



Facilitator Script

Grades K-2 | Lesson 1



Grades K-2 – Lesson 1 Overview

Lesson 1 Overview

LESSON TIMING	<ul style="list-style-type: none"> » Prep time: 15 minutes » Lesson time: 40 minutes (Optional two 20- to 25-minute lessons) <ul style="list-style-type: none"> - Stated time is the minimum time the lesson will take to present. Depending on the amount of discussion, the number of athletes allowed to answer each question, the number of additional questions asked, etc., it may take longer than the stated time to complete the lesson. - Suggested times are noted on each page of the script. - Monitor your time/pacing for each section to help you present the lesson within the allotted time. - Throughout the lesson, monitor youth athletes' comprehension and adjust instructional pace to allow for additional processing, responses, etc. - It is better for athlete learning and safety to allow for more time, rather than to skip content or scenarios. - It may also be better for these young athletes to present this lesson in two shorter sessions to increase attention and retention.
LEARNING OBJECTIVES	<ul style="list-style-type: none"> » Youth athletes will demonstrate understanding the importance of personal safety and general safety concepts. » Youth athletes will demonstrate increased awareness of who harms children and how. » Youth athletes will learn and apply the 5 Safety Rules to recognize and respond appropriately to unsafe situations. » Youth athletes will identify at least 2 Safe Adults and demonstrate knowledge about what to communicate with Safe Adults. » Youth athletes will learn how to identify a Safety Buddy and demonstrate knowledge about how to use a Safety Buddy. » Youth athletes will demonstrate increased knowledge regarding abuse with words and abuse to their bodies. » Youth athletes will demonstrate identifying Red Flags indicating unsafe situations. » Youth athletes will demonstrate knowing their personal information and their parent's/guardian's information, and how and when to disclose this information.
MATERIALS	<ul style="list-style-type: none"> » PowerPoint Lesson » Facilitator Script » Parent Consent or Opt-Out Forms » Safety Rules Banner » Parent Information and Activity Sheets » Safe Adult Club Cards (x2 for each athlete) » Athlete Bag Tags » <i>Optional: Pen/pencil and paper for student athletes to write down questions during the lesson.</i>

Lesson 1 Overview Continued

KEY TERMS

- » Abuse
- » Abuse to your body
- » Abuse with words
- » Athletes
- » Danger
- » Emergency
- » Guardian
- » Password
- » Private body parts
- » Reporting
- » Rules
- » Safe/Safety
- » Safe Adult
- » Safety Buddy
- » Safety Rules
- » Secret
- » Snitching
- » Stranger
- » Strong
- » Surprise
- » Tattling
- » Telling
- » Trust

FACILITATION TIPS

- » Before starting the lesson, hang the Safety Rules Banner in a visible location so youth athletes can view it during the lesson. (Optional)
- » Youth athletes may sit together on the floor or be seated at tables.
- » Key terms are located throughout the script as **bolded and underlined** words. Throughout the lesson, please define these words to ensure their comprehension.
- » To help guide discussions, suggested answers to questions are in parentheses after each question.
- » Reinforce correct answers, and if any athletes answer incorrectly, validate their answers with a comment like, "Sometimes it's hard to know the difference between something that is safe or unsafe, but let's think about this one some more."
- » It may be helpful for youth athletes to have paper and a pen/pencil out during the lesson to write down any words or concepts they don't understand, questions they may have, or stories they may wish to share with you later.

Related Slide



Slide Time

0:30

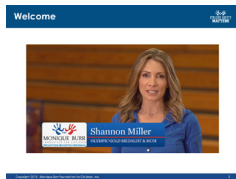
Facilitator Notes

Facilitator Script

INTRODUCTION

- » *Begin by welcoming athletes and discussing lesson and behavior expectations in whatever way is appropriate.*
- » Hi everyone. Welcome to MBF Athlete Safety Matters.
- » During this training, we will be talking about your safety and you will learn 5 Safety Rules you can use to help adults in your lives keep you safe.
- » This is really important information, so I want everyone to really pay attention and participate.
- » If you have any personal stories to share related to what we are discussing, I want you to know they are very important, but because we don't have much time for the lesson, I want you to wait and share them with me or another Safe Adult after the lesson.

Related Slide



Slide Time

0:45

Facilitator Notes

Facilitator Script

WELCOME

» To begin the lesson, I want to show you a video from Olympic gold medal gymnast, Shannon Miller.

- *Click to play video (0:41)*

Related Slide



Slide Time

0:30

Facilitator Notes

Facilitator Script

ATHLETE SAFETY

- » Raise your hand if you are an athlete. *(Allow athletes to raise hands)*
- » Each of you is an athlete. You may have just started in sports, but if you play a sport, you are an **athlete**.
- » As Shannon said, you learn a lot of great things as an athlete, like goal setting, respect, and good sportsmanship.
- » You also learn about safety regarding your actions and safety equipment AND you should learn safety with respect to your own body as well, which is way you are taking this training.

