



**MONIQUE BURR**  
FOUNDATION FOR CHILDREN  
PREVENTION EDUCATION PROGRAMS

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**Child Abuse Prevention Month Lesson Plan  
Exploitation and Human Trafficking Awareness**

Dear Educator,

The mission of the Monique Burr Foundation for Children (MBF) is to educate and empower students and adults to help keep children safe from bullying, cyberbullying, child abuse, and exploitation/trafficking. **April is Child Abuse Prevention Month**, and this month we are focusing on exploitation and trafficking, a growing and dangerous type of child abuse.

We are providing the attached supplemental lesson plans for use in classrooms to help teach students in a developmentally appropriate way about the recruitment into human trafficking that often begins with online exploitation through social media and the Internet.

Consider these facts:

- Human Trafficking happens in every zip code in America, every day of the year.
- Human trafficking is the second largest criminal activity in the world, and the fastest growing.
- The average age a girl is first trafficked for sex in the U.S. is 12-14, for boys it is 11-13.
- Nationally, 450,000 children run away from home each year. 1 out of every 3 teens on the street will be lured into sex trafficking within 48 hours of leaving home.

*Sources: U.S. Dept of State, U.S. Dept of Justice, U.S. Dept of Health and Human Services*

If your school is using the MBF *Child Safety Matters*® (K-5) program or MBF *Teen Safety Matters*® (6-12) program, the 5 Safety Rules and Safe Adults referenced in the lesson plans will be familiar. If your school is not using MBF Prevention Education Programs, these are important concepts that will be introduced to help keep students safe. As a reminder, **Florida public schools may receive our prevention education programs and resources at NO COST**. Materials and resources are also provided to help educate parents and school staff on child victimization and ways to help keep children safe.

To learn more about our prevention education programs for students in grades K-12 contact us at [info@mbfpreventioneducation.org](mailto:info@mbfpreventioneducation.org) or 904-642-0210.

For more information about child abuse, exploitation, and trafficking, please visit our website, [www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org).

Please help us prevent exploitation and trafficking by teaching your students these brief lessons and giving them the tools they need to be safe.

Sincerely,  
The MBF Team



<b>Grade Level</b>	K-2		
<b>Lesson Length</b>	30 minutes		
<b>Lesson Objectives</b>	<ul style="list-style-type: none"> <li>• Students will participate in Child Abuse Prevention Month activities.</li> <li>• Students will increase their awareness of child abuse and dangers associated with digital technology.</li> <li>• Students will identify Safe Adults and ways they can help adults keep them safe.</li> <li>• Students will learn the <i>MBF Child Safety Matters</i>® 5 Safety Rules and will identify ways to use them to help them stay safe.</li> </ul>		
<b>Key Terms</b>	<ul style="list-style-type: none"> <li>• Abuse</li> <li>• Prevention</li> <li>• Safe Adult</li> <li>• Safety Buddy</li> </ul>		
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>• Copies of the 5 Safety Rules Coloring Sheet (one for each student)</li> <li>• Coloring supplies for the 5 Safety Rules Coloring Sheet</li> </ul>		
<b>Related Florida Standards &amp; Related Florida Next Generation Sunshine State Standards for Health Education</b>	<b>Kindergarten</b> 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	<b>1st Grade</b> 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	<b>2nd Grade</b> LAFS.2.L.1.1 HE.2.B.3.2 HE.2.B.4.3 HE.2.B.5.2 HE.2.C.1.4 HE.2.C.2.4 HE.2.P.7.1

<p><b>Additional Resources</b> <b>(For teachers and parents)</b></p>	<p>Monique Burr Foundation for Children <a href="http://www.mbfpreventioneducation.org">www.mbfpreventioneducation.org</a></p> <p>Cyberbullying Research Center – Cyber Safety resources and a Technology Use Contract <a href="http://www.cyberbullying.org">www.cyberbullying.org</a></p> <p>Darkness To Light - Resources on child sexual abuse <a href="http://www.d2l.org">www.d2l.org</a></p> <p>Institute for Responsible Online and Cellphone Communication – Resources for parents and educators including tip sheets and a contract for families for online usage <a href="http://www.iroc2.org/149.html">www.iroc2.org/149.html</a></p> <p>National Center for Missing and Exploited Children (NCMEC) <a href="http://www.missingkids.org/">www.missingkids.org/</a></p> <p>NCEMC Cyber Tip-line <a href="https://report.cybertip.org/">https://report.cybertip.org/</a></p> <p>National Human Trafficking Hotline - Resources for victims of human trafficking <a href="https://humantraffickinghotline.org/">https://humantraffickinghotline.org/</a></p> <p>Polaris - Information and research on human trafficking <a href="https://polarisproject.org/">https://polarisproject.org/</a></p> <p>Prevent Child Abuse Florida - Child Abuse Prevention Month Toolkit <a href="https://www.ounce.org/CAP_toolkit.html">https://www.ounce.org/CAP_toolkit.html</a></p> <p>Prevent Child Abuse America <a href="http://www.preventchildabuse.org">www.preventchildabuse.org</a></p> <p>The Role of Educators Preventing and Responding to Child Abuse <a href="http://www.childwelfare.gov/pubs/usermanuals/educator">www.childwelfare.gov/pubs/usermanuals/educator</a></p> <p>THORN - Resources on child sex trafficking and the exploitation of children <a href="http://www.thorn.org">www.thorn.org</a></p>
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### 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**.
  - Safety Rule #1 – Know What's Up**
  - Safety Rule #2 – Spot Red Flags**
  - Safety Rule #3 – Make A Move**
  - Safety Rule #4 – Talk It Up**
  - Safety Rule #5 – 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. If they have personal stories to share, remind them to wait and share at the end of the lesson if there is time.
- Good Morning/Afternoon Students. April is Child Abuse Prevention Month.
- How many of you have heard the word **abuse**? (Raise hands)
- **Abuse** is when an adult, or another child, hurts a child on purpose. Abuse can happen by a stranger, but it can also happen by an adult you know and trust.
- Does anyone know what **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 today, we want to try to prevent abuse. One way we can help prevent abuse is by talking about it.
- Today we are going to talk about a type of abuse that can happen when you use technology. We are also going to talk about **5 Safety Rules** that can help keep you and others safe when you are online.
- How many of you use computers, tablets or cell phones? (Raise hands)
- How many use gaming sites? (Raise hands)
- Do you ever talk with someone online while you are using this technology? (Raise hands)

