



## Childhelp Speak Up Be Safe

### 6<sup>th</sup>-8<sup>th</sup> 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. 6<sup>th</sup>-8<sup>th</sup> grade SUBS sessions are **2 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”
- Safe vs. Unsafe Situations
- Prevention
  - Assess situations for risk or abuse
  - Establish a safety net of safe adults
- RESIST Strategies
  - Run, escape, scream, ignore, stay away, and tell

## LEARNING GOALS

- Student will be able to...
  - Verbalize important safety rules.
  - Define a child’s right to safety.
  - Express 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
- Identify the warning signs and strategies of bullying and cyberbullying.
- Distinguish between safe and unsafe situations.
- Recite the five Childhelp Speak Up Be Safe safety rules.
- Identify appropriate resistance strategies when faced with unsafe situations.
- Express what makes an adult a safe adult and identify at least two safe adults.