Related Slide



Slide Time

0:15

Facilitator Notes

Facilitator Script

SAFETY

- » Abuse is a word you may not have heard before.
- » Raise your hand if you have ever heard the word abuse. (*Allow athletes to raise hands*)
- » **Abuse** means someone is hurting a child on purpose, either with words, or by hurting their body.

Related Slide



Slide Time

0:45

Facilitator Notes

Facilitator Script

ABUSE IN SPORTS

» Let's watch a video about abuse.

- **Click to play video (0:28)**

» As the video said, abuse can happen anywhere, and it can happen in any sport.

» It's important to understand that abuse can happen by anyone, like parents, teachers, or other adults you know and trust.

» And it can happen to athletes in sports, by coaches or other adults or older children or teens you meet through sports.

» But there are things you can do to help adults keep you safe.

Related Slide



Slide Time

0:30

Facilitator Notes

Facilitator Script

SAFETY VS. DANGER

- » So, now you know what abuse means.
- » But there are a few other words I want to make sure you understand that will relate to our lesson today.
 - **Safe or Safety** – means free from harm or danger.
 - **Danger** – is a situation or place where you could get hurt.

Related Slide



Slide Time

2:00

Facilitator Notes

- » Stranger Danger has become a taboo subject because we now know that most abuse is perpetrated by someone a child knows, not a stranger.
- » However, strangers are still a potential danger to children, and we must teach them how to be safe when interacting with, when approached by a stranger, or if they are ever lost and need help from a stranger.

Facilitator Script

SAFE VS. UNSAFE STRANGERS

- » One rule that some of you may have heard is, "Don't talk to strangers."
- » A **stranger** is anyone you don't know well and don't know if you can trust or count on to keep you safe.
- » Raise your hand if you have ever been told not to talk to strangers. *(Raise hands)*
- » But adults talk to strangers; they say hi to strangers in stores and other places all the time, don't they? So why are so many kids told not to talk to strangers? The problem isn't really talking to strangers, the problem is that some strangers may be unsafe.
- » But how do you know if a stranger, or anyone, is safe or unsafe?
- » Some people think they can tell if someone is unsafe by the way they look. *(Click to advance slide.)*
- » Which one of these people looks nicer? *(Elicit responses)*
- » Which one of these people might hurt you? *(Elicit responses)*
- » The truth is, we can't tell either of those things by how they look.
- » Unsafe people don't always look scary and safe people don't always look nice.
- » So what do you do if you ever need help from a stranger? *(Click to advance slide.)*
- » If you ever get lost or separated from your parent or guardian, you will need to ask a stranger to help you. You would want to look for a safe stranger; maybe someone who is wearing a uniform, like a police officer, or someone who works where you are.
- » And asking a group of adults for help is better than asking just one adult. If you can find a group of adults with children, that's even better.
- » And don't ever go off with a stranger. Tell them your name, your parents name (and phone number if you know it) and what your parents look like, but don't ever go off with someone you don't know. Stay where you are in case your parent comes back to find you.
- » Remember, many people would never hurt a child. But there are some people that would. And it's important to know those people could be anyone... anyone you know, and anyone you don't know.

Related Slide



Slide Time

1:00

Facilitator Notes

Facilitator Script

COULD THIS PERSON HURT A CHILD?

- » So, you have learned that there may be some strangers that hurt children, but most of the time when a child is hurt, it is by someone they know and trust, either an adult or an older child.
- » It's hard for us to think about someone we know and trust hurting us, isn't it?
- » Let's look at some pictures of different people and I want you to tell me if they could hurt a child by saying YES or NO for each.
- » **Ask athletes the following question for each person on the slide. (Allow them to say YES or NO and then click to advance the slide to the next image.)**
- » **Click to start**
- » Could a _____ hurt a child?
 - teacher
 - parent
 - coach
 - doctor
 - neighbor
 - teammate
- » The answer to all of those is YES, because each one of these people could hurt or abuse a child!
- » Just because you know someone and you trust them doesn't mean they wouldn't hurt or abuse you. Most people you know are nice and they won't hurt or abuse you.
- » But to be safe, it is important you understand that ANYONE, even people you know and trust, could hurt you.

Related Slide



Slide Time

0:30

Facilitator Notes

- » The Safety Rules are the foundation of the MBF Athlete Safety Matters curriculum and therefore, are very important.
- » Deliver the rules with enthusiasm and use the "Safety Squad" to help demonstrate the corresponding motions.
- » Have athletes remain seated as they repeat each Safety Rule and demonstrate the motions from their seats, with you providing the motion as an example.
- » Once you have demonstrated and discussed all 5 Safety Rules, the athletes will stand up and practice the motions for all 5 Safety Rules with the video.
- » This eliminates standing and sitting over and over as you go through the rules and saves time.

