



Dear Parent,

On December 9th, your child will attend an in-class presentation called "Empower Me!" on personal safety awareness. This program is provided to students in grades K-6 and is designed to help children learn about personal safety in an empowering and positive way.

Topics Covered Include:

- *Checking first with the adult in charge before going anywhere with anyone*
- *Identifying five adults who make up their safety net*
 - *We ask students to identify five adults in case the first person isn't helpful or a safety net adult asks them to break a rule.*
- *Listening to their "uh-oh" feeling*
- *Saying "no" to anyone asking them to break a safety rule – even if students freeze or are too scared to say no, it still isn't the child's fault and they can still tell one of their five trusted adults*
- *We talk about touches –Understanding that no touch should ever be a secret*

The program teaches children they have the right to keep their private parts private. The only time someone would need to touch a child's private parts is to keep a child clean and healthy, like at the doctor's office. Children are told they can always ask questions about a touch if they aren't sure it is clean and healthy, because touches are never a secret. Students know that if someone tries to get them to break any safety rule, including a body safety rule, it isn't their fault and they can find one of their safety net adults right away.

It is important for young people to have these lessons as one step toward prevention. However, personal safety should never rest on the shoulders of a child. Family involvement and ongoing personal safety conversations have a stronger impact than one unit at school. Repetition and "What If" scenarios help students to strengthen their knowledge and skills.

For more information, please visit <https://youtu.be/OffEHgvmzg0>.

It is a grown-up's responsibility to keep children safe and we take that responsibility very seriously. If you have any questions about Empower Me! Presentations or if you would like to opt your child out, please don't hesitate to contact your child's school counselor.

Sincerely,

LaShey Sisemore & Cassie Hamaker