

You Have A Right To

FEEL SAFE

Workbook



Big Brothers
Big Sisters.

A black and white line drawing of a young girl superhero with short hair, wearing a mask and a cape. She is flying over a city with several skyscrapers. A large speech bubble is positioned above her, containing text. The background features a sunburst pattern at the top and a blue polka-dot pattern with red geometric shapes on the right side.

At Big Brothers Big Sisters,
your safety is very important to us. We believe
that you have the right to feel safe. That includes when
you are with your Big, your friends, your teachers, your
family - everyone you meet.

In this book, we're going to go over some important rules
that can help keep you safe in Big Brothers Big Sisters
and every day of your life.

It's really important that
you turn to an adult you trust
whenever you need help. It's up to
adults to make sure that you
feel safe.

CHILDREN NEED TO COUNT ON ADULTS TO KEEP THEM SAFE

There are a lot of kids who have a hard time asking questions or telling parents, teachers, or other adults about what scares them, about being hurt by others, or when they need help figuring things out.

Some kids might think that if they tell an adult something - even if it's not their fault - that they'll get in trouble. Or they might think the adult they tell will be sad about it or get upset.

Some kids may think it's better to stay quiet than to ask for help. We hope that you don't feel this way. We believe that when something is bothering you, it can help to talk about it with an adult. Nothing is so bad that you can't talk with someone you trust about it.



Did you know that talking to an adult you trust can help keep you safe?

When something is really important to you, what makes it easier to talk to an adult about it?

Do you ever find it hard to talk to adults about things that are important to you?

Sometimes when an adult is asked for help, they may be busy or not listen right away.

Sometimes they may not understand what you are trying to say.



What if the adult you go to for help is not paying attention to you?

What if they don't understand what you are trying to say?

What if they don't help?

Solve the maze to find out what to do!

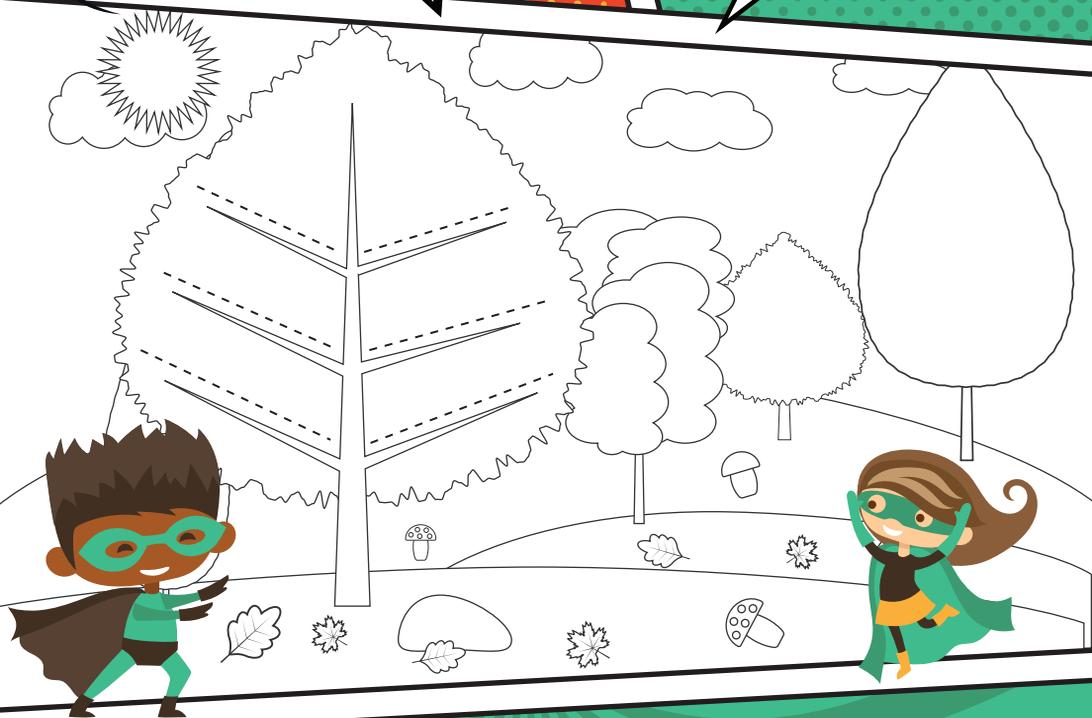
KEEP TRYING
UNTIL
SOMEONE
HELPS YOU



WHO ARE SOME ADULTS YOU COULD GO TO FOR HELP?

