

# Hello Kindergarten Parents!

In an effort to make student safety and wellness a priority, our school will be using the PATH, Prevention & Awareness for Total Health curriculum to address various topics for prevention and awareness. We are excited to share this information with you as we look forward to building a climate of caring and community. Today your child participated in PATH Lesson 1: My Go-To People. The purpose of this lesson was for students to identify four safe and trusted people they can go to for any reason, especially when in crisis. Students were to explain their reasons for the people they listed. We want each student to have an increased awareness of their safe and trusted adults – whom we called Go-To People. Students were encouraged to put me, their teacher, as a Go-To Person in the school setting.

## **TAKE 5**

Take a look at your child's handout Matching Go-To People, and discuss the names listed to verify that they listed people in the family or community that you consider to be reliable. Parent/child communication is one of the most important components in prevention. Research recommends parents know the background and history of adults we allow our children to be around as we as providing good parent/child supervision. Please reiterate to your child that not every adult is a safe person who will protect them. Help them understand that their Go-To People will be glad they shared their concerns and were open with their feelings.

## **Did You Know?**

According to erinslaw.org, 90% of the children who experience abuse are abused by people they know. We share this statistic not to frighten parents, but to help parents understand that we have to be aware of whom we allow our children to be around and spend time. Erin's Law is a mandate for teaching students about Personal Body Safety and is required by law for schools to address with all students and faculty. We introduce this concept with younger students by carefully discussing safe and unsafe people.

## **Tips:**

- Talk openly with your child about how to tell who is safe and who is not and that they can tell you anytime they are concerned about someone no matter what.
- Explain how they can come to you even when they are afraid.
- Teach them to trust their instinct. If it doesn't feel right, it probably isn't.
- Please share that the counselor at school knows how to help if they feel confused.
- Trust your instinct! You know your children best.
- Contact the school or check out one of the resources below for more information about warning signs and opportunities for prevention.

## **Hotlines & Resources**

- Child Help National Child Abuse Hotline at 1-800-4-A-CHILD (800-422-4453)
- For Resources on topics such as Bullying, Abuse, and more Alabama State Dept. of Education Counseling & Guidance <https://www.alsde.edu/sec/cg/Pages/resources-all.aspx?navtext=Resources%20and%20Links>
- Erin's Law (parent information) <http://www.erinslaw.org/for-parents/>
- Stop It Now For Tips & creating a Family Safety Plan <https://stopitnow.org/help-guidance/prevention-tools>

# Hello 1<sup>st</sup> Grade Parents!

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## **TAKE 5**

Take a look at your child's handout Choices, Choices, Choices, and discuss the names listed to verify that they listed people in the family or community that you consider to be reliable. Parent/child communication is one of the most important components in prevention. Research recommends parents know the background and history of adults we allow our children to be around as well as providing good parent/child supervision. Please reiterate to your child that not every adult is a safe person who will protect them. Help them understand that their Go-To People will be glad they shared their concerns and were open with their feelings.

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### **Tips:**

- Talk openly with your child about how to tell who is safe and who is not.
- Tell them they can come to you anytime they are concerned about someone no matter what.
- Explain how they can come to you even when they are afraid.
- Teach them to trust their instinct. If it doesn't feel right, it probably isn't.
- Please share that the counselor at school knows how to help if they feel confused.
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# Hello 2<sup>nd</sup> Grade Parents!



In an effort to make student safety and wellness a priority, our school will be using the PATH, Prevention & Awareness for Total Health curriculum to address various topics for prevention and awareness. We are excited to share this information with you as we look forward to building a climate of caring and community. Today your child participated in PATH Lesson 1: My Go-To People. The purpose of this lesson was for students to identify four safe and trusted people they can go to for any reason, especially when in crisis. Students were to explain their reasons for the people they listed. We want each student to have an increased awareness of their safe and trusted adults – whom we called Go-To People. Students were encouraged to put me, their teacher, as their go to person in the school setting.

## TAKE 5

Take a look at your child's handout My Go-To People Map, and discuss the names listed to verify that they listed people in the family or community that you consider to be reliable. Parent/child communication is one of the most important components in prevention. Research recommends parents knowing the background and history of adults we allow our children to be around as we as provide good parent/child supervision. Please reiterate to your child that not every adult is a safe person who will protect them. Help them understand that their Go-To People will be glad they shared their concerns and were open with their feelings..