Facilitator Script

SAFETY RULE #1

- » The Safety Rules have motions that go along with them and they will be introduced to you by our Safety Squad. You will practice the motions as we go through each rule first while you are seated, and then we will all stand up together and do the motions.
- » The first rule you can use to help adults keep you safe is **Know What's Up**. Watch the "Safety Squad" on the screen to learn how to do the motion. The motion is to point to your temples with both index fingers and then point both fingers up to the sky.
- » Say it with me and do the motion while you are sitting: **Safety Rule #1 is Know What's Up.**

Related Slide



Slide Time

0:30

Facilitator Notes

Facilitator Script

SAFETY RULE #1

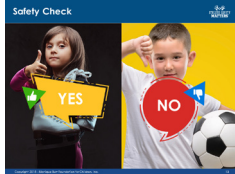
» **Knowing What's Up** means knowing your personal information such as:

- Your first name and last name.
- Your parents' or guardians' full names and phone numbers.
- Where you live/your home address.

» It also means that you know what to do in an emergency. What is an **emergency**? (A *dangerous situation where someone needs help right away.*)

» Sometimes when there is an emergency, people trying to help you may need to know your personal information to know who you are or where to find your family.

Related Slide



Slide Time

1:00

Facilitator Notes

- » Check athletes' knowledge of their personal information with a Safety Check. If they know their information have them show you a thumbs up. If they do not know, have them show a thumbs down.
- » Demonstrate the motions prior to starting the Safety Check.

Facilitator Script

SAFETY CHECK

» Let's see what you know about your personal information. Show me a thumbs up if your answer is yes and a thumbs down if your answer is no.

SAFETY CHECK QUESTIONS

» For each question, provide an example or ask one or two athletes to state their information so younger children understand what you are asking about.

- Do you know your first and last name?
- Do you know your parents' or guardians' first and last names and phone number?
- Do you know what to do in an emergency, such as how to call 9-1-1?
- Do you know your complete address, including house number, street name, city and state?
- Does your family have a private family password?

» It is okay if you do not know all of this information right now. I am going to give you a worksheet to take home. When you go home tonight, ask your parent to review it with you and to help you write down your information. Then you can keep it somewhere safe in your house so you will see it and you can practice it until you know it by heart.

Related Slide



Slide Time

0:30

Facilitator Notes

Facilitator Script

SAFETY RULE #2

- » Now that you **Know What's Up**, the next rule is **Safety Rule #2 - Spot Red Flags**.
- » Watch the "Safety Squad" on the screen to learn how to do the motion. The motion is to put your hands over your eyebrows as if you were scanning the horizon on the lookout.
- » Say it with me and do the motion while you are sitting: **Safety Rule #2 is Spot Red Flags**.
- » **Spotting Red Flags** means that you can see some warning signs that might tell you that a person or situation is unsafe.

Related Slide



Slide Time

1:30

Facilitator Notes

- » Feel free to add other examples of Red Flags to give athletes a better idea of the different dangers and unsafe situations they may experience.

Facilitator Script

RED FLAGS

- » One way to think of it is like a stoplight and the red light means do not go.
- » Red Flags work the same way. They are not really red flags, but they are warning signs that let you know that you, or someone else might not be safe.
- » Some examples of Red Flags include things like when a parent, coach, teacher, or other adult, or even another child: **(Click to advance slide.)**
 - uses mean or abusive words. **(Click to advance slide.)**
 - uses unsafe or hurtful touches. **(Click to advance slide.)**
 - touches your private body parts or asks you to touch theirs. **(Click to advance slide.)**
 - plays games about private body parts. **(Click to advance slide.)**
 - tries to trick you into doing something unsafe or something you do not want to do. **(Click to advance slide.)**
 - asks you to keep an unsafe secret. **(Click to advance slide.)**
 - shows you special interest (like spending more alone time or giving you gifts when they don't do that for others). **(Click to advance slide.)**
 - tries to give you a special drink, which may be trying to get you to use drugs or alcohol. **(Click to advance slide.)**
 - tells you that you have done something wrong or says you will get into trouble if you tell anyone about something they want you to do or something they did.

Related Slide



Slide Time

0:30

Facilitator Notes

- » You may allow athletes to make their own move or you may demonstrate a move you would like them to do such as a dance move, running in place, or a sports-specific move.

Facilitator Script

SAFETY RULE #3

- » Now that you **Know What's Up** and you know how to **Spot Red Flags**, let's talk about what to do when you **Spot Red Flags** and know that a situation, or person might not be safe.
- » You will use **Safety Rule #3**, which is **Make a Move**.
- » Watch the "Safety Squad" on the screen to learn how to do the motion. The motion is to do a move of your choice such as a running move or dance move.
- » Say it with me and do the motion while you are sitting: **Safety Rule #3 is Make a Move.**

Related Slide



Slide Time

0:30

Facilitator Notes

Facilitator Script

SAFETY RULE #3

- » There are two ways you can **Make a Move**:
- » If you find yourself in an unsafe situation and you are able to, you can **Make a Move** to GET AWAY from that situation or person.
- » For example, if someone is asking you to play a secret game, you can leave and say you have to ask your parent first.
- » Or...if you know a situation or a person is not safe because you have **Spotted Red Flags** before, you can STAY AWAY from that situation or person.
- » For example, if one of your coaches or a parent volunteer threatens you or makes you feel unsafe, you can tell your parent or your Safe Adult and ask them not to leave you with that person again.

