



Our Lady of Guadalupe Academy

535 ROCKWOOD AVENUE.
CALEXICO, CA 92231

PHONE: (760) 357-1986
FAX: (760) 357-3282

April 1, 2019

Dear Parents,

Every year, the Diocese of San Diego requests that all schools provide a Safe Environment Training to all students enrolled in Catholic Schools. Our school's Safe Environment Training will take place on Thursday, April 11, 2019.

We've attached parent information, which gives conversation starters as well as resources and a copy of the No-Go-Tell rule. This information can also be found on our website www.olgacademy.com Each grade level will receive a developmentally appropriate training for their age. The parent information includes information per grade level. If you have more than one child, please utilize the resources that pertain to each child's grade level.

Sincerely,


Sr. Maria Elvia Gonzalez, S.J.S.

Dear Parents of Children in Pre Kindergarten,

Pastors and Principals in the Diocese of San Diego are committed to providing a safe environment for all who worship, work, or participate in education and formation opportunities in our parishes and schools. The problem of child sexual abuse is a serious one; a child suffers sexual abuse somewhere in our country every thirteen seconds.

As the primary educators of your child, you are entrusted with the responsibility of providing appropriate information regarding how to keep your child safe from sexual abuse. Empowered parents can develop and maintain an environment of trust in the home that allows children to discuss any topic, any fear, and any experience they are having. Potential abusers will avoid children who have such an open and honest relationship with their parents because abusers depend upon secrecy to avoid suspicion.

In compliance with the *Charter for the Protection of Children and Young People*, the topic of safe environments will be introduced to your child on April 11, 2019 in the following manner:

Your child's teacher/catechist will emphasize in class:

- That we are all created in God's image.
- Our bodies are special and sacred.
- Because our bodies are sacred
 - ♦ No one has the right to touch our bodies in a way that hurts us, makes us feel weird, uncomfortable, scared or worried.
 - ♦ No one has a right to touch the private parts of our bodies – the parts covered by a bathing suit – unless it is for health or safety reasons. Your body belongs to you.
 - ♦ No one has a right to ask us to keep a secret about our bodies from our parents or teachers
- If someone has touched us in a way that makes us feel weird, uncomfortable, scared or worried, we should use the **NO-GO-TELL Rule** (included on the following page).
- It is important to keep telling adults until someone you know listens and believes you and will take care of the situation.
- God helps by giving us the courage to say "NO," by giving us strength to tell someone, and by giving us information to protect ourselves.

Your child will be told that you will continue this discussion with him/her at home. Along with this letter are materials intended to help you with that conversation.

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?

Dear Parents of Children in Kindergarten,

The Diocese of San Diego is committed to providing a safe environment for all who worship, work, or participate in education and formation opportunities in our parishes and schools. The problem of child sexual abuse is a serious one; a child suffers sexual abuse somewhere in our country every thirteen seconds.

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Your child's teacher/catechist will emphasize in class:

- That we are all created in God's image.
- Our bodies are special and sacred.
- Because our bodies are sacred
 - ♦ No one has the right to touch our bodies in a way that hurts us, makes us feel weird, uncomfortable, scared or worried.
 - ♦ No one has a right to touch the private parts of our bodies – the parts covered by a bathing suit – unless it is for health or safety reasons. Your body belongs to you.
 - ♦ No one has a right to ask us to keep a secret about our bodies from our parents or teachers
- If someone has touched us in a way that makes us feel weird, uncomfortable, scared or worried, we should use the **NO-GO-TELL Rule** (included on the following page).
- It is important to keep telling adults until someone you know listens and believes you and will take care of the situation.
- God helps by giving us the courage to say "NO," by giving us strength to tell someone and by giving us information to protect ourselves.

Your child will be told that you will continue this discussion with him/her at home. Along with this letter are materials intended to help you with that conversation.

CONVERSATION RESOURCES

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. 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.
- If your child feels uncomfortable with certain touches, they can say **NO** to any person, even if they know that person.

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 about things in their life, even if they have been told to keep a secret.
- Do you know an adult who asks you to keep a secret just between the two of you?