Before you face a hard situation, it may help to think of different adults you can trust so that when you have a problem, you will already have an idea about who can help you.

Write the names of some adults you can trust on the branches of the trust tree below. These are adults you can talk to.



REMEMBER

Nothing is so bad that you can't talk with someone you trust about it.

Sometimes, someone you trust may do something that **makes you feel uncomfortable**. Someone you like or trust may try to get you to do things you don't want to do like steal, bully others, or touch you in ways you don't want to be touched.

It might be confusing. You might wonder if it is okay because you thought you could trust this person.



But **ANYTIME ANYONE** asks you to do something you feel is **WRONG**, then they've behaved in a way that means trusting them is not a good idea. You can go to another adult you trust to tell them what happened.

It's important for you to know that if an adult does anything to you that makes you uncomfortable, scared, or hurt, it is **NEVER** your fault!!!



The Good News is that You Can Trust Most People!

SECRETS THAT HURT



Let's talk about "surprises" and "secrets." **Do you know that they are different?** Surprises are something that will be told to everyone and are usually fun. Secrets are something that stay hidden from everyone.

The big difference between surprises and secrets that are not okay, is that surprises are something that will be told to everyone, like a surprise party. But secrets are supposed to stay hidden.

Sometimes someone we trust might ask us to keep a secret. How **can you tell the difference** between a surprise and a secret that isn't okay to keep?

Can you give an example of a fun surprise?

What are examples of secrets you shouldn't keep?

If you are told to keep something a secret that makes you uncomfortable or doesn't feel safe, what can you do?

MY RULES FOR ONLINE SAFETY

At Big Brothers Big Sisters, we believe all kids have the right to feel safe



Below are some things you can do to help the adults in your life keep you safe when you're online. Write your name in the blank below and read through your rights.

_____’s rules for online safety

1. I have a right to feel safe.
2. I will tell my trusted adult if anything makes me feel sad, scared, or confused.
3. I will ask my trusted adult before sharing information like my name, address, and phone number.
4. I won't meet face-to-face with anyone from the internet.
5. I will always use good netiquette and not be rude or mean online.



Adapted from Netsmartz® Workshop rules for internet safety, a program of the National Center for Missing & Exploited Children®. More safety resources can be found at www.netsmartz.org/resources



MY RULES FOR REAL WORLD SAFETY



1. I have a right to feel safe.
2. I will always check first with my parent, guardian, or other trusted adult before going anywhere, helping anyone, accepting anything, or getting into a car.
3. I will take a friend with me when going places or playing outside.
4. I will tell people "NO" if they try to touch or hurt me. It's OK for me to stand up for myself.
5. I will tell my trusted adult if anything makes me feel sad, scared, or confused.
6. It's okay for me to set rules about how people treat me and to expect others to respect them.
7. It's important for me to listen to and respect the feelings of others.
8. I will tell a trusted adult if I see or I am told that someone else is being hurt.
9. I will remember that I can tell a trusted adult anything.



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SAFETY WORD FIND

P R K F N D S S I Q X E Z V X
N D A R J O T R U S T I P X H
D V K H U C I A N D B L I P J
T G U I Q P Y T D I G B E Q J
R S M E U T R T C K T D K Z Z
A U D V O E J I T E T J F R L
Y B L G H P A Y J H T Z T O T
R Q E E R P H S J X O O B T U
A I S B S T K Z P E W L R V Q
D Z Q Y L W G J H F A X H P Q
N Z P A S Z L U P W H D G C J
U W E H A M B N O O P W W W E
O H A F F P A P B H F F B E E
B Z Y C E V T P N V D L C C A
F S M F T B Z M C Z T R Y J Y