Related Slide



Slide Time

0:30

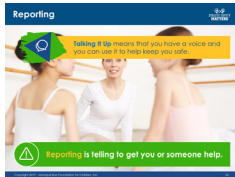
Facilitator Notes

Facilitator Script

SAFETY RULE #4

- » When adults or other children do hurtful things to a child, it can be hard to understand. Sometimes you may not know if something that is being done is wrong, or if it is okay to say "No." You may not know who to talk to.
- » This is when you need **Safety Rule #4, Talk It Up.**
- » Watch the "Safety Squad" on the screen to learn how to do the motion. The motion is to put your hands around your mouth like a megaphone. Say it with me and do the motion while you are sitting: **Safety Rule #4 is Talk It Up.**

Related Slide



Slide Time

0:45

Facilitator Notes

- » The discussion about tattling vs. telling is important so athletes understand they do not need to tatttle, but they do need to report any unsafe situations or behaviors they may see.

Facilitator Script

REPORTING

- » **Talking It Up** means that you have a voice and you can use it to help keep you safe.
- » Here are some ways you can **Talk It Up**:
 - In unsafe situations, or if someone is hurting you, even if it is a coach, a parent, or another adult, use a strong voice to say "No." For example:
 - Use a strong voice to tell a person to stop hurting someone else.
 - Use your voice to talk to a Safe Adult.
- » **Telling** a Safe Adult about something unsafe that is happening, or that happened in the past is important. It is also called **reporting** and it may help you or someone else stay safe.
- » Telling is not **tattling** or **snitching**, which is done to annoy someone else, or to get someone else in trouble.

Related Slide



Slide Time

1:00

Facilitator Notes

Facilitator Script

USING A STRONG VOICE

- » There are some things we talked about in **Safety Rule #4** that I want to make sure you understand.
- » The first thing we talked about is using a strong voice to say "No" if someone is hurting you or someone else.
- » What does strong mean? (*Elicit responses*)
- » Using a **strong** voice means saying something in a way to make sure someone understands you. You don't have to be mean or loud, you just have to make your point.
- » For example, if someone is touching you or hurting you, or wants to hug you or show you affection you don't want, you can say, "No thank you, I do not want to be touched like that," or "I do not want a hug," or "I do not want to sit on your lap."
- » Sometimes it may be hard to say "No," especially to an adult. However, when it comes to your body, you can always say "No" and not be touched in a way you don't want BY ANYONE, INCLUDING OTHERS YOUR OWN AGE.

Related Slide



Slide Time

1:00

Facilitator Notes

Facilitator Script

PRACTICE USING A STRONG VOICE

- » Let's practice using a strong voice.
- » I want everyone to say this with me: "No, I do not want you to touch me."
- » *Have athletes repeat the phrase with you.*
- » If using a strong voice doesn't stop someone from touching you, you can try to use **Safety Rule #3** to **Make a Move** and GET AWAY.
- » If anyone touches you in a way that makes you feel uncomfortable or hurts you, or if you tell someone to stop and they don't, always use **Safety Rule #4** to **Talk It Up** and tell a Safe Adult.

Related Slide



Slide Time

0:15

Facilitator Notes

Facilitator Script

SAFE ADULTS

- » You've also heard me mention Safe Adults, but who is a Safe Adult?
- » A **Safe Adult** is an adult that you can go to if you ever feel unsafe, if you've ever been hurt, or if you're not sure if a situation is unsafe.

Related Slide



Slide Time

0:45

Facilitator Notes

Facilitator Script

SAFE ADULTS

- » You should choose a Safe Adult that:
 - is old enough to get you help if you're ever hurt or unsafe.
 - doesn't break the Safety Rules, or try to get you to break them.
 - you can easily talk to about things that may be difficult or tough to talk about.
 - someone you can count on to keep you safe.
- » I want you to think of at least one safe adult who lives with you and another safe adult who lives outside of your home. That way, you will always have a safe adult you can talk to if you are unsafe or have been hurt.
- » Even if you cannot think of anyone right now, you can always talk to your parents or someone else you trust to ask them to help you identify two Safe Adults.
- » Later, you will get two cards that I want you to give to your two Safe Adults so they know how to help keep you safe.

Related Slide



Slide Time

0:30

Facilitator Notes

- » Some young athletes may have a difficult time talking to an adult about abuse or other unsafe situations.
- » If they identify a Safety Buddy, or a friend they can easily talk to, they can ask that friend to go with them to talk to a Safe Adult.
- » It is important for athletes to understand that a Safety Buddy is someone who will help them talk to a Safe Adult, but not a replacement for a Safe Adult.
- » Even if they talk to a Safety Buddy, they still need to talk to a Safe Adult about abuse or other unsafe situations.