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.
3. Has anyone asked you to be friends with them 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
www.Netsmartz.org netsmartzkids

www.UTouchITell.org
U Touch I Tell by Chi Hosseinion - ISBN 9781478205586

Dear Parents of Children in Grade 1,

The Diocese of San Diego is committed to providing a safe environment for all who worship, work, or participate in education and formation opportunities in our parishes and schools. The problem of child sexual abuse is a serious one; a child suffers sexual abuse somewhere in our country every thirteen seconds.

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Your child's teacher/catechist will emphasize in class:

- That we are all created in God's image.
- Our bodies are special and sacred.
- Because our bodies are sacred
 - ♦ No one has the right to touch our bodies in a way that hurts us, makes us feel weird, uncomfortable, scared or worried.
 - ♦ No one has a right to touch the private parts of our bodies – the parts covered by a bathing suit – unless it is for health or safety reasons. Your body belongs to you.
 - ♦ No one has a right to ask us to keep a secret about our bodies from our parents or teachers
- If someone has touched us in a way that makes us feel weird, uncomfortable, scared or worried, we should use the **NO-GO-TELL Rule** (included on the following page).
- It is important to keep telling adults until someone you know listens and believes you and will take care of the situation.
- God helps by giving us the courage to say "NO," by giving us strength to tell someone and by giving us information to protect ourselves.

Your child will be told that you will continue this discussion with him/her at home. Along with this letter are materials intended to help you with that conversation.

CONVERSATION RESOURCES

1st Grade

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 feel uncomfortable or scared

- When someone hugs you or holds you too long where you feel uncomfortable.
- When someone takes you away from a group by yourself.
- To another child or an adult when scared.

GO -- Safely and quickly run to a safe place or to an adult that you know.

TELL -- Let a safe adult know what happened immediately.

Day to Day Safety

1. 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 about things in their life, even if they have been told to keep a secret.
 - Do you know an adult who asks you to keep a secret just between the two of you?
-

Scenarios

1. What would you do if an adult asked you to help find their dog or offered to give you something like candy?

Internet Safety

1. Discuss with your child that they should share if they have seen 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

Netsmartzkids: www.netsmartz.org

U Touch I Tell: www.utouchitell.org

U Touch I Tell by Chi Hosseinion – ISBN 9781478205586

SI ME TOCAS TE ACUSO – ISBN 9781480257573, 1480257575

It's OK to Say No – ISBN -13: 978-0448153285

Dear Parents of Children in Grade 2,

The Diocese of San Diego is committed to providing a safe environment for all who worship, work, or participate in education and formation opportunities in our parishes and schools. The problem of child sexual abuse is a serious one; a child suffers sexual abuse somewhere in our country every thirteen seconds.

As the primary educators of your child, you are entrusted with the responsibility of providing appropriate information regarding how to keep your child safe from sexual abuse. Empowered parents can develop and maintain an environment of trust in the home that allows children to discuss any topic, any fear, and any experience they are having. Potential abusers will avoid children who have such an open and honest relationship with their parents because abusers depend upon secrecy to avoid suspicion.

In compliance with the Charter for the Protection of Children and Young People, the topic of safe environments will be introduced to your child on April 11, 2019 in the following manner:

Your child's teacher/catechist will emphasize in class:

- That we are all created in God's image.
- Our bodies are special and sacred.
- Because our bodies are sacred
 - ♦ No one has the right to touch our bodies in a way that hurts us, makes us feel weird, uncomfortable, scared or worried.
 - ♦ No one has a right to touch the private parts of our bodies – the parts covered by a bathing suit – unless it is for health or safety reasons. Your body belongs to you.
 - ♦ No one has a right to ask us to keep a secret about our bodies from our parents or teachers
- If someone has touched us in a way that makes us feel weird, uncomfortable, scared or worried, we should use the **NO-GO-TELL Rule** (included on the following page).
- It is important to keep telling adults until someone you know listens and believes you and will take care of the situation.
- God helps by giving us the courage to say "NO," by giving us strength to tell someone and by giving us information to protect ourselves.

Your child will be told that you will continue this discussion with him/her at home. Along with this letter are materials intended to help you with that conversation.

CONVERSATION RESOURCES

2nd Grade

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 feel uncomfortable or scared

- When someone hugs you or holds you too long where you feel uncomfortable.
- When someone takes you away from a group by yourself.
- 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 trusted adult know what happened immediately.

