



# Keep Me Safe Class Weekly Lessons



## Week 1 Trusted Adults and The Safety Steps

- Who keeps us safe? Identifying trusted adults
- Review of rules that keep us safe
- Safety Steps set boundaries and remove us from danger
  - ◊ Use words that mean NO
  - ◊ Get Away
  - ◊ Tell a trusted adult or the person in charge
  - ◊ Keep telling until you get help

## Week 2 The Always Ask First Rule

- ***Before accepting gifts or rewards, children must always ask a trusted adult first.***
- Raising parental awareness of potential child victimization
- Communicating about who is ingratiating themselves to your child
- Discouraging predators from grooming children and families

## Week 3 Safe, Unsafe, and Unwanted Touches

- Private vs. public body parts
- Who can touch which body parts, who decides, and why
- Three types of touches children may refuse at any time for any reason

## Week 4 The Touching Rule

- ***A bigger person should never touch your private parts, except to keep you clean or healthy.***
- Children learn names for private body parts.
- Steps to take if someone breaks a touching rule.

## Week 5 Keeping Secrets and The Safety Steps Review

- Secrets vs. surprises
- Safety Steps that set boundaries if someone breaks touching rules
- It is never the child's fault when an adult breaks a touching rule
- It is never too late to tell a touching secret

## Week 6 Graduation Week

A member of the Wakefield Police Department reviews the progress made by the graduates and presents certificates to the children. Families and graduates listen to Sam's Story together before a snack.



# Keep Me Safe Class February—April 2019

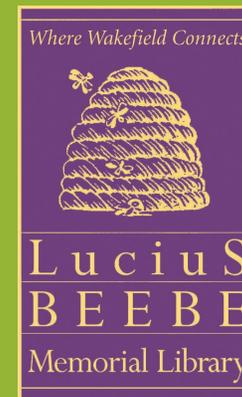
Children ages 4-7  
are invited to a six-week series  
of safety classes.

Safety classes are for children mature enough to attend a program without a parent. Parents must remain in the building during the program.

Children must attend all six classes.

**Registration is required**  
online, by phone, or in person at the Youth Desk.

**Wednesdays at 3:30** February 27—April 3



### About *Keep Me Safe Class*

*Keep Me Safe Class* teaches children social skills intended to avoid and discourage dangerous or abusive situations. Lessons include:

- what steps children should take in dangerous situations
- how to discourage grooming and victimization by predators
- the difference between safe touches, unsafe touches, and unwanted touches
- speaking up assertively against inappropriate touching
- never keeping a touching secret
- reviewing hazards such as sharp objects, traffic, unfamiliar animals, guns, and fire

Children will learn to articulate boundaries based on safety rules. They will learn to respond assertively and to use anatomically correct language when describing body parts



and bodily functions. Using standard language will help children clearly communicate with you and caregivers when describing an unsafe or abusive situation.

Children will learn how to ask for help from their adults, and to keep telling until someone helps them. Children will practice safety rules and strategies through stories, role-playing, crafts, and games.

*Keep Me Safe Class* uses *Second Step Child Protection Unit* and *Talking about Touching (TAT) Curriculum* designed by The Committee for Children, a non-profit organization that researches and produces educational materials on topics such as early learning, bullying prevention, and child safety. Beebe Children's Librarians trained in delivering these units and in how to proceed if a

child discloses a questionable experience.

### Who Can Come?

*Keep Me Safe Class* is for children ages 4-7. No younger siblings or parents may attend. Distractions such as food, babies, and even parental attention can interfere with the lessons' clarity. Children must be able to sit for stories without a parent and remain focused on the librarian, who is the sole adult authority in the room. Parents must stay in the building during the program.

Classes meet for a total of six weeks. The information in each workshop is cumulative. Lessons build on skills presented in previous weeks. For this reason, registrants need to attend all six weeks. If this will not be possible, but you would like to try again at another session, please sign up on the waitlist at the Youth Services Desk at 781-246-6334.

### How to Sign Up

Ten children can register for the session. Call, come in, or register online by logging onto [wakefieldlibrary.org](http://wakefieldlibrary.org), and use the Library Calendar under the *Events and Activities* tab.

Register once for the entire series. Since your child needs to attend each week, you need only sign up on the first date of the series.

### During Class

Your child will meet with a librarian for a story or two and an activity. Some weeks it will be a craft. Other times it will be role-playing, a song, video, or game. For some activities, the librarian may request that you assist your child with an art project if it is difficult or time-consuming to complete on his own.

Classes last approximately one hour. Please pick up your child outside the Program Room at the conclusion of each class.

### Supporting Safety Skills at Home

Each week, your child will give you a letter suggesting activities for you to do together between safety classes. We encourage you to talk with your child about the safety concepts learned in class and practice them using the activities with your child. Make safety an ongoing topic of conversation at home.

Validate your child's experience in class by playing an active role in safety education. Children are more likely to follow safety rules when they have multiple opportunities to practice and talk about safety with their families. Establish a safe and trusting environment by encouraging your child to share with you.



We recommend the video *What Do I Say Now? How to Help Protect Your Child from Sexual Abuse*. You can find this video on our Parent Shelf. Extra copies of class materials reside in the children's nonfiction section under 362.7 *Keep Me Safe*. You can borrow these materials from the library at any time.