

KidSafe Activity Pack

Grades 1 to 2 | Ages 6 to 8

These activities come from Stay KidSafe!, our personal safety curriculum, developed by child safety experts at Center for Child Counseling. Use them with your child and your family.

Children this age are just beginning to read. Read each page aloud together, let them answer out loud before they write, and keep it to ten minutes. One page a week beats all of them at once.

The two voices, and why the difference matters

Safety Voice

The strong, out-loud voice. "Stop!" "No!" "I am going to tell!"

Inner Safety Voice

The feeling inside that says something is wrong, before you know why.

A child who learns to trust the inner one will use the out-loud one sooner. That is the whole idea.

What is in the pack

- | | | |
|---|-------------------------------------|--|
| 1 | Think, Feel, Do | The way to solve any tricky moment. |
| 2 | My Inner Safety Voice | Where you feel it in your body. |
| 3 | Stranger Smarts | You cannot tell by looking. |
| 4 | Safe Touch and Unsafe Touch | Sort them, and say why. |
| 5 | Good Secrets and Bad Secrets | And what to do with a bad one. |
| 6 | My Body Is Special | Private parts and the bathing-suit rule. |
| 7 | Digital Safety | The four rules for being online. |
| 8 | My Circle of Safe Adults | Five people. One outside the house. |
| 9 | I'm a KidSafe Kid | A certificate to sign and put up. |

IF YOUR CHILD TELLS YOU SOMETHING WHILE YOU DO THESE

This happens, and these pages are one of the most common moments it happens in. Stay calm. Say "I believe you" and "I am glad you told me." Do not ask questions. Then report it. In Florida call 1-800-962-2873. In any other state call 1-800-422-4453, the national line, and they will connect you to the right place. You do not need proof.

WANT THE FULL PROGRAM AT YOUR SCHOOL?

Stay KidSafe! is free for schools, and the training for educators is free too. If your school does not offer it yet, tell them. Anyone can register at beKidSafe.org.

Think, Feel, Do

Read the story. Fill in each box. Say your answer out loud first.

Your friend wants you both to leave the playground and walk to the store.

No grown-up knows. Your friend says it will only take a minute.

THINK

What is happening here?

FEEL

What does my body tell me?

DO

What is the safe and smart choice?

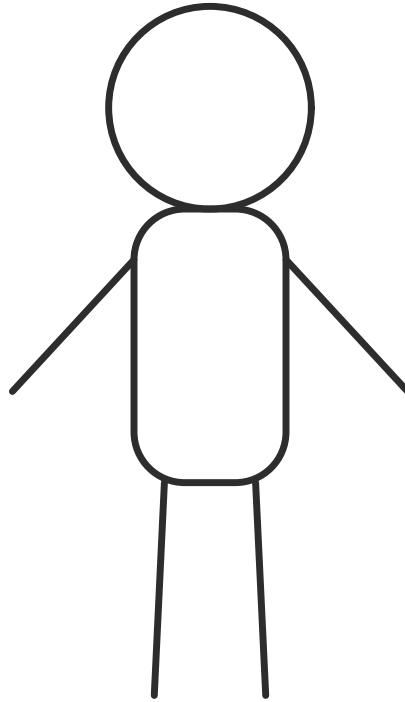
THE POINT OF THIS PAGE

Think, Feel, Do works on everything, not just big scary things. Use it on ordinary problems too, so it is already a habit when something actually matters.

Try it on: a friend takes your turn. Someone dares you to jump off something high. A grown-up you do not know offers you a ride.

My Inner Safety Voice

Draw or color where you feel it when something is not right.



Mark the places you feel it.

Some people feel their Inner Safety Voice as:

- a funny tummy
- a fast heart
- hot cheeks
- shaky hands
- wanting to leave
- not knowing why

ASK YOUR CHILD

"Has your Inner Safety Voice ever told you something? What did it feel like?"

Your Inner Safety Voice is the feeling that comes before you can explain it. It is not being silly and it is not being rude. If it says something is wrong, you Check First with a Safe Adult. You are allowed to be wrong. Nobody will be cross with you for checking.

