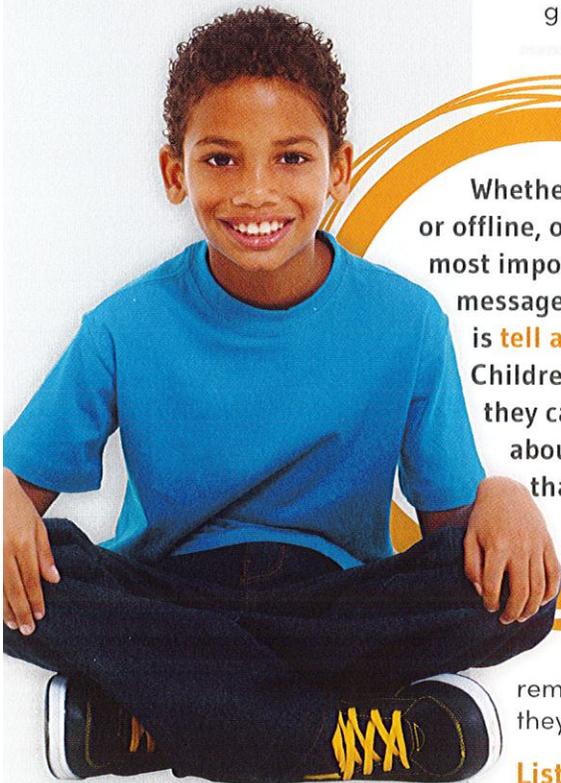


DISCUSSION GUIDE

(Ages 5-8)

It is important to talk to young children about safety without overwhelming or scaring them. This discussion guide offers age-appropriate messages and strategies to help you start a conversation about personal and online safety.



Whether on- or offline, one of the most important safety messages for children is **tell a trusted adult**. Children should know they can talk to you about anything that happens.

What to Talk About

When discussing **personal safety**, empower children by helping them learn what to do if they find themselves in a threatening situation. Tell children:

- A trusted adult is someone like your mom, dad or teacher who makes you feel safe, helps you and listens to you. You can tell a trusted adult any time you feel sad, scared, uncomfortable or confused.
- Ask me or another trusted adult first before going anywhere, helping anyone, or accepting anything.
- It's important to stay with me or the trusted adult in charge when you are away from home.
- Let's learn your full name, home address and telephone number. If we get separated, knowing this information can help you get home.
- Some of the body parts your swimsuit covers are private. If anyone touches you there or anywhere else in a way that makes you uncomfortable, you can say "no" — even if that person is a grown-up.

When discussing **online safety**, focus on helping children learn behaviors that minimize risks. Tell children:

- Our family has rules about what you can do online in order to help keep you safe. You may not like all of these rules, but it's important that you follow them.
- We should be polite and treat others with respect while online.
- Just because something is online does not mean it's true.
- Ask a trusted adult before sharing information like your name, address or telephone number.
- Not everything online is meant for children. It's not your fault if you accidentally see these things, but you should tell me about it so we can deal with it together.

How to Talk About It

Focus on how, not who. Instead of saying, "Don't talk to strangers," discuss the methods would-be abductors may use such as offering treats or money, asking for help, or offering to show an animal.

Role-play. Don't just talk about safety. Practice it! For example, have children practice yelling, kicking, and pulling away when discussing what to do if someone tries to take them.

Don't skip the hard stuff. It can be hard to talk about some safety issues, especially those involving sexuality. Set the foundation early by talking openly with your children about their bodies. For example, teach them to use the correct names for private parts.

Keep calm. Children make mistakes. If they break a safety rule, remind them why you set it and enforce the consequences. Then talk about what they should do differently the next time.

Listen. Encourage your children to talk about their concerns and listen respectfully — even when you disagree.

TEACHABLE MOMENTS

The following stories demonstrate how you can incorporate the safety tips into real-life interactions with your children.

Ask before going places

Tom and his 8-year-old son Aaron are at the playground. "Do you want me to come with you to the monkey bars?" Tom asks. "Dad, I'm not a baby!" Aaron says. He wants to be more independent so his parents have been teaching him about personal safety. Before Aaron goes to play, Tom asks him to repeat their family's personal safety rules. "Remember," Tom says, "these rules are to help keep you safe. When you follow them, your mom and I know that we can trust you to do more things by yourself."

Inappropriate online content

Jeanine's 6-year-old daughter Rachel accidentally clicks a link to an adult website while playing an online game. Jeanine wants to slam the laptop closed and pull Rachel away from the disturbing images, but she knows that this could confuse or scare Rachel. Instead, Jeanine calmly navigates away from the website. She tells Rachel, "Some online sites are just for adults. Children may accidentally find these sites, but it's not their fault. If you come across another site like this, tell me or another trusted adult so that we can help you get back to a children's site."

You don't have to wait for a real-life situation to arise before discussing safety with your children. Start talking to them about it right now by creating your own teachable moments.

GET STARTED

While at the grocery store, ask your child

"What would you do if we got separated?" Have your child point out people to ask for help such as a store clerk or parent with children.

While driving to school, ask your child

"Who are your trusted adults? Why?" Later, make a list of your child's trusted adults so he or she knows who to contact for help.

While playing an online game with your child, ask

"Has anyone or anything you've seen online ever made you feel confused or uncomfortable?"



