

The logo is set against a solid orange background. In the top-left corner, there is a cluster of small, light-orange circles of varying sizes. In the bottom-right corner, there is a wedge-shaped slice of Swiss cheese with several holes. The text "SAFETY" is written in a large, bold, dark blue sans-serif font. Below it, the words "SPEAK UP" are written in a smaller, bold, dark blue sans-serif font, followed by a dark blue icon consisting of two parallel upward-pointing chevrons.

# SAFETY

## SPEAK UP

© 2022 The Foundation United. All rights reserved.

### Presentation Notes Key

Facilitator Says: Important notations that the presenter should make sure to cover

Students Might: Common questions or comments made by students during this presentation

Prompts: Questions or thinking points that you may pose to students to help engage in conversation

Caution: Important reminders and ways to handle situations that might arise during the presentation



## Pre-Training Survey

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

### Presentation Notes Key

Facilitator Says: Important notations that the presenter should make sure to cover

Students Might: Common questions or comments made by students during this presentation

Prompts: Questions or thinking points that you may pose to students to help engage in conversation

Caution: Important reminders and ways to handle situations that might arise during the presentation

## EDUCATOR NOTE:

Dear Educator:

Within this presentation there are slides that contain several versions of select vocabulary. **Please review them ahead of time** and hide the slides that are not the best fit for your audience or school site preferences.

# SAFETY FIRST OBJECTIVES

After this presentation, students will be able to:

- Identify the best safety-meter they have
- Define what safe people do
- Define what safe people do not do
- Define what makes someone an unsafe person
- Identify what makes secrets unsafe
- Identify their triangle of trust
- Explain how shock may impact someone's first reaction
- Identify what is safe touch
- Explain how to be safe when using devices online
- Analyze scenarios to apply key concepts and key vocabulary



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Facilitator Says:

Today you will take part in an experience designed just for you entitled Safety. In today's lesson we will discuss how to know when something isn't right, what makes a person safe, what makes a secret unsafe, who can be in your trust triangle, what safe touch is, and how to stay safe online.

- Safety-meter
- Safe person
- Unsafe person
- Safe secrets
- Unsafe secrets
- Triangle of Trust
- Shock
- Safe touch
- Unsafe touch

**AFTER THIS  
PRESENTATION  
STUDENTS SHOULD  
BE ABLE TO DEFINE  
THESE KEY TERMS**

# SECTION 1 OUTCOMES

## Student Outcomes

- Identify the best safety-meter they have
- Define what safe people do
- Define what safe people do not do
- Analyze scenarios and determine what a safe person would do
- Define what makes someone an unsafe person
- Analyze scenarios and determine if the people are safe or unsafe

# SAFETY

## Dear Students:

You are special and important. You should feel safe and loved. Sadly, there are some people out there who may try to trick you. One of the best ways we can help keep you safe is to teach you how to identify safe and unsafe people, and what to do when you feel unsafe. Your **SAFETY** comes first.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## HAVE YOU EVER HEARD SOMEONE SAY TO YOU

"Trust your gut..."  
"This just feels wrong..."  
"My intuition says...."

What do you think it  
means when someone  
says that?



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

The best safety-meter  
you have is inside you!  
Your heart is the best  
tool you have to measure  
safety. If you feel icky or  
confused, something is  
probably wrong.

**HOW DO I KNOW  
WHEN I AM  
UNSAFE?**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## HOW DO I KNOW WHEN I AM UNSAFE?

Can you point to your heart? Give yourself a big hug! Your heart is the best way to know you're safe. If it feels yucky or wrong, you need to listen to that feeling.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## SAFETY-METER SCENARIO

*At the playground someone you don't know offers you a toy but you have to follow them to get it. You really want the toy, but your inside safety-meter is telling you something is not ok. You feel kind of icky about it. What do you do?*



**SPEAK UP** 

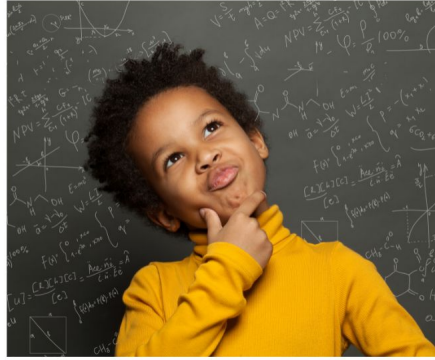
© 2022 The Foundation United. All rights reserved

## SAFETY-METER SCENARIO

Listen to your heart always. Do not do something that feels icky. If you are unsure, **ALWAYS** check with a safe adult first.