Stranger Smarts

Circle the strangers. Then read what a stranger really is.

- ☐ A person in a shop you have never met
- ☐ Your teacher
- ☐ Someone who says they know your mom
- ☐ A friendly person with a puppy
- ☐ Your neighbor you have known for years
- ☐ Someone online you have never met in real life
- ☐ A police officer you do not know
- ☐ Your grandma

A stranger is anyone you do not know, or do not know well.

You cannot tell if a stranger is safe or unsafe by how they look. Nice people can be unsafe. Unfriendly-looking people can be perfectly safe. Looking tells you nothing.

WHEN IS IT OKAY TO TALK TO A STRANGER?

When your Grown-up is right there with you. That is the rule, and it is a simple one. If you are lost and no Grown-up is with you, look for a mom or dad with children, or someone working in a shop, and tell them you need help.

Never go anywhere with a stranger, even to help find a lost pet. Always Check First.

Safe Touch and Unsafe Touch

Write S for Safe Touch or U for Unsafe Touch. Then say why.

☐

A hug from someone you love, when you want one

☐

A high five after a good game

☐

Tickling that does not stop when you say stop

☐

A doctor checking you with your Grown-up there

☐

Someone touching your private parts

☐

A pat on the back from your coach

☐

Someone asking you to touch their private parts

☐

A hug you did not want

Some touches are confusing. Confusing counts as unsafe, and you still tell.

IF YOU GET AN UNSAFE TOUCH, THREE STEPS

1. Use your Safety Voice. "Stop! I do not like that!"
2. Get away. Walk, run, leave the room.
3. Tell someone in your Circle of Safe Adults. Keep telling until someone helps.

You will never be in trouble for telling. Not ever, not even if you waited a long time.

Good Secrets and Bad Secrets

Write G or B. Then talk about how each one feels.

☐

A surprise party for your dad on Saturday

☐

A grown-up says do not tell your mom I touched you

☐

What you got your friend for their birthday

☐

Someone says if you tell, you will get in trouble

☐

A secret that makes your tummy feel funny

☐

A puppy you are hiding until the big surprise

☐

Someone says this is our special secret, just us

A GOOD SECRET

- Everyone finds out in the end.
- It makes you feel excited.
- It is really a surprise.

A BAD SECRET

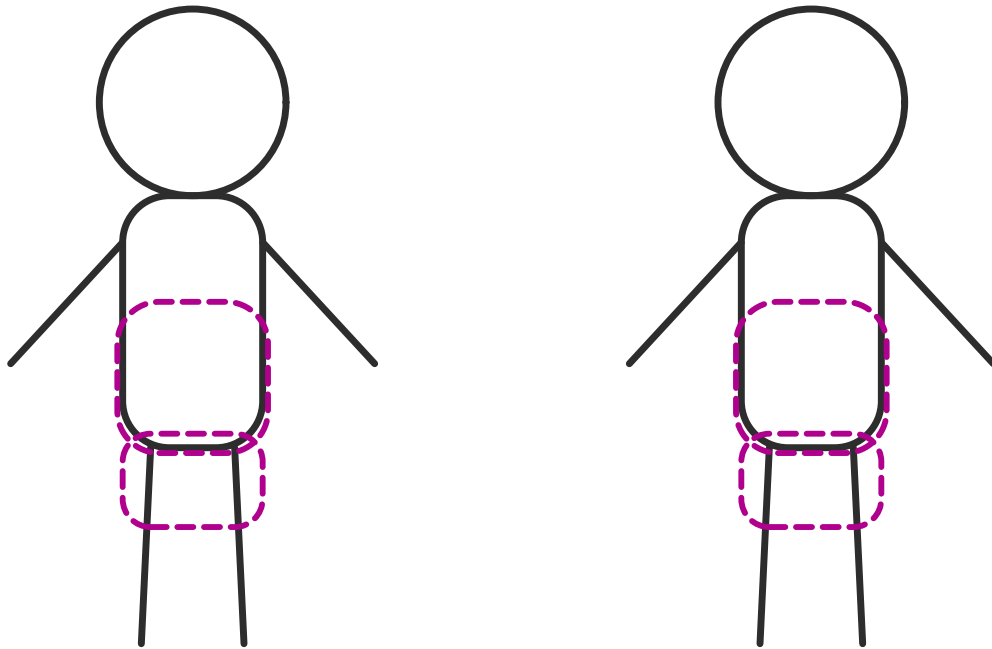
- You feel you can never tell.
- It makes you feel worried or yucky.
- A grown-up asked you to keep it.