Day to Day Safety

1. 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. Trusted 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 adult.
- Discuss with your child who would be considered a trusted 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 about things in their life, even if they have been told to keep a secret.
 - Do you know an adult who asks you to keep a secret just between the two of you?
-

Scenarios

1. What would you do if someone touched you in a way that makes you feel uncomfortable?

Internet Safety

1. Discuss with your child that they should not share personal information (name, phone number, address) when on the Internet.
2. Has anyone asked you to be friends with them 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

Netsmartzkids: www.netsmartz.org

U Touch I Tell: www.utouchitell.org

U Touch I Tell by Chi Hosseinion - ISBN 9781478205586

SI ME TOCAS TE ACUSO -- ISBN 9781480257573, 1480257575

Dear Parents of Children in Grade 3,

The Diocese of San Diego is committed to providing a safe environment for all who worship, work, or participate in education and formation opportunities in our parishes and schools. The problem of child sexual abuse is a serious one; a child suffers sexual abuse somewhere in our country every thirteen seconds.

As the primary educators of your child, you are entrusted with the responsibility of providing appropriate information regarding how to keep your child safe from sexual abuse. Empowered parents can develop and maintain an environment of trust in the home that allows children to discuss any topic, any fear, and any experience they are having. Potential abusers will avoid children who have such an open and honest relationship with their parents because abusers depend upon secrecy to avoid suspicion.

In compliance with the Charter for the Protection of Children and Young People, the topic of safe environments will be introduced to your child on April 11, 2019 in the following manner:

Your child's teacher/catechist will emphasize in class:

- That we are all created in God's image.
- Our bodies are special and sacred.
- Because our bodies are sacred
 - ♦ No one has the right to touch our bodies in a way that makes us feel weird, uncomfortable, scared or worried.
 - ♦ No one has a right to touch the private parts of our bodies – the parts covered by a bathing suit – unless it is for health or safety reasons. Your body belongs to you.
 - ♦ No one has a right to hurt us or to threaten us or someone we love.
 - ♦ No one has a right to ask us to keep a secret about our bodies from our parents or teachers
- If someone has touched us in a way that makes us feel weird, uncomfortable, scared or worried, we should use the **NO-GO-TELL Rule** (included on the following page).
- It is important to keep telling adults until someone you know listens and believes you and will take care of the situation.
- God helps by giving us the courage to say "NO," by giving us strength to tell someone and by giving us information to protect ourselves.

Your child will be told that you will continue this discussion with him/her at home. Along with this letter are materials intended to help you with that conversation.

CONVERSATION RESOURCES

3rd Grade

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 when someone suggests or invites you to do something which is wrong or which makes you feel uncomfortable.

- When approached by a stranger asking for help.
- When someone volunteers to take you home when you don't know them.
- When an older child who doesn't have permission tries to take you away with them.

GO – Safely and quickly remove yourself from the situation.

TELL – Let a trusted adult know what happened (as soon as you can).

Day to Day Safety

1. 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. Trusted Adults

- Tell your child that it is not always easy to tell when someone is doing wrong.
- If a child is confused or not sure, they should go to a trusted adult.
- Discuss with your child who would be considered a trusted 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 about things in their life, even if they have been told to keep a secret.
 - Do you know an adult who asks you to keep a secret just between the two of you?
-

Scenarios

1. What would you do if an adult asked you come with them so that they could give you something like candy?
2. What would you do if someone touched you in a way that makes you feel uncomfortable?
3. What do you do when someone you don't know wants to give you a ride in a car?

Internet Safety

1. Internet Safety Rules
 - Discuss house rules for using the Internet.
 - Keep computer in a room where the parent can monitor use, not in bedroom.
 - Know your child's passwords.
 - Do not share passwords with friends.
 - Monitor Internet use.
 - Know your child's online accounts/profiles. (Yahoo, Google, Facebook etc.)
 - Discuss with your child that they should not share personal information (name, phone number, address) when on the Internet.
2. Conversation Starters
 - Have you seen something on the computer that makes you feel uncomfortable, scared, or sad?
 - Do you use the internet at a friend's house?
 - Has anyone asked you to be friends with them 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.

