

KidSafe Activity Pack

PreK to Kindergarten | Ages 3 to 5

Eight pages. Ten minutes each. Do one a week, not all in one sitting.

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 cannot read, so every instruction is written to you. Read each page aloud, do it together, and use the words in the grey box. Those exact words matter more than the coloring does.

The words to use

Safety Voice

The strong "I mean business" voice.

"Stop! That's not safe!"

What they say, with a hand up like a stop sign.

Safe and Smart Choice

The good decision, named so it can be praised.

Reporting

Telling a Grown-up to keep someone safe. Not tattling.

Grown-up

Their word for the trusted adults who look after them.

What is in the pack

- | | |
|--------------------------------------|--|
| 1 My Safety Voice | A big stop-sign hand to trace. |
| 2 Stop! That's Not Safe! | The words to trace and then shout. |
| 3 Reporting Is Not Tattling | The difference, sorted out loud. |
| 4 Never, Ever Touch | Fire and guns. The rule and the hand motion. |
| 5 I Stay Close to My Grown-up | Where staying close matters most. |
| 6 My Body Belongs to Me | The bathing-suit rule. |
| 7 My Safe Grown-ups | Trace a hand. One safe Grown-up per finger. |
| 8 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 so is the training for educators. If your school does not offer it yet, tell them. Register at beKidSafe.org.

If a child tells you something:

In Florida 1-800-962-2873

Any other state 1-800-422-4453

Danger now 911

Both are free and answered 24 hours. The national line connects you to the right place for your state.

Center for Child Counseling

[How to use this pack](#)

beKidSafe.org

My Safety Voice

FOR THE GROWN-UP Trace the big hand. Then hold your own hand up just like it.



Trace all the way around. Use a fat crayon.

THEN DO IT WITH YOUR REAL HAND

Hold your hand up like a stop sign, arm straight out, just like the picture.
That is what you do when something is not safe.

Stop! That's Not Safe!

FOR THE GROWN-UP Trace the words. Then say them in your Safety Voice.

Stop!
That's not
safe!

These are the words. Trace them, then shout them.

PRACTICE TOGETHER

Put your hand up like a stop sign, arm straight out. Say "Stop! That's not safe!" in a strong "I mean business" voice. Take turns. Be silly about it, and do it three times. This is called a Safety Voice. It is not being rude, and it is not shouting for fun. It is what you use to help yourself or a friend make a Safe and Smart Choice.

Reporting Is Not Tattling

FOR THE GROWN-UP Read each one aloud. Ask your child which one it is.

REPORTING Telling a Grown-up so someone stays safe.

TATTLING Telling a story to get someone in trouble.

- | | | |
|----------|----------|---|
| R | T | Your friend is climbing on the very top of the slide. |
| R | T | Your friend took the last blue crayon. |
| R | T | Someone found a lighter and wants to use it. |
| R | T | Your brother is wearing your socks. |
| R | T | A grown-up touched you and said keep it secret. |
| R | T | Your friend cut in line at the water fountain. |
| R | T | Someone is going into the street without a Grown-up. |

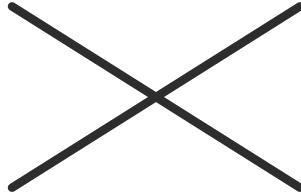
SAY THIS

"Reporting is when you go tell a Grown-up because you need help keeping someone safe. You will never be in trouble for Reporting. Never."

Answers, top to bottom: Reporting, tattling, Reporting, tattling, Reporting, tattling, Reporting.

Never, Ever Touch

FOR THE GROWN-UP Say the rule. Do the hand motion. Color the circles.



Cross your arms, then uncross them, as you say the rule.



Never, ever touch FIRE.



Never, ever touch a GUN.

SAY IT TOGETHER, THREE TIMES

"Never, ever touch fire." "Never, ever touch a gun."

Then ask: "What would you do if a friend wanted to?"

The answer you are looking for: use my Safety Voice, say "Stop! That's not safe!", and if they do not listen, go and Report to a Grown-up.

ONE MORE THING

Your most important job is keeping yourself safe. If a friend will not come with you, you still go and find the Grown-up. That is a Safe and Smart Choice.

I Stay Close to My Grown-up

FOR THE GROWN-UP

Color each place. Sing the song. Ask where else it matters.

