

Introduction:

Dear Educator-

A report of child maltreatment is made every 10 seconds in the United States*

*www.childhelp.org

At the Monique Burr Foundation for Children (MBF) we want to “pull back the curtain” on child abuse. There are many factors that may increase a child’s risk of being victimized. These include, but are not limited to: a child with special needs, financial stress, divorce, death, illness, care giver substance abuse, and domestic violence. If a report of child victimization is made every 10 seconds, how often does an event go unreported? Every adult can help prevent abuse by being aware of the problem, and alert to the signs.

April is Child Abuse Prevention Month.

MBF’s mission is to educate and empower students and adults to help keep children safe. We are providing these supplemental lesson plans for use in classrooms during the month of April. In addition to the lesson plans, we have also included our *Safety Brief: Identifying and Reporting Abuse* as a professional reference in the event a student discloses abuse after the lesson.

If your school is using the *MBF Child Safety Matters*® program, the 5 Safety Rules and Safe Adults referenced in this lesson will be a review of concepts presented in the program. If your school is not using our prevention education programs, please contact us at info@mbfpreventioneducation.org or 904-642-0210 to find out how **Florida public schools can receive our prevention education program and other resources at NO COST**. The two lessons in the *MBF Child Safety Matters*® program cover bullying, cyberbullying, the four types of abuse, digital safety and digital citizenship. Materials and resources are also provided to help educate parents and school staff on child victimization and ways to help keep children safe.

We hope you will encourage your students to participate in our **Child Abuse Prevention Poster Contest**. Submit your favorite poster for a chance to win \$100 for your classroom and \$50 for the young artist. The rules and timelines are listed in the lesson plan.

For more information about child abuse, please review the attached Safety Brief. You can also visit our website, www.mbfpreventioneducation.org for additional information and resources and visit Prevent Child Abuse Florida at https://www.ounce.org/CAP_toolkit.html for information and activities for April, including their Pinwheels for Prevention campaign.

Lesson Details:

<i>Grade Level</i>	K-2		
<i>Lesson Length</i>	30 minutes		
<i>Lesson Objectives</i>	<ul style="list-style-type: none"> • Students will identify what child abuse is and participate in Child Abuse Prevention Month activities. • Students will identify ways they can help adults keep them safe. • Students will learn the 5 MBF Child Safety Matters Safety Rules and will identify ways to use them to help them stay safe. 		
<i>Key Terms</i>	Abuse Abuse with words Abuse to your body Peer Prevention Safe Adult		
<i>Materials Needed</i>	<ul style="list-style-type: none"> • Copies of the Safety Rules Coloring Sheet (one for each student) • Coloring supplies for the Safety Rules Coloring Sheet • Paper, drawing, coloring materials for Child Abuse Prevention Month Poster Contest (Optional) 		
<i>Related Florida Standards & Related Florida Next Generation Sunshine State Standards for Health Education</i>	Kindergarten	1st Grade	2nd Grade
	<ul style="list-style-type: none"> • LAFS.K.L.1.1 • HE.K.B.4.3 • HE.K.B.5.2 • HE.K.C.1.1 • HE.K.C.2.4 • HE.K.P.7.1 	<ul style="list-style-type: none"> • LAFS.1.L.1.1 • HE.1.C.1.1 • HE.1.B.3.2 • HE.1.B.4.3 • HE.1.B.5.2 • HE.1.P.7.1 	<ul style="list-style-type: none"> • LAFS.2.L.1.1 • HE.2.B.3.2 • HE.2.B.4.3 • HE.2.B.5.2 • HE.2.C.2.4 • HE.2.P.7.1
<i>Additional Resources (For teachers and parents)</i>	<p>Monique Burr Foundation for Children www.mbfpreventioneducation.org</p> <p>Darkness To Light www.d2l.org</p> <p>Florida Department of Education – Child Abuse Prevention http://www.fldoe.org/schools/family-community/activities-programs/child-abuse-prevention.stml</p> <p>Nemours Child Health – Child Abuse information for children http://kidshealth.org/parent/positive/talk/child_abuse.html</p> <p>Prevent Child Abuse America www.preventchildabuse.org</p> <p>The Role of Educators Preventing and Responding to Child Abuse https://www.childwelfare.gov/pubs/usermanuals/educator/</p>		

Lesson Preparation:

Prepare materials for the lesson. (See Materials Needed-page 2)

Prior to starting the lesson, write the **5 Safety Rules** where students can see them or print and post a copy of the **5 Safety Rules** page(attachment).

- **Know What's Up**
- **Spot Red Flags**
- **Make A Move**
- **Talk It Up**
- **No Blame | No Shame**

Class Discussion:

At the beginning of the lesson, reinforce classroom expectations for respectful discussions (i.e. listen before responding, don't interrupt, respect the opinions and voices of others). Remind students to use "I" language rather than the more accusatory "you" when responding to others.