### Did You Know?

According to [erinslaw.org](http://erinslaw.org), 90% of the children who experience abuse are abused by people they know. We share this statistic not to frighten parents, but to help parents understand that we have to be aware of whom we allow our children to be around and spend time. Erin's Law is a mandate for teaching students about Personal Body Safety and is required by law for schools to address with all students and faculty. We introduce this concept with younger students by carefully discussing safe and unsafe people.

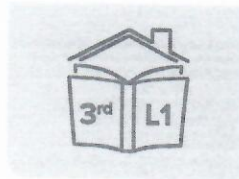
### Tips:

- Talk openly with your child about how to tell who is safe and who is not and that they can tell you anytime they are concerned about someone no matter what.
- Explain how they can come to you even when they are afraid.
- Teach them to trust their instinct. If it doesn't feel right, it probably isn't.
- Please share that the counselor at school knows how to help if they feel confused.
- Trust your instinct! You know your children best.
- Contact the school or check out one of the resources below for more information about warning signs and opportunities for prevention.

## Helplines and Resources

- Child Help National Child Abuse Hotline at 1-800-4-A-CHILD (800-422-4453)
- For Resources on topics such as Bullying, Abuse, and more Alabama State Dept. of Education Counseling & Guidance <https://www.alsde.edu/sec/cg/Pages/resources-all.aspx?navtext=Resources%20and%20Links>
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# Hello 3<sup>rd</sup> Grade Parents!



We are excited to share that today your child participated in Lesson 1: My Go-To People from the PATH, Prevention & Awareness for Total Health curriculum. The purpose of this curriculum is to educate students on ways to have healthy minds, bodies, feelings and relationships. This lesson focused on the individuals in their lives that they trust and can go to when in unsafe situations. We call these people our Go-To People. The lesson helped them identify four Go-To People whom they can go to when they have unsafe feelings. Students also discussed real-life situations when they need to report to their Go-To Person. Take a moment to see their handout so that you can see your child's selected Go-To People and discuss this with them.

## Parent Prevention Tip

Keep the conversation going with your child about trust and reporting unsafe feelings. Children should always trust their feelings. Even if they are uncertain about something they should report to one of their Go-To People. We recommend revisiting this conversation several times per year.

## Did You Know?

Quality parent-child communication can aid in prevention and promote awareness of key issues. Sometimes your children may not be very talkative about the details of their lives. Sometimes it takes certain open-ended questions to prompt a good conversation about their day.

## Here are 4 questions to help you get started:

1. **What was your favorite part about your day?**
2. **What was your least favorite part about your day?**
3. **What questions do you have about your day?**
4. **How did you show kindness or help someone today?**

## For More Information...

Please contact your student's teacher or the school principal. We are here to help!

## Need Help?

Need to report something for your safety or your child's safety. Contact the school today and our School Resource Office will be glad to help!

# Hello 4<sup>th</sup> Grade Parents!

Today your child completed P.A.T.H., Prevention & Awareness for Total Health, curriculum Lesson 1: My Go-To People. Each student identified four people in their lives that they trust and can go to. We call these people their "Go-To People." The lesson helped them to identify Go-To individuals who they can go to when they have unsafe feelings. Through scenarios and character descriptions, students were given the opportunity to decide whether or not someone was a safe, Go-To Adult. Your child also learned about various reasons to report immediately to a person they trust.

## **Did You Know?**

Strong and consistent parent-child communication can aid in prevention and promote awareness of key issues.

## **Parent Prevention Tip**

Keep the conversation going with your child about trust and reporting unsafe feelings. It is important that they know a safe, Go-To Adult is one who does not make them feel unsafe or uncomfortable. Also, even if they are uncertain about something, they should report to one of their Go-To Adults. Tell your child to always come to you if they ever feel unsafe/uncomfortable feelings. We recommend revisiting this conversation (feelings, trust) 1-2 times per year.

## **For More Information...**

Please contact me with any questions or concerns regarding this topic. Our school counselor is also available to support you and your children when you have concerns or questions about safety or mental health.