A safe person won't get upset if you need to check with a trusted grownup such as your mom, dad, babysitter, etc. first.

Safe people want you to always double-check that something is ok.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Safe people treat you with  
kindness and respect.



**WHAT DO SAFE  
PEOPLE DO?**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## WHAT DO SAFE PEOPLE DO?

Safe people are helpful when you need something. A school nurse might get you a bandaid if you scrape your knee. A teacher may email your dad if you forgot your lunch at home.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Safe people listen to you and believe you. They respect your thoughts and feelings.



**WHAT DO SAFE  
PEOPLE DO?**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## SAFE PEOPLE DO NOT...

Safe people do  
NOT make you feel  
icky or sad inside.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## SAFE PEOPLE DO NOT...

Safe people do NOT ask you to help them with something that feels confusing, like finding their lost dog or picking out an ice cream flavor.



## SAFE PEOPLE DO NOT...

Safe people do NOT  
ask you to keep  
secrets that make you  
feel sad or scared.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Safe people are people who:

- Treat you with kindness and respect
- Are helpful when you need something
- Listen to what you are saying
- Do NOT ask you to keep secrets
- Do NOT make you feel icky or scared

## WHO ARE SAFE PEOPLE?



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

*Isabella is having trouble making friends at school. She goes to her teacher and tells her she is feeling lonely and is having trouble making friends.*

*What would a safe person do?*



**WHAT WOULD A  
SAFE PERSON DO?**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

*Isabella's teacher introduced her to a new student in class. She was very kind and they began playing a class game together. She listened to Isabella's problem and worked to help Isabella. Safe adults are there to help.*



**WHAT WOULD A  
SAFE PERSON DO?**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

*Mateo is playing at Monique's house. He fell and hurt his knee. He goes to Monique's mom and shows her the scraped knee.*

*What would a safe person do?*



**WHAT WOULD A  
SAFE PERSON DO?**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

*Monique's mom would check the wound and see if Mateo needs a bandaid. She also might call Mateo's mom if the cut is bad or if Mateo wanted to talk to his mom or dad. Safe adults are there to help.*



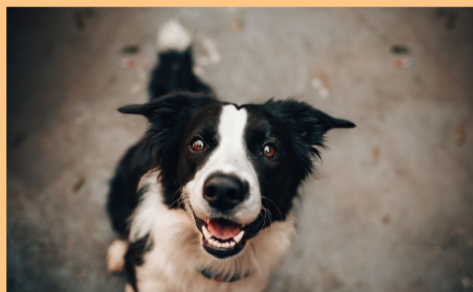
**WHAT WOULD A  
SAFE PERSON DO?**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

*Prita thinks she saw a neighbor  
kick her dog. She thinks she sees  
it again. She tells her babysitter  
what is happening.*

*What would a safe person do?*

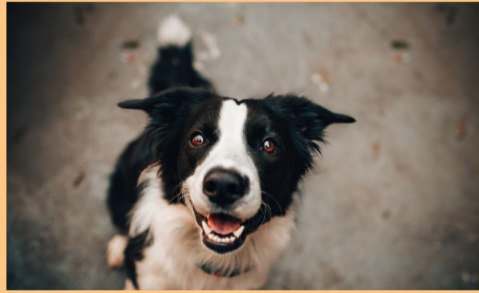


**WHAT WOULD A  
SAFE PERSON DO?**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

*Her babysitter should listen to Prita and find out what is going on with the neighbor and the dog. A safe person would listen to Prita and take her observations seriously.*



**WHAT WOULD A  
SAFE PERSON DO?**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## WHAT DO UNSAFE PEOPLE DO?

Unsafe people make you  
feel icky or sad inside.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## WHAT DO UNSAFE PEOPLE DO?

Unsafe people may try to trick you. They may make you feel confused or "in trouble" if you do not listen to them. If you feel confused or unsure, **ALWAYS** check with a trusted grownup.

