

## CONVERSATION RESOURCES

### Pre-Kindergarten

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 LOUDLY** when someone makes you uncomfortable or scared, for example:

- When someone hugs you or touches you in a strange way.
- You can say no to another child or an adult when scared.

**GO** – Safely and quickly run away to a safe place or person that you know.

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

#### Day to Day Safety

1. Share what are 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?
    - Explain that some touches are bad touches and are not okay.
  - 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. Safe Adults
  - Tell your child that it is not always easy to tell when someone is doing wrong.
  - If your child is confused or not sure, they should go to a trusted or safe adult.
  - Discuss with your child who would be considered a trusted or safe adult.
  - Who are some people you can trust?
  - Who is a “stranger”?
3. “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 to their parents about the 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?

## **Scenarios**

1. What would you do if an adult asked you to help find their dog or offered to give you something like candy?
2. Share with your children the times when it is appropriate for someone to take their picture.

## **Internet Safety**

1. Instruct your child to let you know if they see something on the computer that makes them feel uncomfortable, scared or sad.
2. Discuss with your child that they should not share personal information (name, phone number, address) when on the Internet.

## **Best Practices**

1. Children should know their phone # and address and they should not share this information with strangers.
2. Be familiar with your child's friends and activities. Acquaint yourself with the home situation of your child's friends.
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.

## **Resources**

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

[www.UTouchITell.org](http://www.UTouchITell.org)

U Touch I Tell by Chi Hosseinion - ISBN 9781478205586

SIME TOCAS TE ACUSO – ISBN 9781480257573, 1480257575

**Suggested starting conversation by reading a book entitled, It's OK to Say No. ISBN-13: 978-0448153285**