RULES

TRUST

BOUNDARY

SAFE

HEALTHY

PROTECT



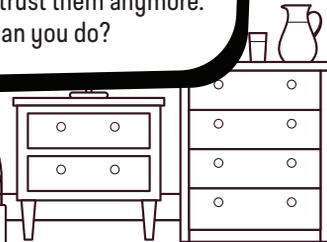
LET'S PLAY THE "WHAT IF" GAME

Read through the sentences below and talk about what you would do with an adult you trust

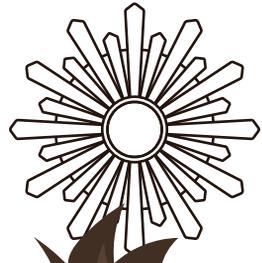
What if... you found out that a friend from school was sending messages to other kids saying mean, untrue things about you behind your back? What would you do if they were doing this to someone else? To a friend? To a family member?



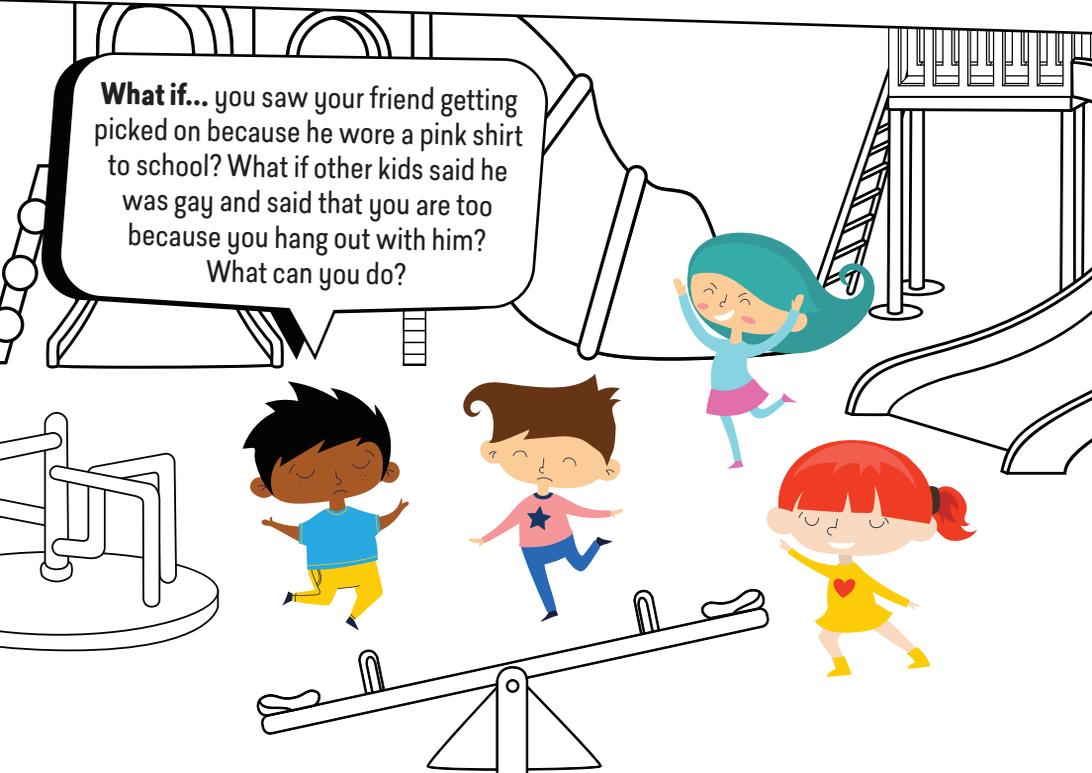
What if... someone you trust really hurts your feelings, and you don't know if you can trust them anymore. What can you do?



What if... your brother's really cool friend says he wants to take pictures of you with his phone? At first, it's okay, but then he wants you to take part of your clothes off. He told you to keep it a secret from your brother and said if you tell your brother, someone is going to get hurt. What can you do?