Facilitator Script

SAFETY BUDDY

- » Sometimes it is easier to talk to an adult if you have someone with you, so you can also talk to a Safety Buddy.
- » A **Safety Buddy** is a good friend or teammate that you trust and feel comfortable talking to. You can tell them what is happening, and ask them to help you talk to a Safe Adult.
- » You should never tell a Safety Buddy about being hurt or being unsafe INSTEAD of a Safe Adult. A Safety Buddy is someone to help you talk to a Safe Adult, but you ALWAYS need to talk to a Safe Adult.
- » If you become someone's Safety Buddy and they tell you about an unsafe situation, be a good listener, and then help them tell a Safe Adult.

Related Slide



Slide Time

0:45

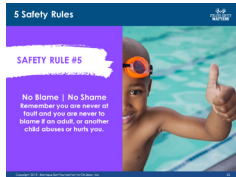
Facilitator Notes

Facilitator Script

TALKING TO SAFE ADULTS

- » Once you know who your Safe Adults are, you also need to know what to talk to them about.
- » You would want to tell them any time you feel unsafe. If you have spotted any Red Flags, or if you are not sure if someone or something is safe, you should talk to your Safe Adult.
- » What do you do if you tell one of your Safe Adults that you have been hurt or that you feel unsafe and for some reason, you still do not feel safe? *(Tell another Safe Adult.)*
- » You need to keep telling Safe Adults that you do not feel safe or are being hurt until someone LISTENS and DOES something to help you.
- » Remember, it is an adult's job to keep you safe.
- » And if you have a Safe Adult now, and sometime in the future that Safe Adult doesn't make you feel safe, you can always choose another Safe Adult.

Related Slide



Slide Time

0:30

Facilitator Notes

- » Statistics say 1 out of 5 children is or will be a victim of some type of maltreatment while they are school-aged.
- » It's important when presenting this information to watch for signs of distress or sadness in athletes.
- » If you notice this in a young athlete, be sure to follow up with them after the lesson ends.

Facilitator Script

SAFETY RULE #5

- » So now that you know Safety Rules 1 - 4, let's talk about our last Safety Rule, which is **Safety Rule #5, No Blame | No Shame**.
- » Watch the "Safety Squad" on the screen to learn how to do the motion. The motion is to put your left thumb up and say, "**No Blame**" and then put your right thumb up and say, "**No Shame**."
- » Say it with me and do the motion while you are sitting: **Safety Rule #5 is No Blame | No Shame**.

Related Slide



Slide Time

0:15

Facilitator Notes

Facilitator Script

SAFETY RULE #5

- » If you are ever hurt, or if you have been hurt in the past, you must remember **Safety Rule #5**, because it is never your fault, no matter what happens.
- » No matter when, where, how, or who hurts you, it's never your fault and it is never too late to tell a Safe Adult.

Related Slide



Slide Time

0:30

Facilitator Notes

Facilitator Script

SAFETY RULE #5

- » Sometimes a person who hurts you tells you that what happened is a secret, or that you did something wrong, or that you will get in trouble if you tell.
- » They may say:
 - It's a secret
 - It was something private or a game between you two only
 - You did something wrong, or you caused them to do it
 - You will get into trouble if you tell
 - They will get into trouble if you tell
 - No one will believe you
- » None of those things are true. You are never to blame and you should never be ashamed to tell.

Related Slide



Slide Time

0:30

Facilitator Notes

- » When the video starts, have athletes stand up and practice the motions for all 5 Safety Rules.
- » **IF YOU ARE IMPLEMENTING THIS LESSON IN TWO SHORTER LESSONS, STOP AFTER THIS SLIDE.**
- » **TELL ATHLETES YOU WILL BE BACK SOON TO FINISH THE LESSON.**
- » **REMAND THEM TO PRACTICE THE 5 SAFETY RULES IN THE MEANTIME.**

Facilitator Script

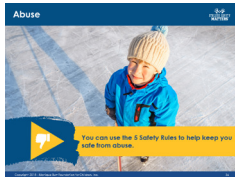
5 SAFETY RULES

» Now that you know what all 5 Safety Rules mean, let's practice them again with our friend Shannon and the Safety Squad.

- *Click to play video (0:29)*

*****STOP AFTER THIS SLIDE IF YOU ARE IMPLEMENTING IN TWO SHORTER LESSONS.*****

Related Slide



Slide Time

0:45

Facilitator Notes

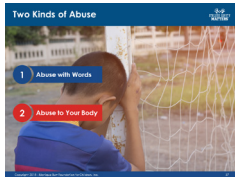
- » **IF YOU ARE IMPLEMENTING THIS LESSON IN TWO SHORTER LESSONS, THIS IS WHERE YOU WILL RESUME.**
- » **DO A QUICK REVIEW OF THE PREVIOUS CONTENT AND THE SAFETY RULES AND THEN BEGIN CONTENT FOR THE SECOND HALF OF THE LESSON.**

Facilitator Script

ABUSE

- » Now that you have learned the 5 Safety Rules, let's talk about how they can help keep you safe from abuse.
- » Remember we talked about strangers and said that sometimes they can hurt children?
- » But I also said it's important to understand that people you know can also hurt you.
- » It's hard for us to talk about, but remember we learned that sometimes people that a child knows can hurt them, such as neighbors, teachers, coaches, a friend or teammate's parents, siblings, or cousins.
- » And sometimes, even the child's own parents, hurt them.
- » We are going to talk about how you can use your Safety Rules to help keep you safe from abuse.

