



3-5th Grade Parent Information Sheet

DEAR PARENT OR GUARDIAN,

Your student participated in the MBF *Child Safety Matters*® program today. The program teaches children how to spot and respond to bullying, cyberbullying, child abuse, and digital dangers. It teaches that adults are responsible for children's safety, but also details ways that kids can help adults keep them safe. The program is based on the latest research and has been reviewed and endorsed by national experts.

Below is a summary of what your student learned and some suggestions about how you can continue these safety lessons at home. As with other subjects, the more you practice with your student, the more likely they will be able to use what they have learned. For additional information and resources, visit our website at www.mbfpreventioneducation.org.

Your Child Learned...	Questions You Can Ask to Reinforce Their Learning
...the MBF 5 Safety Rules. These rules teach children how to help adults keep them safe. ...about safety, Safe Adults, Red Flags that indicate danger, and safe versus unsafe situations. ...about the four types of child abuse: physical, emotional, sexual, and neglect. ...that adults, and sometimes other children, can use tricks, secrets, gifts, and force to try to hurt children.	Safety Rules and Spotting Red Flags » What are the 5 Safety Rules? » The 5 Safety Rules are guidelines to help your student stay safe in situations that may be unsafe. » Safety Rule #1: Know What's Up means being aware of their environment and the people around them. It means knowing important information to help keep them safe, like your name, phone number, and address etc. » Safety Rule #2: Spot Red Flags means recognizing potential dangers online and offline. Red Flags could include adults or other kids trying to trick or force them into doing something unsafe or inappropriate, like touching private body parts or online connections trying to meet in real life. » Safety Rule #3: Make a Move means if they spot a red flag, they GET AWAY and STAY AWAY. » Safety Rule #4: Talk It Up means they use their voice by reporting an unsafe situation, using a strong voice to say "no", or talking to a Safe Adult. » Safety Rule #5: No Blame No Shame means if they are ever hurt, it is never their fault, and they should not be ashamed to tell someone. Safe Adults » Who are your Safe Adults? » If they have not identified Safe Adults, help them choose two. You can suggest, "Let's make a list together of people you could talk to if you needed help." » It's recommended that a child choose Safe Adults both in and outside of the home. Examples could include a coach, a teacher, a grandparent, etc. » A Safe Adult is someone they can go to if they ever feel unsafe or if they are not sure if a situation is safe.



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Your student will have more lessons of the *MBF Child Safety Matters* program in the future. Review the information below to be prepared for what's to come.

Your Child is Going to Learn...	How You Can Reinforce Their Learning
...about how they can help stop bullying and cyberbullying by being an Upstander and not a Bystander. ...about digital abuse and other digital dangers that can come from both their peers and from online predators.	» After each lesson, ask your student what they learned. » Use everyday activities to ask your child how they might use the MBF 5 Safety Rules if a situation was unsafe. » Examples: When you enter the grocery store, ask them about what they would do if they got lost. When you are at home, ask them what they would do if someone knocked on the door and you were not available at the moment. » Encourage your child to tell their Safe Adult if they encounter unsafe situations or need support. » Post your name, phone number, and address in a visible location (like the refrigerator) and practice it with them often. Do the same with your child's name and birthday. » Consider creating a "family password" that only family members know. Tell your child that they should never go with someone who does not know the family password. Be sure to emphasize that no matter what that person tells them, they should only go if that person knows the password. Explain to them they should never share the password with people outside of the family. » Teach your child the correct names for their private body parts. This helps avoid confusion if they need to talk about unsafe situations or disclose abuse. » Discuss what safety looks like in online settings and what information should never be shared with others » What should you do if you see something online that makes you uncomfortable? » How can we tell if a website, application or game is safe to use?

The MBF 5 Safety Rules



Know What's Up



Spot Red Flags



Make a Move



Talk It Up



No Blame | No Shame