



Childhelp Speak Up Be Safe

3rd-5th grade

SPEAK UP BE SAFE CURRICULUM OVERVIEW

- Curriculum is designed to promote broad student participation and critical reflection by engaging students in visual, auditory, and physical learning.
- A primary focus is to address the increasing responsibility of pre-adolescent children for their own personal safety and the safety of other children, while reinforcing the knowledge that adults still have primary responsibility for the safety of children.
- Curriculum incorporates child abuse prevention strategies that can stand alone as its own effective preventative effort.
- Developmental characteristics integrated into the curriculum
 - Communication and language, social and emotional, and cognitive

WHAT TO EXPECT

- Lessons are led by a trained Speak Up Be Safe (SUBS) facilitator. 3rd-5th grade SUBS sessions are **two lessons** completed in **a 1.5-hour session** (10–15-minute break included). **Individual and group sessions** are offered **in person or virtually via Zoom**. Learning is reinforced through **discussion, activities, and take-home materials** encouraging increased communication with parents and caregivers.

LESSON TOPICS

- Big ideas
 1. Safety
 2. You deserve to be safe
 3. Child safety is an adult's responsibility
 4. There are safe adults
- 5 Childhelp Speak Up Be Safe Safety Rules
 - “It’s MY body”
 - “Ask and adult if I am safe”
 - “I have choices”



- “Tell someone”
- “It’s NEVER my fault”
- RESIST Strategies
 - Run, escape, scream, ignore, stay away, and tell

LEARNING GOALS

- Student will be able to...
 - Verbalize important safety rules.
 - Express a child’s right to safety.
 - Define that adults are responsible for keeping children safe, and what a child’s role is in helping the adult.
 - Demonstrate age-appropriate knowledge of child abuse including:
 - Types of abuse
 - Who abuses children
 - Strategies used by abusers to hurt children, including:
 - Secrets
 - Tricks
 - Force
 - Gifts
 - Bribes (4th & 5th Grades)
- Recite the five Childhelp Speak Up Be Safe safety rules.
- Demonstrate knowledge in using appropriate resistance strategies when faced with unsafe situations.
- Express what makes an adult a safe adult and identify at least one safe adult.