THE RULE

A Bad Secret always gets told. Every time, no matter who asked you to keep it, and no matter how long you have been keeping it.

My Body Is Special

Color the bathing suit. Then read the rules together.



Color the parts a bathing suit covers.

The parts covered by a bathing suit are your private parts.

THE RULES ABOUT PRIVATE PARTS

Nobody should look at or touch your private parts.

You should not look at or touch anybody else's.

The only time is to keep you clean or healthy, and a Safe Adult is always there.

Nobody should show you pictures or videos of private parts.

If any of these happen, you tell someone in your Circle of Safe Adults.

AND THE MOST IMPORTANT ONE

It is never, ever your fault. Not even if you did not say stop. Not even if you did not tell straight away. A grown-up who does this is the one who did something wrong.

Digital Safety

Read the four rules. Trace the numbers. Then take the quiz.

- 1 Only talk to people you know in real life.
- 2 Never share your private information online.
- 3 Ask your Grown-up before going to a new website or app.
- 4 If anything makes you feel uncomfortable, walk away and tell a Grown-up.

Private information. Circle the things you should never share online.

- | | |
|---------------------------------------|--|
| ☐ Your last name | ☐ Your favorite color |
| ☐ Your address | ☐ Your school |
| ☐ A book you like | ☐ Your phone number |
| ☐ Photos of you | ☐ Your favorite animal |

ANSWERS, AND THE REASON

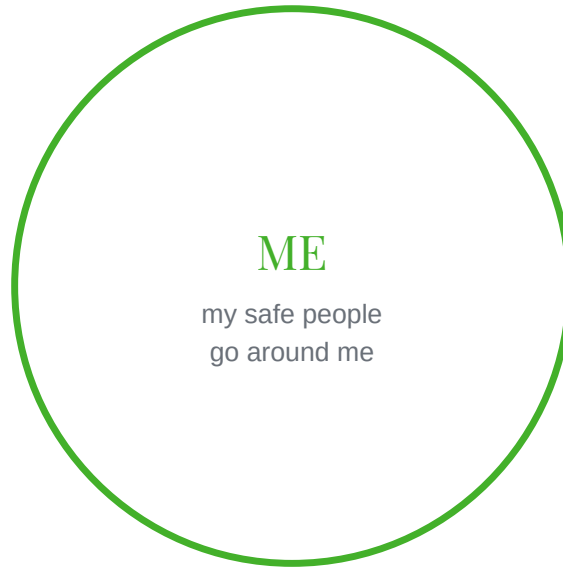
Never share: your last name, your address, your school, your phone number, photos of you.

Those are fine to share: a color, a book, an animal. They cannot be used to find you.

If you are not sure whether something is private, Check First with your Grown-up.

My Circle of Safe Adults

Write five names. Say them out loud. Try again next month.



1

2

3

4

5

MAKE SURE OF THIS

At least one person on your list should be a grown-up who does not live in your house. A teacher, a coach, an aunt, a neighbor, a friend's mum.

If you tell someone and they do not help, you go to the next person. You keep going until somebody helps you. That is not being annoying. That is being safe.

GRADES 1 - 2 CERTIFICATE

I'm a KidSafe Kid!

my name

I can do these things:

- ✓ I can use Think, Feel, Do.
- ✓ I listen to my Inner Safety Voice.
- ✓ I can use my Safety Voice out loud.
- ✓ I know a Bad Secret always gets told.
- ✓ I have a Circle of Safe Adults.
- ✓ I know it is never my fault.

signed by me

signed by my Grown-up