Related Slide



Slide Time

0:15

Facilitator Notes

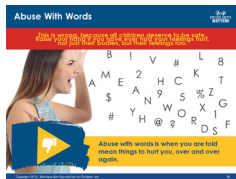
- » The discussion about abuse may make some children uncomfortable. This can manifest itself in different ways through both verbal and nonverbal cues.
- » Please be aware of giggling, talking, squirming, fidgeting, sadness, avoidance, and other types of behaviors that you might see as you start discussing abuse concepts.
- » If you see this, be prepared to ask another adult (privately and quietly) to intervene and take the child somewhere to ask if they are okay.
- » If the child seems like they cannot continue in the lesson, it is best to remove them to a different activity until you or a professional counselor can speak with them to assess if a report is warranted.

Facilitator Script

TWO KINDS OF ABUSE

- » There are two kinds of abuse you'll learn about today:
 - Abuse with words, and
 - Abuse to your body.
- » Abuse can happen to children at any age. And it can happen to both boys and girls.

Related Slide



Slide Time

1:15

Facilitator Notes

Facilitator Script

ABUSE WITH WORDS

- » Many of us have had our feelings hurt before.
- » *Click to advance slide.*
- » Raise your hand if you have ever had your feelings hurt. *(Raise hands)*
- » Sometimes someone says something by accident that hurts a person's feelings.
- » For example, if your coach gets mad and yells at you for not trying your hardest, or your parent yells at you for not cleaning your room, that is not abuse.
- » *Click to advance slide.*
- » But, if someone says mean things to hurt you, and they say them over and over, it is called **abuse with words**.
- » For example, if your coach, or parent or someone else who takes care of you tells you mean or hurtful things about yourself over and over, like "You are no good," or "I wish you would go away," it is abuse with words.
- » It's also abuse with words if your parents fight and yell at each other a lot in front of you.
- » This kind of abuse does not leave a mark on the outside like a bruise or a broken bone, but it does hurt on the inside.
- » *Click to advance slide.*
- » This is wrong, because all children deserve to be safe, not just their bodies, but their feelings too.

Related Slide



Slide Time

1:15

Facilitator Notes

- » Physical abuse versus spankings for discipline can be a difficult concept for children this age.
- » If athletes ask about spanking, make sure they understand parents are allowed to spank them for discipline as long as they don't injure them or leave marks.

Facilitator Script

ABUSE TO YOUR BODY

- » It is also abuse when an adult or another child hurts your body.
- » **Click to advance slide.**
- » Did you all bring your bodies with you today? Good! Where are they?
- » Let's talk about abuse to your body.
- » **Click to advance slide.**
- » There are some touches, like high-fives, that make our body feel good. Those are safe touches.
- » Raise your hand if you can give me an example of a safe touch. *(Call on a few athletes to elicit things like hugging, high-fiving, patting on the back, etc.)*
- » **Click to advance slide.**
- » But there are other touches that may come from adults, or other kids or teens that are not safe.
- » Raise your hand if you can think of any unsafe touches, or ways people might touch your body that would hurt you. *(Call on a few athletes to elicit things like slapping, kicking, hitting, etc.)*
- » **Click to advance slide.**
- » These types of touches are called abuse to your body.
- » **Abuse to your body** is when someone hits you or does something that hurts you and leaves a mark, or when someone does something to your body that is hurtful or unsafe.
- » I am not talking about spankings by a parent if a child disobeys; parents can spank their children as long as they don't hurt them or leave a mark. I am also not talking about accidents like someone running by you and knocking you down or someone accidentally hurting you while playing a sport.

Related Slide



Slide Time

0:30

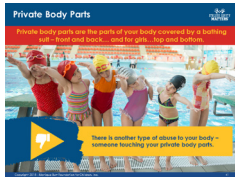
Facilitator Notes

Facilitator Script

ACCIDENTAL TOUCH

- » Sometimes in sports, a coach or teammate may accidentally touch you in a way you're not sure about. For example, if they are helping you learn, spotting you, or helping you if you are injured.
- » This is probably NOT abuse, because those touches are not meant to be unsafe or hurtful. If they did not mean to hurt you, it is not abuse.
- » Remember that abuse is done on purpose, whether it's abuse with words or abuse to your body.
- » If someone touches you and says it was an accident, but you're not really sure it was, you should always talk to a Safe Adult.
- » And you should always tell a Safe Adult about any touch that makes you feel unsafe or uncomfortable or that you just aren't sure about.