1

Walking

2

The restroom

3

Playing outside

4

The movies

5

Traveling

6

Shopping

SING IT

The Grown-up Song, to the tune of "My Bonnie Lies Over the Ocean". Hug yourself as you sing.

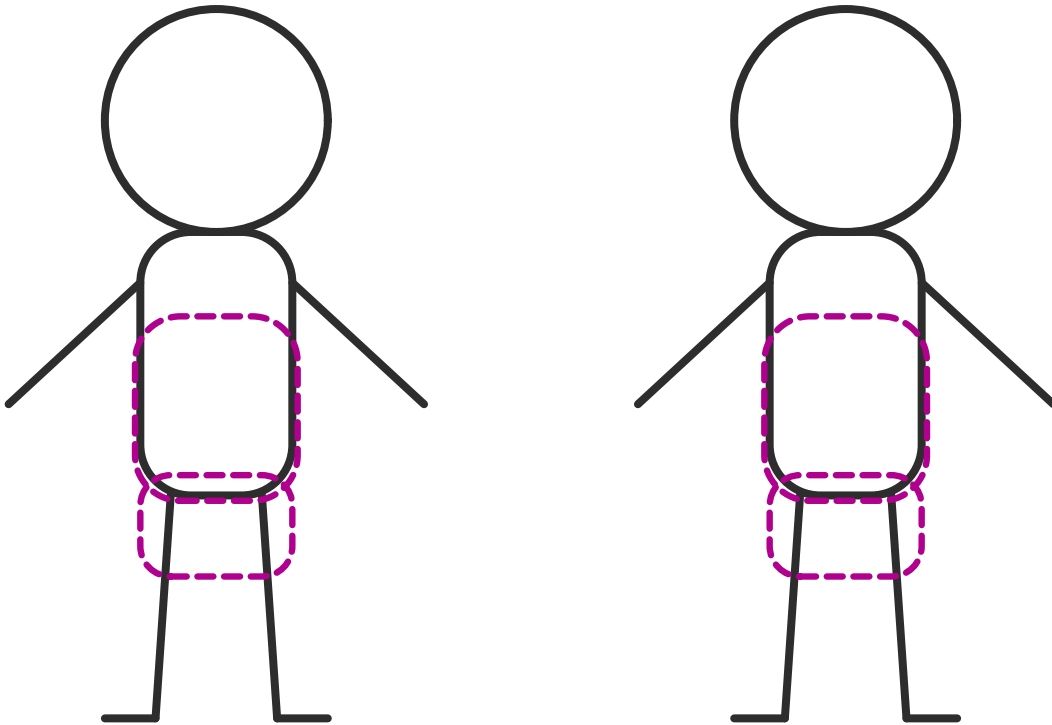
I always stay close to my Grown-up, my Grown-up's important to me.
I always stay close to my Grown-up, wherever I go, they're with me.

THEN ASK

"Where else do we need to stay close together?" Let them name places you go.
Add their answers to the empty boxes above.

My Body Belongs to Me

FOR THE GROWN-UP Color in the bathing suit. Then say the rule together.



Color the parts a bathing suit covers.

The parts a bathing suit covers are private.

SAY THIS, IN THESE WORDS

"The parts your bathing suit covers are your private parts. Your body belongs to you."

"Nobody touches your private parts except to keep you clean or healthy, and a Grown-up you trust is always there when that happens."

"If anyone touches you there, you tell me. You will never be in trouble for telling."

AND CONNECT IT BACK

"If someone tries, what do you say?" "Stop! That's not safe!"

"And then what do you do?" "Report to my Grown-up."

Use the real names for body parts, not nicknames. It feels awkward exactly once.

My Safe Grown-ups

FOR THE GROWN-UP Trace your child's hand. Name one safe Grown-up on each finger.



- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

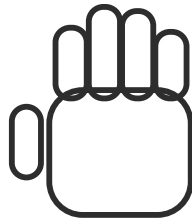
SAY THIS TOGETHER

"These are my Grown-ups. If I need help, I can Report to any of them."
Point to each finger and say the name out loud. Do it again tomorrow.
Try to include one Grown-up who does not live in your house.

PREK - K CERTIFICATE

I'm a KidSafe Kid!

my name (a Grown-up can write it)



I know these things:

- ✓ I can use my Safety Voice.
- ✓ I can say "Stop! That's not safe!"
- ✓ Reporting is not tattling.
- ✓ My body belongs to me.
- ✓ I will never be in trouble for telling.

signed by my Grown-up