Dear Family,

Our school is using the *Think First & Stay Safe™* child personal safety program. Home reinforcement can help ensure your child’s long-term safety, so please familiarize yourself with these tips:

1. **Make time to discuss personal safety with your child on a regular basis.**
2. **Instill youngsters with a sense of self-worth at every opportunity.**
3. **Remind your child to be kind to others in words and action, and expect the same in return.**
4. **Be kind and respectful when using technology, and keep personal information private.**
5. **Share inappropriate and threatening messages or images with a Trusted Adult.**
6. **Establish an understanding of private body parts using anatomically-correct names.**
7. **The American Academy of Pediatrics recommends parents use anatomically-correct names for private parts, starting at birth.**
8. **Establish that unwanted touches are against the law. This gives children confidence to assert themselves with those who might try to abuse them.**
9. **Let children express affection on their own terms. Do not instruct them to “Give Aunt Vera a hug.” or “Kiss Uncle Stu goodbye.”**
10. **Don’t rely entirely on the “buddy system” for safety. In many cases, sisters, brothers and playmates have been victimized together.**

- **Stress that all secrets can be told, especially secrets that make children feel scared, sad, anxious or unsafe.**
- **Have your child identify 2 Trusted Adults in their life; preferably one at home and one at school.**
- **Explain the importance of telling a Trusted Adult about any bullying, abuse or attempted abuse.**
- **Trust your instincts about people and situations.**
- **Teach your child to tell you right away about any weird or gut feelings they get about a person or situation. Instincts are rarely wrong.**
- **Make it a priority to get to know your children’s friends and their families.**
- **Be vigilant supervising children, especially during multi-family and/or multi-age gatherings.**
- **Many children are exploited during sleepovers, by peers or adults. If you choose to allow sleepovers, inquire about supervision and ensure your child can reach you at all times.**
- **Teach youngsters to respect, admire and celebrate the differences in people.**
- **Reassure your child that most people are kind and caring, and can help children stay safe.**

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