

LESSON 1

KIDS' BILL OF RIGHTS



Today's Lesson: Lesson 1

In today's lesson, your child was introduced to the concept of being part of a **community**. Students reviewed the idea that citizens need rules to be safe in their **community** and were introduced to the concept that all citizens are entitled to certain **rights**. Background information on the United States Constitution and Bill of Rights is provided for introducing the Kids' Bill of Rights and building the framework for all of the lessons in the 4th Grade program.

Over the next few lessons, students will be introduced to the Kids' Bill of Rights, which includes their **rights to safety, respect, being yourself**, and having a **voice** so that they may have a **childhood**.



Human Trafficking Prevention

Did you know that each year, more than 300,000 school-aged children are lured into a type of exploitation called human trafficking? Human trafficking occurs when someone is recruited, hidden, or transported against their will for services and the financial gain of another person. Though you may think of trafficking as a danger that only threatens children in other countries, it is a real problem in all 50 states, and any child can become a victim – no matter their location, socioeconomic status, race, or religion.

Children are inherently vulnerable, and traffickers are skilled at targeting kids in person and online. That's why schools around the country are choosing to include developmentally appropriate human trafficking prevention into a comprehensive personal safety education curriculum. Human traffickers use psychological manipulation to gain and maintain control by identifying children's vulnerabilities and working to fill whatever need they may have. This could be a need for belonging, material items, or basic necessities like protection, food, or shelter.

To help your child avoid exploitation and the traps traffickers set, we have extended the safety concepts they are learning in each lesson of the 4th grade **Safer, Smarter Kids** curriculum to encompass protective principles specific to trafficking prevention – while continuing our commitment to presenting information in a manner that is age-appropriate for your 4th grader.

In lesson one, human trafficking prevention is covered while students become more familiar with their **right to privacy** with the introduction to **personal safety** and **physical safety** concepts. Students will learn that their **personal safety** involves the **right to privacy**, including the **right** for the **private parts** of the body not to be seen by others, for **personal space** to be respected, and for personal information to stay personal. They will learn their **physical safety** includes being free from unsafe and unwelcomed touches.

Know The Signs

Parents and community members must pay close attention and stay alert to the signs of human trafficking. A few warning signs that are indicators of human trafficking are listed below.

Does the child:

- Have unexplained absences from school?
- Suddenly change in usual attire, behavior, or relationships?
- Suddenly have more (and/ or more expensive) material possessions?
- Chronically run away from home?
- Act fearful, anxious, depressed, submissive, tense or nervous, and paranoid?
- Defer to another person?
- Describe an adult as a friend or boyfriend/girlfriend?
- Show signs of physical and/ or sexual abuse, physical restraint, or other serious pain or suffering?
- Have new branding/tattoos?
- Appear to have been deprived of food, water, sleep, medical care, or other life necessities?



Student Disclosure

How to Respond to Disclosure of Abuse

An adult's reaction to disclosure plays an important role in the beginning of the healing process for the child. Resist the urge to react strongly to the news or display anger toward the abuser. Instead, consider the following:

What to Say

- "I believe you."
- "I'm really glad that you told me. It took a lot of courage to tell me."
- "It's not your fault."
- "We will work together to get you help. I will need to tell some other people who help protect children."
- Be cautious with telling a child who has disclosed that "everything will be all right." There are many uncertainties that surround disclosure, emotions, and steps to recovery. Consider, instead, telling a child that they are important, people care about them and their safety, and that people will work to be with and support them moving forward.

Action Steps

- If you know or suspect a child has become the victim of sexual abuse, you must should make a report immediately. Find your [local reporting agency](#) or call **1-800-4-A-CHILD** (224453).
- Access and share [The Guide to Hope and Healing](#) for guidance to recognize, report and respond to a child who discloses.



Caregiver Connection

Today's lesson sets the stage for the entire program by introducing the idea that we all – even kids – have **rights** and the **right** to make choices and decisions that keep us safe. Each lesson includes a video scenario that depicts a real situation that 4th graders may encounter and how each right in the Kids' Bill of

Rights provides a strategy for making a safe decision. Your child will see how the 4th graders resolve the situation at hand with some guidance from trusted adults, Lauren and Rodney.

In today's video, set in an after-school program, your child observed what happened in the Rec Center when the students were not following the rules. Students at the Rec Center travel back in time to see how our country's Bill of Rights came to be and what they mean to our citizens. Lauren explains to the students that even kids have **rights**, which she calls the Kids' Bill of Rights. The Kids' Bill of Rights includes:

- The **right to safety**. No one has the right to hurt them, make them feel afraid, or do something wrong, dangerous, or scary to them. They have the right to feel comfortable and secure in their surroundings.
- The **right to a voice**. Their **voice** means they have a say, the right to be heard, and to voice their opinions, hopes, and fears. They have the right to let others know if something is not okay. Their **voice** has power.
- The **right to respect**, which means they should be treated like they are important and valuable. They have the **right** to have their **body boundaries** respected. Additionally, the right to respect includes the **right to privacy**.
- The **right to be yourself** means they have the **right** to express all of their ideas, beliefs, and the other things that make them who they are. Their likes and dislikes, and even their faults, make them unique.

Lauren discloses that when she was about your child's age, she was hurt by someone close to her. She felt very unsafe, could not be herself, and lost a part of her **childhood**. She reminds students that by knowing their **rights**, they can keep themselves safe and ask for help from a trusted adult when needed.

Activities to Try at Home

You are encouraged to use the following resources with your child at home. All activities may be downloaded and printed.

- [Privacy](#)

Try out this interactive web-based activity to learn the vocabulary words for Lesson 1.

- [Let's Practice: Lesson 1 Vocabulary](#)



Tips to Further Today's Lesson

- Ask your child about each of the **rights** presented in the video today. Ask your child what these **rights** mean to them. It is important for children to understand that even though they are a child, they are still entitled to the basic **rights** of **safety**, **respect**, to **be yourself**, and having a **voice** so they may have their **childhood**.

For more ways to talk to your child about staying safe, visit [Safer, Smarter Families](#). For additional resources, visit [Lauren's Kids](#). To report abuse, call the [ChildHelp National Child Abuse Hotline](#) at 1-800-422-4453, and you will be referred to your local reporting agency.

©2021 Lauren's Kids, Inc. LAUREN'S KIDS® and the Safer, Smarter Kids™ trademarks, curriculum, and content are the exclusive property of Lauren's Kids, Inc., used under license. Any unauthorized use, duplication, copying, or sharing, in electronic form or otherwise, is strictly prohibited and subject to penalty under applicable state and federal law.

SAFER, SMARTER KIDS!  LAUREN'S KIDS