Good Morning/Afternoon Students. April is Child Abuse Prevention Month, and today we are going to talk about what abuse is, and 5 Safety Rules that can help keep you and others safe and prevent abuse from happening.

How many of you have heard of the word **abuse**? (Raise hands)

Abuse is when an adult, or another child, hurts a child on purpose, either with words, or hurts a child's body.

If someone says mean things to hurt you, and they say them over and over, that is called **abuse with words**.

This kind of abuse does not leave a mark on the outside of your body, like a bruise or a broken bone, but it does hurt on the inside.

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. It is not abuse when someone hurts you accidentally, like if someone accidentally bumped into you and knocked you down, abuse is when someone hurts you on purpose.

Abuse can happen by a stranger, but it can also happen by someone you know, an adult, a teenager, or another child.

What do you think **prevention** means? (Elicit responses)

To prevent something means to stop it from happening. So if we prevent abuse, we stop it from happening. That's why we are doing this lesson, we want to try to prevent abuse.

Adults are responsible for keeping kids safe from abuse, but there are things that you can do to help them, like following rules about safety.

What are some safety rules you know? (*Elicit several responses such as follow the rules during fire drills, look both ways before you cross the street, wear your seatbelt in a car, don't share your personal information online with strangers.*)

Today, you're going to learn the **5 Safety Rules** from the *MBF Child Safety Matters* program that can help you identify what abuse is, and help you know what to do if you or someone you know is ever hurt.

Safety Rule #1 is Know What's Up. Knowing What's Up means you know what abuse is. It also means knowing important safety procedures when you are at school, out in public, or at home.

Safety Rule #2 is Spot Red Flags. Spotting Red Flags means knowing if someone's behavior or a situation is unsafe or inappropriate. For example, if someone is asking you to do something bad or unsafe that may put you or others in danger.

Red Flags can include:

- Someone hitting you
- Someone touching or looking at your private body parts (the parts where you wear a bathing suit, top and bottom and front and back)
- Someone giving you special hugs or kisses
- Someone accidentally touching you (especially your private body parts) in ways that don't seem accidental
- Someone asking you to play secret games about private body parts
- Someone trying to trick you or force you to do something unsafe
- Someone showing you pictures of people without their clothes on or asking to take pictures of you without your clothes on

Red flags can also include someone bullying you or others in real life or online, on the computer, a phone, or a tablet.

Safety Rule #3 is Make a Move. If you Spot a Red Flag, you can Make a Move and GET AWAY or STAY AWAY from an unsafe situation or person.

Can anyone think of an example when you, or someone you know, made a move to keep themselves safe? (*Elicit responses*)

Safety Rule #4 is Talk It Up. Talking It Up means using an assertive voice to speak up or say NO if you or others are in an unsafe situation. It can also mean talking to a **Safe Adult**, someone you know and trust to keep you safe, about unsafe situations or people, or talking to your peers to be a role model for creating a culture of kindness and safety.

Let's talk a little more about **Safe Adults**. A **Safe Adult** is an adult you can go to when you have been hurt or you are worried about your safety. What characteristics would you want in that person? (*Elicit responses such as someone who is a good listener, someone they can talk to about difficult topics,*

someone who follows the rules and does not encourage them to break rules, and someone they trust to look out for them.)

You should try to choose at least two Safe Adults, one in your home and one outside of your home.

Who would like to share one of your **Safe Adults**? (Answers will vary, but encourage students to think of someone in their home and someone outside their home, in case there is not a **Safe Adult** in the home.)

Safety Rule #5 is No Blame | No Shame. The last Safety Rule means if you are ever hurt or abused, you are never to blame and you should never be ashamed to tell a **Safe Adult**. No matter what anyone does to hurt you or what they say to you, even if they say you are to blame or you will get in trouble if you tell, you are never to blame and it is never too late to tell.

Class Activity

Let's do a quick activity to see how well you can use the 5 Safety Rules. As I read each of the following scenarios, stand up if you Spot a Red Flag, or something that might be dangerous and sit down or remain seated if you do not spot any Red Flags.

- You are walking to school and someone you do not know offers to give you a ride in their car.
(Stand up)
What was the Red Flag?(Someone they do not know offering them a ride.)
How could you use the Safety Rules? (**Make A Move**- get away and stay away from that person, **Talk It Up**-tell a Safe Adult)
- Someone asks to borrow your pencil. (Sit down)
- Your friend has a big bruise on their back from their babysitter who got mad and hit them.
(Stand up)
What was the Red Flag? (the bruise, the babysitter hitting the child)
How could you use the Safety Rules? (**Talk It Up**-tell a Safe Adult)
- A friend of your mom's always hugs you and tickles you without your permission and you don't want them to. (Stand up)
- What was the Red Flag?(Someone touching them without permission)
- How could you use the Safety Rules? (**Talk It Up** by using a strong voice to tell them to stop, and by telling a Safe Adult)
- Someone shows you pictures of a person without their clothes on.(Stand up)
What was the Red Flag? (Inappropriate pictures)
How could you use the Safety Rules? (**Make A Move**- get away and stay away from that person, **Talk It Up**-tell a Safe Adult)

Follow Up:

Good job using the **5 Safety Rules**. April is Child Abuse Prevention Month, but prevention should be a priority throughout the year. Every child deserves to be safe, and no child ever deserves to be abused. You can use the **5 Safety Rules** if you ever feel unsafe or worry that someone else is unsafe. You can also talk to a **Safe Adult** to get help for you or for someone else.

