



February 24, 2010

Dear Families,

This is your weekly letter about the safety topics discussed during your child's classroom Counseling lesson. I encourage you to also discuss these topics at home because family involvement is so important to the safety of our children.

Today in Kindergarten through 3rd grade, we discussed the Touching Rule-that another person should not touch a child's private body parts. When you discuss this lesson with your child please consider using anatomically correct names for these body parts. By using these terms in a natural and matter-of- fact way, you will help communicate accurately about any touching questions they may have. For the lesson we referred to private parts as those areas covered by a swimsuit. Children also learned the Safety Steps that can guide them to know what to do if someone does break the Touching Rule.

Safety Steps

1. Say words that mean "No."
2. Get away.
3. Tell a grown up.

I encourage you to help your child think of different ways of saying "no." (for example: "No thank you"; "Leave me alone"; "Stop that"; "I'm not allowed to play touching games"; "I don't like that"). Help your child understand that getting away can be as simple as moving away from someone or going to another room, or it might mean running home immediately. Help your child identify who to tell and have him or her practice telling.

Students in the 4/5 grade class talked about personal space and what makes a touch safe, unsafe, and unwanted. They were also encouraged to think about personal space while using the internet. If something on the computer makes them feel uncomfortable they need to let an adult know.

Next week as we begin to wrap up our safety unit, Kindergarten through 3rd grade will discuss using the Safety Steps further. The 4/5 grade will learn about harassment.

Please let me know of any comments or concerns you may have.

Sincerely,

Michele Bishop, Counselor
(970)226-4647
mbishop@psdschools.org