- Do you always know who those people are? (*Elicit responses*)
- Sometimes people pretend to be someone they are not online. Like an adult who pretends to be a child. They might do this to try and trick you into sharing information about yourself, or to trick you into doing something they know is wrong.
- Adults are responsible for keeping kids safe from abuse, but there are things that you can do to help, like following rules about safety.
- Let's talk about the **5 Safety Rules** from the *MBF Child Safety Matters*® program that can help you stay safe online.
- **Safety Rule #1 is Know What's Up.** Knowing What's Up means you know that there are dangers online. You should always be careful about sharing personal information about yourself online. You should never share your full name, where you live, or where you go to school.
- **Safety Rule #2 is Spot Red Flags.** Spotting Red Flags means knowing if someone's behavior or something that happens online is unsafe. Red Flags can include:
  - Someone you don't know contacting you online.
  - Someone online asking you for personal information; like how old you are, where you live, or if you are ever home alone.
  - Someone online asking you to send a picture of yourself.
  - Someone online asking you to meet them in real life.
  - Someone online telling you to keep secrets from your parents.
- Can you think of any other Red Flags you might see online? (*Elicit responses*)
- Does your family have any rules about using technology? (*Elicit responses*)
- **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.
  - For example, if you're online, you can ask a Safe Adult to help you unfriend or block a person who is asking for information about you, asks you to do something you do not want to do, or makes you feel unsafe or uncomfortable.
- **Safety Rule #4 is Talk It Up.** Talking It Up means using a strong voice to speak up or say NO if you or others are in an unsafe situation.
  - If you are asked to share personal information or pictures, or to do something unsafe or that makes you feel uncomfortable, you have the right to say No!
  - And, if you see any Red Flags online, you should always talk to a **Safe Adult**.
- Let's talk about Safe Adults for a minute. What do we mean by a Safe Adult? (*Elicit responses*)

- A **Safe Adult** is someone you know and trust to keep you safe, someone you can talk to about unsafe situations or people. Examples of Safe Adults could be a parent, a teacher, a school counselor, or a coach.
- What should you look for in a Safe Adult? *(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.)*
- You can also talk to a Safety Buddy. A **Safety Buddy** is a good friend 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.
- **Safety Rule #5 is No Blame | No Shame.** This 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 if they say you will get in trouble if you tell, you are never to blame, and it is never too late to tell a Safe Adult.

### Class Activity:

- Let's do a quick activity to see how well you can use the **5 Safety Rules**. I am going to read some statements to you. If you think the statement is safe, show me a THUMBS UP, if you Spot a Red Flag, meaning it is unsafe, show me a THUMBS DOWN. *(Have students practice showing you a THUMBS UP and THUMBS DOWN.)*
  - Someone online asks you where you live. *(THUMBS DOWN)*
  - Someone online sends you a picture of a person in their underwear. *(THUMBS DOWN)*
  - You talk to a **Safe Adult** about someone asking you for your personal information online. *(THUMBS UP)*
  - Someone online that you and your parents do not know asks you to meet them at a park near your house. *(THUMBS DOWN)*
  - Someone online asks if your parents are home. *(THUMBS DOWN)*

- Your friend Gabriel sends you a message asking about a homework assignment. *(THUMBS UP)*
  - Someone online asking you to keep secrets from your parents. *(THUMBS DOWN)*
  - You talk to a **Safety Buddy** about the underwear picture you received online and they go with you to talk to a **Safe Adult**. *(THUMBS UP)*
- Good job. To finish up today, let's all say the **5 Safety Rules** together.
- Safety Rule #1 – Know What's Up**
  - Safety Rule #2 – Spot Red Flags**
  - Safety Rule #3 – Make A Move**
  - Safety Rule #4 – Talk It Up**
  - Safety Rule #5 – No Blame | No Shame**

### Closing:

- Remember that being aware of dangers online can help keep you safe. 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.*
- *Give each student a copy of the 5 Safety Rules Coloring Sheet and if time permits, allow them to color.*

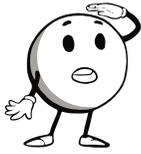
### Additional (Optional) Activity:

- Ask students to decorate the sidewalk at school (or home) using sidewalk chalk to bring awareness to this important topic. Tell them they can raise awareness by letting everyone know that it is Child Abuse Prevention Month. You can have students try to replicate some of the artwork on the 5 Safety Rules Coloring Sheet and help remind everyone that your school follows the 5 Safety Rules.
- We'd love to see your artwork. Teachers or parents can share pictures with MBF by posting and tagging @MBFChildSafety.

# 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](http://www.mbfpreventioneducation.org)