Online Resources

Missing and exploited children: www.missingkids.com

Netsmartzkids: www.Netsmartz.org

www.UTouchITell.org

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SI ME TOCAS TE ACUSO – ISBN 9781480257573, 1480257575

Dear Parents of Children in Grade 4,

The Diocese of San Diego is committed to providing a safe environment for all who worship, work, or participate in education and formation opportunities in our parishes and schools. The problem of child sexual abuse is a serious one; a child suffers sexual abuse somewhere in our country every thirteen seconds.

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- That we are all created in God's image.
- Our bodies are special and sacred.
- Because our bodies are sacred
 - ♦ No one has the right to touch our bodies in a way that makes us feel weird, uncomfortable, scared or worried.
 - ♦ No one has a right to touch the private parts of our bodies – the parts covered by a bathing suit – unless it is for health or safety reasons. Your body belongs to you.
 - ♦ No one has a right to hurt us or to threaten us or someone we love.
 - ♦ No one has a right to ask us to keep a secret about our bodies from our parents or teachers
- If someone has touched us in a way that makes us feel weird, uncomfortable, scared or worried, we should use the **NO-GO-TELL Rule** (included on the following page).
- It is important to keep telling adults until someone you know listens and believes you and will take care of the situation.
- God helps by giving us the courage to say "NO," by giving us strength to tell someone and by giving us information to protect ourselves.

Your child will be told that you will continue this discussion with him/her at home. Along with this letter are materials intended to help you with that conversation.

CONVERSATION RESOURCES

4th Grade

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 when someone suggests or invites you to do something which is wrong or which makes you feel uncomfortable.

- When approached by a stranger asking for help.
- When someone volunteers to take you home when you don't know them.
- When an older child who doesn't have permission tries to take you away with them.

GO – Safely and quickly remove yourself from the situation.

TELL – Let a trusted adult know what happened (as soon as you can).

Day to Day Safety

1. What are safe/good touches and unsafe/bad touches.
 - “Has anyone touched you in a way that makes you feel uncomfortable or scared?”
 - Private parts of the body are parts covered by your bathing suit.
 2. “Hurtful” secrets”
 - 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 about things in their life, even if they have been told to keep a secret.
 - When is it okay to tell a secret?
 - Has any adult asked you to keep a secret just between the two of you?
 3. Friends and Safety
 - Do you feel safe at school?
 - When you go to a friend's house is there always a parent there?
 - Do your friends talk about things that sometimes make you feel uncomfortable?
-

Scenarios

1. What would you do if a stranger asked you to go with them to help find their dog?
2. When is it ok for someone to take your picture? When is it not ok?
3. What would you do if someone touched you in a way that makes you feel uncomfortable?
4. What do you do when someone you don't know invites you to go somewhere?

Internet and Technology Safety

1. Internet Safety Rules

- Discuss house rules for using the Internet.
- Keep computer in a room where the parent can monitor use, not in the bedroom.
- Know your child's passwords.
- Do not share passwords with friends.
- Monitor Internet use.
- Know your child's online accounts/profiles. (Yahoo, Google, Facebook etc.)
- Discuss with your child that they should not share personal information (name, phone number, address) when on the Internet.

2. Conversation Starters

- Discuss with your child that they should not share passwords with friends.
- Discuss with your child that they should not share personal information (name, phone number, address) when on the Internet.
- Ask if they follow house rules when on the internet at a friend's house?

Best Practices

1. Keep computer in a room where the parent can monitor use, not in bedroom.
2. Know your child's passwords and online accounts/profiles? (Yahoo, Google, Facebook etc.)
3. Screen babysitters carefully; checking references.
4. Never force children to touch, hug or kiss someone whom they don't want to.
5. Be sensitive to changes in your child's behavior; talk to them about the changes when you notice.
6. Be familiar with your child's friends and activities. Acquaint yourself with the home situation of your child's friends.

Online Resources

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Netsmartzkids: www.Netsmartz.org

www.UTouchITell.org

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SI ME TOCAS TE ACUSO - ISBN 9781480257573, 1480257575

Dear Parents of Children in Grade 5,

The Diocese of San Diego is committed to providing a safe environment for all who worship, work, or participate in education and formation opportunities in our parishes and schools. The problem of child sexual abuse is a serious one; a child suffers sexual abuse somewhere in our country every thirteen seconds.