Related Slide



Slide Time

0:30

Facilitator Notes

- » Even at this age, children understand that some words and phrases aren't supposed to be said out loud. This secrecy creates a perception of both mysteriousness and power associated with the words or terms. The intention is to take the mystery and power away from the terms.
- » Removing the sensitivity of the topic of sexual abuse allows you to discuss it respectfully. Saying "sexual abuse" out loud is important to begin to take away discomfort with the term and to emphasize its importance.
- » The script does not name body parts, however it is important that children learn the correct terminology for their private body parts.
- » Encourage parents to have this conversation with their children.

Facilitator Script

PRIVATE BODY PARTS

- » There is another kind of touch that is not safe, and that is when an adult, or another child, touches your private body parts or asks you to touch theirs. This is also abuse to your body.
- » **Private body parts** are those parts covered by your bathing suit, that we keep to ourselves and don't show others.
- » For boys, this is your bathing suit or swim trunks, front and back, and for girls, your bathing suit top and bottom, front and back. These are the parts of your body you keep private or keep to yourself.

Related Slide



Slide Time

1:00

Facilitator Notes

- » The following information is not intended to frighten children, but to give them real examples of how abuse happens.
- » Knowing what Red Flags to watch for can help keep children safe. However, children at this age have differing levels of exposure to such issues.
- » Keep an eye on children's non-verbal communication, and if there are concerns, follow up and "check in" with the child(ren) after the lesson.

Facilitator Script

RED FLAGS AND REPORTING

- » Most of the time, when someone abuses a child with these kinds of unsafe touches, they do it when they are alone with the child and no one else is around. **(Click to advance slide.)**
- » Adults or older children should never be alone one-on-one with a child, without others around. This is a Red Flag. **(Click to advance slide.)**
- » In sports, coaches should work with athletes in open spaces where others can see them. **(Click to advance slide.)**
- » Someone asking you to keep a secret is another Red Flag.
- » A **secret** is something that a person doesn't want others to know about. Usually when someone wants you to keep a secret, it is because they are doing something unsafe or bad, or something they should not be doing.
- » A secret is different than a **surprise**, which is something good, like a party or gift. It is okay to keep a surprise quiet, but not a secret.
- » People often ask children to keep secrets as a way of tricking them into abuse or other unsafe situations. **(Click to advance slide.)**
- » If a coach or another adult or older child tries to be alone with you, or asks you to keep a secret, you should use your Safety Rules to help you. **(Click to advance slide.)**
- » If anyone ever does any of these things to you that we've talked about, remember to use your Safety Rules.
- » If something happens that is not safe, you can use **Safety Rule #3** to **Make a Move**, and try to GET AWAY and STAY AWAY from that person.
- » You can also use **Safety Rule #4** to **Talk It Up** by using a strong voice to say "No." And you can tell a Safe Adult. Tell them about any Red Flags that you notice.
- » And remember **Safety Rule #5, No Blame | No Shame**.
- » If abuse or anything that is not safe ever happens or has ever happened to you, it is not your fault. You should never be ashamed to ask for help or tell a Safe Adult.

Related Slide



Slide Time

2:00

Facilitator Notes

- » Athletes will begin to learn to identify safe vs. unsafe touches using a Touchdown/Squat Down activity.
- » If they think it is safe, they will show you a touchdown sign; if they think it is unsafe they will squat down.
- » When you are explaining the instructions, demonstrate the motions.
- » Have athletes stand up and/or put their arms down after each response so they are starting from a neutral position.

Facilitator Script

TOUCHDOWN/SQUAT DOWN

- » A coach gives you a high-five. Touchdown or squat down? *(Allow athletes to demonstrate a touchdown, then **click to advance slide.**)*
- » Good. High-fives and fist-bumps are safe.
- » **Click to advance slide.**
- » Okay, what about a teammate hitting, pushing or kicking you? Touchdown or squat down? *(Allow athletes to demonstrate a squat down, then **click to advance slide.**)*
- » Everyone should be squatting down. These types of touches are NOT safe.
- » But remember, we're not talking about spankings or accidents like someone hitting you, knocking you down, kicking you, or hurting you while playing sports. If they did not hurt you on purpose, it is not abuse.
- » But if a coach or other adult or a teammate or other child hurts you on purpose, it is an unsafe touch, and it is abuse.
- » **Click to advance slide.**
- » What about someone hugging you? Touchdown or squat down? *(Allow athletes to demonstrate a touchdown, then **click to advance slide.**)*
- » Touchdown. This one is a bit tricky, but usually hugs are safe, especially if it is friends like in the picture. However, it depends on who is hugging you. If you don't know someone well, or if you don't want someone to hug you, then it would not be safe.
- » **Click to advance slide.**
- » What about a coach patting you on the back? Touchdown or squat down? *(Allow athletes to demonstrate a touchdown, then **click to advance slide.**)*
- » This type of touch, someone patting you on the back, is often a sign of affection and is generally safe.
- » **Click to advance slide.**
- » But what if they patted you on the bottom? Touchdown or squat down? *(Allow athletes to demonstrate a squat down, then **click to advance slide.**)*
- » Sometimes we see this in sports, and it's not really meant to be hurtful, but your bottom is considered private, so no one should pat you on the bottom.

