

Speak Up Be Safe 2nd Grade Curriculum: Major Topics and Key Terms

It is important for children to know who their **safe adults** are so they know who to go to when they need help. Safe adults can help and listen to children when they are confused or scared. It is the job of adults to keep children safe, but children can help them do this very important job.

All children are special and important and deserve to be safe. No one should ever hurt a child. Our bodies deserve to be safe on the outside AND the inside.

Child abuse is when an older person hurts or harms a child on purpose. **Abuse** is when a person does something on purpose to harm someone or says they are going to hurt someone. Abuse can hurt our bodies, our feelings, or both. It is the job of adults to keep children safe, but sometimes adults do not make good choices. This is when children can help by using the safety rules.

Abuse to Bodies (Physical abuse) is when touching is harmful or hurtful, and it is done on purpose to hurt a child. This can include hitting, pushing, or grabbing. Some children are spanked as a form of punishment. But spankings should not leave lasting marks or **a hurt**. If it does, it might be child abuse.

Safety Rule #1: "It's MY body." – Because you are special and unique and deserve to be safe, your body also deserves to be safe.

Private body parts are the parts of the body covered by a bathing suit. People should keep their private body parts to themselves. It is NOT OK for adults or other children to touch or show private body parts. If someone, even someone we know, shows us pictures of people's private body parts, tries to touch our private body parts, asks us to talk about private body parts, or asks us to touch their private body parts, that person is not safe. It is wrong when someone touches, talks about, shows or takes pictures of private body parts not to help a child, but in a way that will harm or hurt a child, inside or out. This is another kind of abuse.

But some types of touching and showing private body parts aren't abuse. Examples: a doctor checking a child's body for injuries and illness and a parent/caregiver is in the room, and a child needs help washing and a parent /caregiver helps the child. Touching or showing private body parts is NEVER a game.

Abuse with words is when words are used over and over again to harm a child. Words can be abuse when children are repeatedly told bad things about themselves or they are made to feel badly about themselves. This kind of abuse doesn't leave a mark on the outside, but it does hurt on the inside- it hurts feelings and the way children feel about themselves.

Sometimes children use mean words, name call, threaten, or tease other children. **Bullying** is when one child hurts, uses mean words, writes something mean, or scares another child over and over again. You may be being bullied if you feel hurt, embarrassed, or scared around certain kids. Bullying is harmful and hurtful and is not ok. If you or someone you know is being bullied or bullying, you should tell a safe adult. It is not tattling.

Neglect is when a child is not getting what they NEED to be healthy and safe (e.g., not having a place to live, not being fed, or being left alone when they aren't able to take care of themselves). Neglect is abuse because it is unsafe and harmful and can hurt on the inside and the outside.

Safety Rule #2: "Ask an adult if I am safe." You don't have to know if something that happened to you or someone else is safe or not. If you are confused or scared about something, you can talk to a safe adult, and

he or she will help you. Sometimes an adult can be confused too, so you may have to talk to more than one safe adult to get the help you need.

It is NEVER OK to go with someone unless your mom, dad, or the person who takes care of you told you themselves that it is OK. Some families have a **family password** that only people in their family know. The password is something a person can tell you so you will know for sure that your parents or the person who takes care of you told someone else to come and get you.

Abuse can be confusing too. This is true when it is someone who should protect us that makes a bad choice to hurt us. This is why it is so important to learn the safety rules.

Safety Rule #3: "I have choices." If you are in a situation where you might not be safe and can't get to a safe adult right away, there may be things you can do to protect yourself from abuse. The choices are: use your words, get away, and stay away. Once you're safe, you need to find a safe adult to help you. Sometimes you might be in a situation where you may not have any choices right away. In those situations, get to a safe place as soon as you can and find a safe adult to help you.

Safety Rule #4: "Tell Someone." - It is important to tell a safe adult when you don't feel safe or when you or another child is in danger. The only way safe adults know something unsafe is happening is if you tell them. (The qualities of a safe adult are reviewed, and the children are asked to identify two safe adults.) If you tell a safe adult about a concern or unsafe situation and the adult is not a good listener, it's important to tell another safe adult. You need to keep telling safe adults until someone listens and does something to keep you safe.

A **trick** is when someone tells you something or does something to fool you. It might be a lie, it might be called a game, or it might be someone offering to give you something like candy, money, or a gift to get you to do something. If you were tricked and took some money or candy, it might be hard to tell. But the person who tricked you did something wrong, not you. Sometimes a person might try to scare you by saying someone you care about will get hurt if you tell. But it is still VERY important to tell, and your safe adults want you to tell.

A promise or secret that hurts a child or that's about breaking a safety rule is a **bad secret** or promise, and it needs to be told to a safe adult. If someone tries to hurt you, threaten you or touch you in an unsafe way and asks you to promise not to tell, this is a bad secret or promise. It is OK to tell this secret because it is not OK to abuse children.

Safety Rule #5: "It's NEVER my fault." - Child abuse is never the child's fault, even if the child could have told someone earlier or was tricked. Also, even if something unsafe happened a long time ago, it is never too late to tell someone. Safe adults know it is never the child's fault.