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- Our bodies are special and sacred.
- Because our bodies are sacred
 - ♦ No one has the right to touch our bodies in a way that makes us feel weird, uncomfortable, scared or worried.
 - ♦ No one has a right to touch the private parts of our bodies – the parts covered by a bathing suit – unless it is for health or safety reasons. Your body belongs to you.
 - ♦ No one has a right to hurt us or to threaten us or someone we love.
 - ♦ No one has a right to ask us to keep a secret about our bodies from our parents or teachers
- If someone has touched us in a way that makes us feel weird, uncomfortable, scared or worried, we should use the **NO-GO-TELL Rule** (included on the following page).
- It is important to keep telling adults until someone you know listens and believes you and will take care of the situation.
- God helps by giving us the courage to say "NO," by giving us strength to tell someone and by giving us information to protect ourselves.

Your child will be told that you will continue this discussion with him/her at home. Along with this letter are materials intended to help you with that conversation.

CONVERSATION RESOURCES

5th Grade

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 when someone suggests or invites you to do something which is wrong or which makes you feel uncomfortable.

- When approached by a stranger asking for help.
- To strangers who are offering you gifts.
- To strangers on the internet who invite you to meet with them.
- To strangers who want to take pictures of you.

GO – Safely and quickly remove yourself from the situation.

TELL – Let a trusted adult know what happened immediately.

Day to Day Safety

1. 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?
 - 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. “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 about 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?
- What would you do if someone did something to you and told you not to tell anyone?
- Do you know an adult who asks you to keep a secret just between the two of you?

3. Friends and Safety

- Do you feel safe at school?
 - When you go to a friend’s house is there always a parent there?
 - Do your friends talk about things that sometimes make you feel uncomfortable?
-

Scenarios

1. What do you do when a stranger approaches you?
2. What would you do if someone you know asked you to go with them without your parents' permission?
3. What if someone tells you that there is an emergency at your house that he/she is a police officer, and you have to come with them?
4. What if someone tells you they are a friend of your parents and you are to go with them?

Internet Safety

1. Internet Safety Guidelines
 - Discuss house rules for using the Internet.
 - Always monitor Internet use.
 - Discuss appropriate websites.
 - Explain to your child that they should not share passwords with anyone other than their parents.
 - If your child has a social networking accounts such as Facebook check the privacy settings. Know your child's online accounts/profiles and Privacy settings (Yahoo, Google, Facebook etc.) Know your child's passwords.
2. Sharing online
 - What would you do if someone asks for personal information on the internet?
 - Do you sign up for anything on the internet using your home address or other personal information?
 - Do you use the internet at a friend's house?
 - Do not email or use Facebook with people you do not know.
 - Have people you don't know tried to "friend" you on the Internet?

Best Practices

1. Be familiar with your child's friends and activities. Acquaint yourself with the home situation of your child's friends.
2. Never force children to touch, hug or kiss someone whom they do not know.
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.
5. Create a family code word. Choose a code word that you and your child would know. This code word should only be shared with those designated adults who might, for example, be picking up the child from school.

Resources

Missing and exploited children: www.missingkids.com
Netsmartzkids: www.Netsmartz.org

Dear Parents of Children in Grade 6,

The Diocese of San Diego is committed to providing a safe environment for all who worship, work, or participate in education and formation opportunities in our parishes and schools. The problem of child sexual abuse is a serious one; a child suffers sexual abuse somewhere in our country every thirteen seconds.

As the primary educators of your child, you are entrusted with the responsibility of providing appropriate information regarding how to keep your child safe from sexual abuse. Empowered parents can develop and maintain an environment of trust in the home that allows children to discuss any topic, any fear, and any experience they are having. Potential abusers will avoid children who have such an open and honest relationship with their parents because abusers depend upon secrecy to avoid suspicion.