Related Slide



Slide Time

1:30

Facilitator Notes

- » Athletes will demonstrate knowledge of key concepts learned in the lesson using a thumbs up/ thumbs down review.
- » If they think the statement is true, they will show you a thumbs up; if they think it is false, they will show you a thumbs down.
- » When you are explaining the instructions, demonstrate the thumbs up and thumbs down motions.

Facilitator Script

ESSENTIAL REVIEW

- » We are almost out of time, so let's review what you have learned today.
- » **Click to advance slide.**
- » As I read each statement, if you think the statement is true, show me a thumbs up. If you think it is false, show me a thumbs down.

REVIEW QUESTIONS

1. Red Flags are signs that a situation or person might be unsafe. *(Allow athletes to demonstrate a thumbs up, then **click to advance slide.**)*
 - » **Click to advance slide.**
2. If someone tries to take pictures of your private body parts, this is not abuse. It is only abuse if they touch your private body parts. *(Allow athletes to demonstrate a thumbs down, then **click to advance slide.**)*
 - » That would be a thumbs down, because these are both abuse to your body.
 - » **Click to advance slide.**
3. Strangers and people you know can hurt you. *(Allow athletes to demonstrate a thumbs up, then **click to advance slide.**)*
 - » Thumbs up. Sometimes strangers and sometimes people we know can be unsafe.
 - » **Click to advance slide.**
4. Only adults can hurt you. *(Allow athletes to demonstrate a thumbs down, then **click to advance slide.**)*
 - » Adults and other children can hurt you. You should always talk to a Safe Adult if anyone hurts you.
 - » **Click to advance slide.**
5. It is safe to be alone in a room with one adult when other adults or kids aren't around if it's your coach or another adult you know. *(Allow athletes to demonstrate a thumbs down, then **click to advance slide.**)*
 - » This should never happen. If there is a reason you need to be alone with a coach, or any other adult or older child, it should be in an open space and there should be others around. If this happens, you should use your Safety Rules to **Make a Move** and **Talk It Up** to a Safe Adult.

Related Slide



Slide Time

0:30

Facilitator Notes

- » This is the final opportunity to review the Safety Rules with athletes.
- » Please be enthusiastic to reinforce the Safety Rules.

Facilitator Script

SAFETY RULES REVIEW

- » Remember, you can use the Safety Rules to help keep you safe in any situation.
- » Let's practice them with our friend Shannon and the Safety Squad.

- *Click to play video (0:29)*

Related Slide



Slide Time

1:30

Facilitator Notes

- » Reinforcement items are a very important part of the program, as research shows that multiple exposures to a concept are necessary for learning and retention. As you end the lesson with athletes, be sure to explain each reinforcement item you are providing them.
- » Note: The Parent Information and Activity Sheet is located on the Facilitator Portal and Facilitator Flash Drive. You can print and distribute them to youth or email them directly to parents. Each option is noted in the script.

Facilitator Script

WRAP-UP

- » Thank you for paying attention today. I am very proud of you all and I appreciate your participation.
- » To finish up today, I have a few things to remind you and others about the Safety Rules and how to help you stay safe.

DEPENDING ON THE REINFORCEMENT MATERIALS YOU HAVE TO DISTRIBUTE, READ THE APPLICABLE STATEMENTS BELOW.

- » *Option 1:* I have a Parent Information & Activity Sheet for your parents/guardians. The sheet has information about what you learned today, and there is also an activity for you to do together. It is very important that your parents receive this information, so please make sure you give it to them when you get home.
- » *Option 2:* Your parents/guardians will receive an email with a digital copy of the Parent Information & Activity Sheet. This sheet has information about what you learned today, and there is also an activity for you to do together. Please ask your parents to check their email for this information.
- » I also have for each of you, two Safe Adult Club Cards. I want you to give these to whomever you choose as your two Safe Adults. Make sure you choose at least one Safe Adult inside your home and one outside your home. You can ask your parent/guardian to help you give the cards to your Safe Adults so they know that you are counting on them to help keep you safe.
- » And there is a fun MBF Athlete Safety Matters Bag Tag. Make sure you put this on your sports bag or school backpack to help remind you of the Safety Rules always. It also shows others you know the Safety Rules and you will use them to help you stay safe.
- » Also, don't forget, we have a Banner hanging up so you can see it often to help you remember the Safety Rules.
- » We'll be back together again soon for another lesson where we will talk about bullying and being safe online.
- » **Click to advance slide.**
- » I hope you all have enjoyed today's *MBF Athlete Safety Matters* Lesson. Remember, every athlete, every child deserves to be safe. You each deserve to be safe!
- » And remember to practice your Safety Rules between now and the next lesson, so you don't forget them.