To learn more about child safety, visit BeHereForKids.org

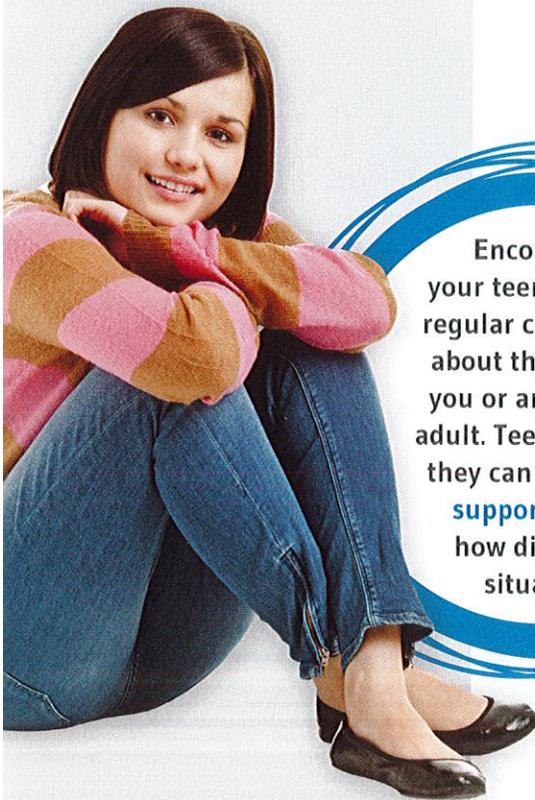
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Lancaster County C.A.S.E.
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DISCUSSION GUIDE

(Ages 13-17)

It is important to talk to teens about safety in a manner that respects their independence while establishing boundaries. This discussion guide offers age-appropriate messages about personal and online safety you can use to start a conversation.



Encourage your teens to have regular conversations about their lives with you or another trusted adult. Teens should know they can **count on your support no matter how difficult the situation.**

What to Talk About

When talking about **personal safety**, focus on messages that help teens protect themselves when without adult supervision. Talk to teens about:

- Looking out for themselves and their friends by staying together when going places.
- Checking in with you or the adult in charge before changing plans.
- Not accepting rides or gifts without your permission — even if they are from casual acquaintances.
- Saying “no” to anyone who tries to pressure them into unwanted activities such as drugs, alcohol or sex. Remind teens that a trustworthy friend or adult will not pressure them into doing anything dangerous or inappropriate.

When talking about **online safety**, focus on messages that help teens understand how their actions online can affect them offline. Talk to teens about:

- What information is OK and not OK to share online. Help them understand how inappropriate comments and images may negatively affect academic and employment opportunities.
- Not sharing nude images or “sexting.” Remind teens to not send, ask for or forward sexts.
- Creating positive online environments by standing up for peers who are being cyberbullied. Instead of joining in, teens should report cyberbullying to the website on which it occurs and tell their trusted adults.
- Not pressuring their peers to take part in cyberbullying, sexting or other inappropriate behaviors online.
- Reporting anyone who makes them feel uncomfortable, asks for or shows them revealing photos, or asks to meet offline. Help your teen report to www.CyberTipline.com

How to Talk About It

Don't exaggerate. Teens may dismiss you and the risks. Help them understand your concerns and how your family rules are meant to keep them safer.

Set boundaries. Be clear with teens about your family's safety rules and the consequences of breaking them.

Keep calm. Teens make mistakes. If they break a safety rule, remind them why you set it and enforce the consequences. Discuss what they should do differently next time.

Don't skip the hard stuff. It can be hard to talk about some safety issues, especially those involving sex. But keeping quiet about them may make it difficult for your teen to talk to you if a problem arises.

Listen. Encourage your teens to talk about their concerns and listen respectfully — even when you disagree.

Talk often. It's important to remind teens of your safety rules — and the reasons you set them — on a regular basis. The more often you have these conversations with your teens, the easier it will become.

TEACHABLE MOMENTS

The following stories demonstrate how you can incorporate the safety tips into real-life interactions with your teens.

Check first

Andrew's 14-old daughter Mya went to the mall with friends after school, but she didn't ask her parents for permission. When Mya arrives home, Andrew talks to her about why this is dangerous. "Your mother and I were expecting you home at a certain time. When you weren't here, we became very worried. It's not fair to leave us wondering where you are. You should talk to us about changing plans. Because you broke one of our family safety rules, you are grounded. Next time, please ask for permission before changing plans."

Sexting

Shelby has just returned home after attending an emergency parents' meeting at her 16-year-old son Chris's school. A nude picture of a female student is being shared around the school via cell phone. Chris is not involved in the situation, but Shelby knows that it is still important to talk to him about it. She tells her son, "Sexting photos can cause a lot of trouble for teens. You shouldn't ask anyone to send them to you or to anyone else, even as a joke. If someone does send one to you, don't forward it and tell me about it right away."

You don't have to wait for a real-life situation to arise before discussing safety with your teens. Start talking to them about it right now by creating your own teachable moments.

GET STARTED

When teens are online or texting, ask

"Are you being careful about the comments and images you share?"

If a news story about personal safety arises, ask

"What safety rules may have helped in this situation?"

While reviewing teens' social media pages with them, ask

"What do you think your posts say about you?"



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