PHYSICAL SIGNS OF SEXUAL ABUSE:

- Stomach pain, or pain in anal or genital areas
- Yeast infections or unusual discharge
- Recurring vaginal or bladder infections
- Oral, genital or anal bleeding
- Redness, swelling, itching or trauma to the genital or anal area
- Bloody, torn or stained underpants or diaper
- Pain when sitting or exercising
- Pain during urination or defecation

PROTECTING YOUR CHILD:

- Make it safe for your child to talk to you about everything to the full extent of his or her ability to communicate.
- Make sure any caregivers are background-checked and fingerprinted.
- Make sure there are two adults present at all times, especially for sensitive care such as toileting and bathing.
- Recognize that teenagers with disabilities are still teenagers and treat them in ways appropriate to their age. Establish appropriate body boundaries and don't undress or shower in front of your child,

- have them sit on your lap or sleep in your bed.
- Teach physical boundaries and appropriate affection, such as giving handshakes to strangers rather than hugs.
- Be aware of signs that your child may have been sexually abused.
- Get professional help if you suspect your child has been abused.

REPORTING ABUSE:

Only 3 percent of sexual abuse cases involving people with disabilities are ever reported, so it is important to report the abuse if you suspect your child is being harmed. Reporting is simple and confidential. Even if you do not have all of the information about your child's case, you can still report abuse.

Telephone: 1.800.962.2873

Fax: 1.800.914.0004

TDD: 1.800.453.5145

Web: www.FloridaAbuseHotline.com

www.LaurensKids.org

