

## CONVERSATION RESOURCES

### 5th Grade

The following information and suggestions are provided to assist you in your effort to protect your children and to keep them safe.

#### The NO-GO-TELL Rule

**NO** – Say NO when someone suggests or invites you to do something which is wrong or which makes you feel uncomfortable.

- When approached by a stranger asking for help.
- To strangers who are offering you gifts.
- To strangers on the internet who invite you to meet with them.
- To strangers who want to take pictures of you.

**GO** – Safely and quickly remove yourself from the situation.

**TELL** – Let a trusted adult know what happened immediately.

#### Day to Day Safety

1. Safe touches and unsafe touches
    - Discuss what is a “bad touch” and what is a “good touch.”
      - What are some examples of good/safe touches?
      - Discuss “private parts” of the body as parts covered by your bathing suit.
    - Has anyone touched you in a way that makes you feel uncomfortable or scared?
  2. “Hurtful Secrets”
    - Teach your child that a good secret is one that will eventually be told, like a surprise party. Secrets should never hide hurtful behavior.
    - It is important that children know that they can talk about things in their life, even if they have been told to keep a secret.
    - When are some times that you think would be okay to tell a secret?
    - What would you do if someone did something to you and told you not to tell anyone?
    - Do you know an adult who asks you to keep a secret just between the two of you?
  3. Friends and Safety
    - Do you feel safe at school?
    - When you go to a friend’s house is there always a parent there?
    - Do your friends talk about things that sometimes make you feel uncomfortable?
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## **Scenarios**

1. What do you do when a stranger approaches you?
2. What would you do if someone you know asked you to go with them without your parents' permission?
3. What if someone tells you that there is an emergency at your house that he/she is a police officer, and you have to come with them?
4. What if someone tells you they are a friend of your parents and you are to go with them?

## **Internet Safety**

1. Internet Safety Guidelines
  - Discuss house rules for using the Internet.
  - Always monitor Internet use.
  - Discuss appropriate websites.
  - Explain to your child that they should not share passwords with anyone other than their parents.
  - If your child has a social networking accounts such as Facebook check the privacy settings. Know your child's online accounts/profiles and Privacy settings (Yahoo, Google, Facebook etc.) Know your child's passwords.
2. Sharing online
  - What would you do if someone asks for personal information on the internet?
  - Do you sign up for anything on the internet using your home address or other personal information?
  - Do you use the internet at a friend's house?
  - Do not email or use Facebook with people you do not know.
  - Have people you don't know tried to "friend" you on the Internet?

## **Best Practices**

1. Be familiar with your child's friends and activities. Acquaint yourself with the home situation of your child's friends.
2. Never force children to touch, hug or kiss someone whom they do not know.
3. Be sensitive to changes in your child's behavior; talk to them about the changes when you notice.
4. Screen babysitters carefully; checking references.
5. Create a family code word. Choose a code word that you and your child would know. This code word should only be shared with those designated adults who might, for example, be picking up the child from school.

## **Resources**

Missing and exploited children: [www.missingkids.com](http://www.missingkids.com)

Netsmartzkids: [www.Netsmartz.org](http://www.Netsmartz.org)

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