# Hello 5<sup>th</sup> Grade Parents!

In an effort to make student safety and wellness a priority, our school will be using the PATH, Prevention & Awareness for Total Health curriculum to address various topics for prevention and awareness. We are excited to share this information with you as we look forward to building a climate of caring and community. Today your child participated in PATH Lesson 1: My Go-To People. The purpose of this lesson was for students to identify safe and trusted people they can go to for any reason, especially when in crisis.

Your child was encouraged today to identify people in their lives who can be Go-To People. A Go-To Person is someone who makes their safety and well-being a priority. We examined the important qualities needed in a Go-To Person so that they could select the right people; the first among these was trust. Trust is a critical component of developing a positive relationship. We ask that you talk with your child about this lesson and see the list of trusted, caring adults whom your child sees as trusted, genuine, and wise. Please continue the conversation with your child about the need to confide in a trusted adult if any concerns arise.

## Did You Know?

Erin's Law is a mandate for teaching students about personal body safety and is required by law for schools to address with all students and faculty. According to [www.dosomething.org](http://www.dosomething.org), "Child Help" research indicates that 90% of child sexual abuse victims know the perpetrator in some way, and these cases often go unreported. Abused children are more likely to engage in a variety of risky behavior even into adulthood. Protecting children and allowing them to confide in a trusted adult can be the best way to lessen the risk.

## Tips:

- #1 – Talk about it! Use your family's preferred words to explain what is and is not acceptable regarding their bodies.
- Encourage them to speak openly with you anytime.
- Teach them to trust their instincts.
- Teach your child internet safety and keeping personal information private.
- If your child seems uncomfortable around an adult, ask why.
- Encourage your child to speak to the school counselor if concerned about someone.
- To learn more, check out the resources below.

## Hotlines & Resources

- Child Help National Child Abuse Hotline at 1-800-4-A-CHILD (800-422-4453)
- For Resources on topics such as Bullying, Abuse, and more Alabama State Dept. of Education Counseling & Guidance <https://www.alsde.edu/sec/cg/Pages/resources-all.aspx?navtext=Resources%20and%20Links>
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# Hello 6<sup>th</sup> Grade Parents!

In an effort to make student safety and wellness a priority, our school will be using the P.A.T.H., Prevention & Awareness for Total Health, curriculum to address various safety, character, and mental health topics for prevention and awareness. Stability in these developmental years is critical, and we want to instill a solid foundation of responsibility and empathy in all of our students. We are excited to share this information with you as we continue to build a caring climate for your child.

Today your child participated in Lesson 1: My Go-To People. The purpose of this introductory lesson was for students to identify safe and trusted people they can go to for any reason, especially when in crisis. Identifying a reliable and knowledgeable support system is critical as your child approaches the teen years. Your child was encouraged today to identify people in their lives who could serve as their Go-To People. Along with this encouragement, we discussed the important qualities that could help them select the right people. These qualities included safe, trustworthy, and wise people who have a genuine concern for their well-being. Teaching young people how to assess quality relationships will serve them longer than simply naming their safe adults for them.

## Did You Know?

The phrase “It takes a village” is a traditional African proverb. Young people need a strong network of people to support their growth and development. Protecting children and allowing them to confide in a trusted adult can be the best way to lessen the risk of many different negative childhood experiences including substance use, bullying, poor mental health, and abuse. According to [www.dosomething.org](http://www.dosomething.org), “Child Help” research indicates that 90% of child sexual abuse victims know the perpetrator in some way, and these cases often go unreported. Having a network of Go-To People for reporting reduces the prevalence of or exposure to the effects of various childhood stress or trauma.

## Tips:

- Talk about it! Use your family’s preferred words to explain what is and is not acceptable regarding their bodies.
- Encourage them to speak openly with you anytime.
- Teach them to trust their instincts.
- Teach your child internet safety and keep personal information private.
- If your child seems uncomfortable around an adult, ask why.
- Encourage your child to speak to the school counselor if concerned about someone.

## Hotlines & Resources

- Child Help National Child Abuse Hotline at 1-800-4-A-CHILD (800-422-4453)
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