In compliance with the Charter for the Protection of Children and Young People, the topic of safe environments will be introduced to your child on April 11, 2019 in the following manner:

Your child's teacher/catechist will emphasize in class:

- That we are all created in God's image.
- Our bodies are special and sacred.
- Because our bodies are sacred
 - ♦ No one has the right to touch our bodies in a way that makes us feel weird, uncomfortable, scared or worried.
 - ♦ No one has a right to touch the private parts of our bodies – the parts covered by a bathing suit – unless it is for health or safety reasons. Your body belongs to you.
 - ♦ No one has a right to hurt us or to threaten us or someone we love.
 - ♦ No one has a right to ask us to keep a secret about our bodies from our parents or teachers
- If someone has touched us in a way that makes us feel weird, uncomfortable, scared or worried, we should use the **NO-GO-TELL Rule** (included on the following page).
- It is important to keep telling adults until someone you know listens and believes you and will take care of the situation.
- God helps by giving us the courage to say "NO," by giving us strength to tell someone and by giving us information to protect ourselves.

Your child will be told that you will continue this discussion with him/her at home. Along with this letter are materials intended to help you with that conversation.

CONVERSATION RESOURCES

6th Grade

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 when someone suggests or invites you to do something which is wrong or which makes you feel uncomfortable.

- When approached by a stranger asking for help.
- To strangers who are offering you gifts.
- To strangers on the internet who invite you to meet with them.
- To strangers who want to take pictures of you.

GO – Safely and quickly remove yourself from the situation.

TELL – Let a trusted adult know what happened immediately.

- Tell the truth, without exaggeration.

Day to Day Safety

1. Safe touches and unsafe touches.

- Has anyone ever touched you in a way that made you feel scared or uncomfortable?
- Explain that if your child feels uncomfortable with certain touches, they can say NO to any person, even if they know that person.
- Role-play with your child what they would do or say if someone touched them in a way that makes them feel uncomfortable?

2. “Hurtful Secrets”

- Teach your child that a good secret is one that will eventually be told.
- Secrets should never hide hurtful behavior.
- Remind your child that silence is not a solution; secrets are a powerful tool for sex offenders and they may instill fear into victims who are ashamed of admitting what has happened.

3. Friends and Safety

- Do your friends talk about things that sometimes make you feel uncomfortable?
- Have you felt “uncomfortable around an adult or another teen?
- Do you feel safe at school?
- Do older kids, middle school or high school want you to hang out with them?

Scenarios

1. What should you do if an adult or teen asks you to get in a car with them and you don't feel safe or comfortable?
2. What should you do if someone asks for personal information on the internet or on the phone?
3. What should you do if anyone tells you to keep a secret after they have touched you in an uncomfortable way?

Internet/Technology Safety

1. Internet Safety Guidelines
 - Do not share passwords with friends.
 - Monitor Internet use and texting history.
 - Visit your child's online accounts/profiles? (Yahoo, Google, Facebook etc.)
2. Conversation Starters
 - Has anyone contacted you online that you do not know? What kind of information do you feel is safe to share online?
 - Have people you don't know tried to "friend" you on Facebook?
 - Do you personally know all of your Facebook "friends"?
 - What kind of information do you feel is safe to share online?
 - Have you and your friends talked about what types of pictures are okay to post online?
 - Have you shared pictures of yourself online or by phone?
 - Discuss that it is not okay for adults or peers to take pictures of your teen without clothes.

Best Practices

1. Make time to communicate with your teen, remembering that listening is the most important part of the communication. This communication should be ongoing.
2. Be sensitive to changes in your child's behavior and talk to them about the changes when you notice them.
3. Be familiar with your child's friends and activities. Get to know the parents and home situation of your child's friends.
4. Discuss peer pressure and any whether older teens or adults want to be their friend.

Resources

Missing and exploited children: www.missingkids.com
Netsmartzkids: www.Netsmartz.org

Dear Parents of Children in Grade 7,

The Diocese of San Diego is committed to providing a safe environment for all who worship, work, or participate in education and formation opportunities in our parishes and schools. The problem of child sexual abuse is a serious one; a child suffers sexual abuse somewhere in our country every thirteen seconds.

As the primary educators of your child, you are entrusted with the responsibility of providing appropriate information regarding how to keep your child safe from sexual abuse. Empowered parents can develop and maintain an environment of trust in the home that allows children to discuss any topic, any fear, and any experience they are having. Potential abusers will avoid children who have such an open and honest relationship with their parents because abusers depend upon secrecy to avoid suspicion.

