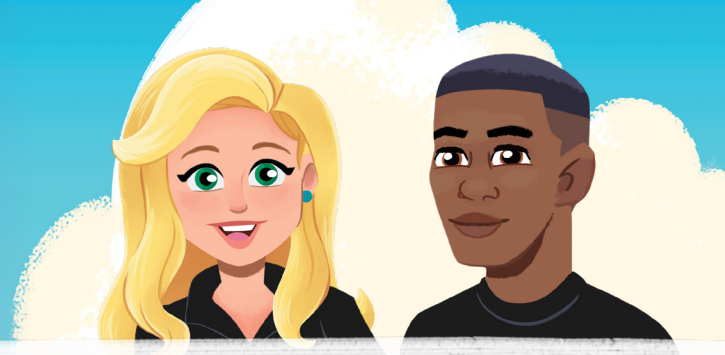




Safer, Smarter  
FAMILIES

# GRADES 3-5

PRESENTED BY:  LAUREN'S KIDS



## STEPS TO SAFETY: THE RESPONSIBILITY OF YOUR RIGHTS

Help your child understand that everyone has rights – even kids! – and that there are certain responsibilities that come with their rights.

**According to the Kids Bill of Rights, your child has the following rights:**

**Your child has the right to be safe.**

- Your child has the responsibility to stay out of unsafe situations and report any situation that makes them feel unsafe or uncomfortable.
- Your child has the responsibility to follow the rules so that others are safe.

**Your child has the right to their voice.**

- Your child has the responsibility to use their voice to tell someone in their Safety NETWORK until they get the 2 H's: heard and helped.
- Your child has the responsibility to listen to others.

**Your child has the right to be yourself.**

- Your child has the responsibility not to compromise who they are just to please others.
- Your child has the responsibility to let others be who they are.

**Your child has the right to respect and for their body boundaries to be respected.**

- Your child has the responsibility to tell a trusted adult in their Safety NETWORK if they are being disrespected or if their body boundaries are not being respected.
- Your child has the responsibility to respect the personal boundaries of others.

### HELPING YOUR CHILD TO UNDERSTAND THEIR RIGHTS

**Step 1:** Discuss each of your child's rights with them and define what each right means to them.

**Step 2:** Help your child to understand how each of these rights helps to keep them safe and enables them to make safe choices. Show your child that they have the responsibility to exercise these rights.

**Step 3:** Discuss that rights come with responsibilities. With the right to safety comes the responsibility to make safe choices. (Your child should also understand that they can always come to you even if they make an unsafe choice and that you will help them no matter what.) Your child's right to have a voice comes with the responsibility to use that voice to tell a trusted adult when they need help, and to keep telling until they receive it. Their right to respect means that they have the right to be treated like they are important and valuable, and to have their body boundaries and privacy respected. They also have a responsibility to respect the body boundaries and privacy of others. The right to be yourself means that they can be who they are, and comes with a responsibility to stand up to peer pressure.

**Step 4:** Brainstorm some situations with your child in which they can exercise their rights. Help them apply these rights and responsibilities to each of the situations.