- Allow students time to ask any questions they may have regarding the lesson.
- Have students do a quick review of the **5 Safety Rules**

1. **Know What's Up**
 2. **Spot Red Flags**
 3. **Make A Move**
 4. **Talk It Up**
 5. **No Blame | No Shame**
- *Give each student a copy of the **5 Safety Rules Coloring Sheet***
 - *Encourage students to create a Child Abuse Prevention Poster for our contest. This could be done during class time, or as an activity outside of school.*

April Child Abuse Prevention Poster Contest - Win \$100 for your classroom and \$50 for a young artist!

Have your students create a Child Abuse Prevention Month Poster! It could include the **5 Safety Rules**, slogans or tips for prevention/safety, pictures or collages of happy children with prevention slogans...encourage them to be creative! These can be used as a bulletin board for your classroom, or around the school to promote awareness and prevention.

If one of your students creates an amazing poster for Child Abuse Prevention month please scan or email us a picture to info@mbfpreventioneducation.org, or mail the poster to

The Monique Burr Foundation for Children
7807 Baymeadows Road East, Suite 202
Jacksonville, FL 32256

All entries must be received by April 30th! Winners will be notified in May.

Make sure to include

- the name, age and grade of the student
- your name
- the name and address of your school

***Note: by submitting a poster, you are giving MBF permission for use on social media, websites or other marketing materials. Poster will not be returned.**

Additional or Alternate Activities:

- If your school does morning announcements, have your students create a short Public Service Announcement (PSA) promoting Child Abuse Prevention Month. Encourage using the 5 Safety Rules in the PSA. PSAs can be shared throughout the month of April.
- Decorate and place a "Donation Jar" in your front office during the month of April. Let students, parents and staff contribute change throughout the month of April and donate the funds to a local Child Advocacy Center(CAC) or other nonprofit at the end of the month. Not sure where a CAC is located? Check this directory <https://www.fncac.org/cac-directory>.
- April 5th is Wear Blue Day. Encourage everyone in your school to wear blue (the color associated with Child Abuse Prevention) to support the cause. Every child deserves to be safe!

I follow the Safety Rules!



Know What's Up



Spot Red Flags



Make a Move



Talk It Up



No Blame | No Shame



**Child Safety
Matters**

www.mbfpreventioneducation.org



IDENTIFYING & REPORTING CHILD ABUSE

Child abuse and neglect, which is defined by state statute, impacts millions of children every year in the United States. Therefore, it is important to recognize the indicators of abuse, and understand one's obligations to report abuse to protect children.

Indicators Of Abuse

- » Malnourished/Hungry
- » Tired/Lethargic
- » Chronic injuries
- » Bruises
- » Human bite marks
- » Untreated injuries
- » Head injuries
- » Non-accidental burns
- » Poor relations with peers
- » Poor academic performance
- » Change in behavior or attitude
- » Disruptive, impulsive, aggressive
- » Passive, depressed, withdrawn

Disclosure

Disclosure is often a process, not a one-time event.

- » Less than 1/4 of victims disclose immediately after abuse occurs.
- » Less than 1/4 may disclose from 1 month to 5 years later.
- » Over 1/2 may wait more than 5 years to disclose, if at all.

Ways children may attempt to disclose abuse:

- » **Hinted Disclosure:** "A neighbor is messing with me."
- » **Questioned Disclosure:** "What would happen if somebody was hurting a kid and they told someone about it?"
- » **Conditional Disclosure:** "I need to tell you something, but if I do, you have to promise not to tell."

Do...

- » Support, believe, and reassure the child
- » Understand your limits, you are not an investigator
- » Provide a quiet, safe environment
- » When you are done talking to the child, write down the child's exact words
- » Ask limited, open-ended questions
- » Respect the child's right to privacy
- » Seek help and advice
- » Report any suspicions of abuse/neglect

Don't...

- » Make assumptions or promises
- » Show shock or other emotions
- » Interrogate or investigate
- » Put words in the child's mouth
- » Be judgmental about the abuser; it is often someone the child loves/trusts
- » Assume someone else will report abuse

Reporting Abuse

In all states, professionals that work with children are **Mandatory Reporters**. In some states, **EVERY ADULT** is a **Mandatory Reporter**. You do not have to have proof abuse is occurring. If you have a **reasonable suspicion** that a child is abused, abandoned, or neglected, you **must report** it to your state's child welfare agency. Visit www.childwelfare.gov/organizations for a list of state agencies and contact information. For more information and additional resources, visit www.mbfpreventioneducation.org.