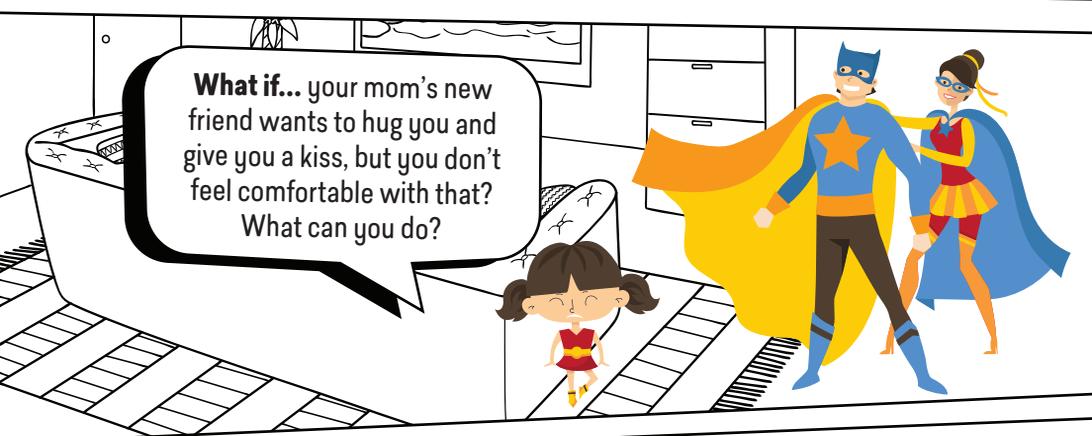


What if... you saw your friend getting picked on because he wore a pink shirt to school? What if other kids said he was gay and said that you are too because you hang out with him? What can you do?

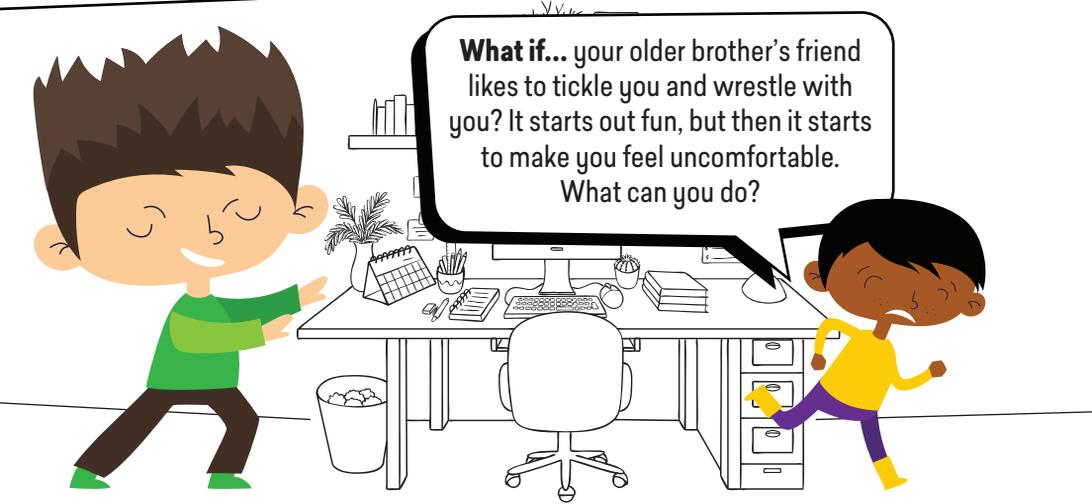




What if... your friend says “hey, look at this” and when you look, the pictures he shows you make you really uncomfortable? What can you do?



What if... your mom’s new friend wants to hug you and give you a kiss, but you don’t feel comfortable with that? What can you do?



What if... your older brother’s friend likes to tickle you and wrestle with you? It starts out fun, but then it starts to make you feel uncomfortable. What can you do?



1 - light blue 2 - green 3 - yellow 4 - brown
5 - beige 6 - red 7 - black

YOU HAVE A RIGHT TO FEEL SAFE

We expect that your Big will be one of the adults you can trust.

Our staff will call you to find out how things are going with your Big. We want to know about how things are going in your life, hear about the things that you and your Big do together, and talk about your match. And you don't have to wait for us to call you, you can call us anytime you feel like you need or want to.



Big Brothers Big Sisters Staff Contact Info

Name:

Phone Number:

Email:



**Check out these websites
for more information:**

www.netsmartzkids.org

www.netsmartzkids.org/ClubUYNAactivities

www.stopbullying.gov



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