In compliance with the Charter for the Protection of Children and Young People, the topic of safe environments will be introduced to your child on April 11, 2019 in the following manner:

Your child's teacher/catechist will emphasize in class:

- That we are all created in God's image.
- Our bodies are special and sacred.
- Because our bodies are sacred
 - ♦ No one has the right to touch our bodies in a way that makes us feel weird, uncomfortable, scared or worried.
 - ♦ No one has a right to touch the private parts of our bodies – the parts covered by a bathing suit – unless it is for health or safety reasons. Your body belongs to you.
 - ♦ No one has a right to hurt us or to threaten us or someone we love.
 - ♦ No one has a right to ask us to keep a secret about our bodies from our parents or teachers
- If someone has touched us in a way that makes us feel weird, uncomfortable, scared or worried, we should use the **NO-GO-TELL Rule** (included on the following page).
- It is important to keep telling adults until someone you know listens and believes you and will take care of the situation.
- God helps by giving us the courage to say "NO," by giving us strength to tell someone and by giving us information to protect ourselves.

Your child will be told that you will continue this discussion with him/her at home. Along with this letter are materials intended to help you with that conversation.

CONVERSATION RESOURCES

7th Grade

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 when someone suggests or invites you to do something which is wrong or which makes you feel uncomfortable.

- To people who ask you to keep secrets from your parents or a teacher.
- To strangers who are offering you gifts.
- To strangers on the internet who invite you to meet with them.
- To strangers who want to take pictures of you.

GO – Safely and quickly remove yourself from the situation.

TELL – Let a trusted adult know what happened immediately.

- Tell the truth/facts without exaggeration.
- Do not keep quiet when something inappropriate happens to yourself or a friend, share it with a trusted adult.

Day to Day Safety

1. Discuss appropriate and inappropriate touches
 - No one should touch youth in a way to that makes them feel uncomfortable.
 - Role-play: What would you do if someone touched you in a way that makes you feel uncomfortable?
2. “Hurtful Secrets”
 - Remind your teen that silence is not a solution; secrets are a powerful tool for sex offenders and they may instill fear into victims who are ashamed of admitting what has happened.
3. Discuss Common Sense rules, such as:
 - Do not accept anything that could contain drugs.
 - Do not be alone with an adult who is not your parent.

Scenarios

1. What should you do if an adult or teen asks you to get in a car with them and you don't feel safe or comfortable?
2. What should you do if someone asks for personal information on the internet or on the phone?

Internet/Technology Safety

1. Internet Safety Guidelines

- Do not share personal information over the internet or smart phone.
- Discuss house rules for using the Internet.
- Discuss that information shared online is often there to be viewed by different people including parents, peers, school personnel, college administrators and future employers.

2. Sharing Online

- Have you and your friends talked about what types of pictures are okay to post online?
- Ask: Have you shared pictures of yourself online or by phone?
- Instruct: Do not share inappropriate photos of yourself or others.
- Explain that it is not okay for adults or peers to take pictures of your child without clothes.

3. Internet "Friends"

- Check the privacy settings on social networking accounts such as Facebook.
- Do not email or use Facebook with people you do not know.
- Has anyone contacted you online that you do not know?
- What kind of information do you feel is safe to share online?
- Have people you don't know tried to "friend" you on Facebook?
- Do you personally know all of your Facebook "friends"?
- Do not give out your home address or phone number to strangers.

Best Practices

1. Make time to communicate with your child, remembering that listening is the most important part of the communication. This communication should be ongoing.
2. Be sensitive to changes in your child's behavior and talk to them about the changes when you notice them.
3. Be familiar with your child's friends and activities. Get to know the parents and home situation of your child's friends.
4. Discuss peer pressure and whether older teens or adults want to be their friend.

Resources

Missing and exploited children: www.missingkids.com
Netsmartzkids: www.Netsmartz.org

Dear Parents of Children in Grade 8,

The Diocese of San Diego is committed to providing a safe environment for all who worship, work, or participate in education and formation opportunities in our parishes and schools. The problem of child sexual abuse is a serious one; a child suffers sexual abuse somewhere in our country every thirteen seconds.

As the primary educators of your child, you are entrusted with the responsibility of providing appropriate information regarding how to keep your child safe from sexual abuse. Empowered parents can develop and maintain an environment of trust in the home that allows children to discuss any topic, any fear, and any experience they are having. Potential abusers will avoid children who have such an open and honest relationship with their parents because abusers depend upon secrecy to avoid suspicion.

In compliance with the Charter for the Protection of Children and Young People, the topic of safe environments will be introduced to your child on April 11, 2019 in the following manner:

Your child's teacher/catechist will emphasize in class:

- That we are all created in God's image.
- Our bodies are special and sacred.
- Because our bodies are sacred
 - ♦ No one has the right to touch our bodies in a way that makes us feel weird, uncomfortable, scared or worried.
 - ♦ No one has a right to touch the private parts of our bodies – the parts covered by a bathing suit – unless it is for health or safety reasons. Your body belongs to you.
 - ♦ No one has a right to hurt us or to threaten us or someone we love.
 - ♦ No one has a right to ask us to keep a secret about our bodies from our parents or teachers
- If someone has touched us in a way that makes us feel weird, uncomfortable, scared or worried, we should use the **NO-GO-TELL Rule** (included on the following page).
- It is important to keep telling adults until someone you know listens and believes you and will take care of the situation.
- God helps by giving us the courage to say "NO," by giving us strength to tell someone and by giving us information to protect ourselves.

Your child will be told that you will continue this discussion with him/her at home. Along with this letter are materials intended to help you with that conversation.

CONVERSATION RESOURCES

8th Grade

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 when someone suggests or invites you to do something which is wrong or which makes you feel uncomfortable.

- To people who ask you to keep secrets from your parents or teachers.
- To strangers who are offering you gifts.
- To strangers on the internet who invite you to meet with them.
- To strangers who want to take pictures of you.

GO – Safely and quickly remove yourself from the situation.

TELL – Let a trusted adult know what happened immediately.

- Tell the truth/facts without exaggeration.

Day to Day Safety

1. Discuss appropriate and inappropriate touches
 - No one should touch youth in a way to that makes them feel uncomfortable.
 - Role-play: What would you do if someone touched you in a way that makes you feel uncomfortable?
2. "Hurtful Secrets"
 - Remind your teen that silence is not a solution; secrets are a powerful tool for sex offenders who may instill fear into victims who are ashamed of admitting what has happened.
 - Role-play a scene where someone is asking your child to keep a bad secret.
3. Discuss Common Sense rules, such as:
 - Do not accept anything that could contain drugs.
 - Do not be alone with an adult who is not your parent.

Scenarios

1. What should you do if an adult or teenager asks you to an event that your parents do not know about?
 2. What should you do if you are invited over to a friends' house and there is no parental supervision?
-

Internet/Technology Safety

1. Internet Safety Guidelines

- Establish house rules for Internet use.
- Place the computer in a central location in the home.
- Establish security settings for Internet access.
- Monitor your child's Internet use and texting history.
- Know your child's online accounts/profiles? (Yahoo, Google, Facebook etc.)
- Some dangers of posting online are: bullying, identity theft, sexual predators, hacking of personal information, stalking.

2. Sharing Online

- Make your child aware that anything posted online can be seen by a multitude of people, with sometimes negative repercussions.
- Have you taken, sent or forwarded inappropriate photos of yourself or others online?
- Have people you do not know tried to "friend" you on Facebook?
- What kind of information do you feel is safe to share online?

3. Online "Friends"

- Check the privacy settings on social networking accounts such as Facebook.
- Ask: How well do you know your Facebook "friends"?
- Instruct: Do not email or use Facebook with people you do not know.

Best Practices

1. Make time to communicate with your child, on a regular basis, remembering that listening is the most important part of the communication.
2. Be attentive to any behavioral changes in your child.
3. Be familiar with your child's friends and activities. Get to know the parents and home situation of your child's friends.
4. Discuss peer pressure and whether older teens or adults want to be their friend.

Resources

Missing and exploited children: www.missingkids.com

Netsmartzkids: www.netsmartz.org