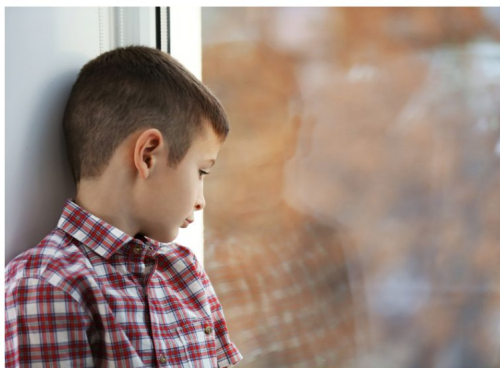


**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## WHAT DO UNSAFE PEOPLE DO?

Unsafe people may ask you to keep a secret or not tell anyone something that has happened.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## WHAT DO UNSAFE PEOPLE DO?

Unsafe people may tell you that a grownup will be upset with you if you tell them something. They may make you feel afraid to be honest.



## WHAT DO UNSAFE PEOPLE DO?

Unsafe people may ask you for personal information such as your address, when your parents are home, what your password is, etc. You should not give any personal information to someone you do not know.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## WHAT DO UNSAFE PEOPLE DO?

Unsafe people may try to make you feel guilt or shame. These words mean that you have made bad choices or you may disappoint someone. These are all tricks. You have done nothing wrong.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

You might be with an unsafe person if you feel...

- Sad
- Confused
- That you have to keep a secret
- Guilt or Shame
- That you need to tell them things that seem private
- You might be "in trouble" for something you did with them



**WHO ARE UNSAFE PEOPLE?**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

**SOME EXAMPLES OF PEOPLE WHO MIGHT  
BE UNSAFE PEOPLE IN YOUR LIFE:**



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## **SOME EXAMPLES OF PEOPLE WHO MIGHT BE UNSAFE PEOPLE IN YOUR LIFE:**

It is hard to identify unsafe people. Most of the people in your life are likely very safe. But you can identify safe people with the best safety-meter you have:

Your heart.

Unsafe people can be strangers as well as kids or grownups you know.

## SAFE OR UNSAFE?

*Genesis is playing at the neighborhood park with her friends. An adult they don't know comes up and tells Genesis that she needs to go with him. Her mom had to run an errand, so Genesis needs to go with the man. Genesis isn't sure and tells the man she is going to go home to check first. The man becomes angry and says, "You don't want your mom to be mad you didn't listen, do you?"*



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## SAFE OR UNSAFE?

This stranger is not safe. You should never go with someone that you don't know. If someone is trying to make you feel bad or guilty about wanting to ask a safe adult something, then they are NOT safe.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## SAFE OR UNSAFE?

*Luis is playing Roblox and someone messages him. The person says that he is Uncle Mark and that he is going to come by and surprise Luis' mom with doughnuts. He asks Luis to remind him of his address and what time his mom will be home from work.*



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## SAFE OR UNSAFE?

This person is not safe. They are asking for personal information and we do not know who they really are; they are trying to trick Luis.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## SAFE OR UNSAFE?

*Samantha is playing dress-up with Molly. Her older cousin Candice wants to play too but touches Samantha in a way that makes her feel icky. She tells Samantha that she must keep it a secret or she will be in trouble.*



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## SAFE OR UNSAFE?

This person is not safe. They are touching her body, making her feel icky, asking her to keep secrets, and threatening her with getting in trouble.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## SECTION 2 OUTCOMES

### Student Outcomes

- Identify what makes secrets unsafe
- Analyze scenarios and determine if the secrets are safe or unsafe
- Identify their triangle of trust
- Explain how shock may impact someone's first reaction
- Identify what is safe touch
- Analyze scenarios and determine if the touch is safe
- Explain how to be safe when using devices online
- Analyze scenarios and determine if the characters are being safe online
- Analyze scenarios and explain how the children can stay safe

## WHAT IS AN UNSAFE SECRET?

Unsafe secrets make you feel scared, icky, or confused. Your best safety-meter is your heart!

Unsafe secrets include:

- Someone asking you to go somewhere without telling your mom or dad.
- Someone touching you in a way that feels icky, but saying if you tell someone you'll get in trouble.

## SAFE OR UNSAFE SECRET?

*Jazier's dad is turning 40. His mom is planning a surprise party for him. She tells Jazier that he can't tell his dad about the party because it needs to be a secret.*



## SAFE!!!

*This is an example of a safe secret.  
Another word that means the same thing  
as a safe secret is surprise. Safe  
secrets, or surprises, always make  
people feel good on the inside.*



## SAFE OR UNSAFE SECRET?

*Carlos is at a sleepover with his friend Raul. Raul's older brother tells Carlos that he wants to take a picture of him but Carlos can't tell anyone. Carlos doesn't want him to take a picture and he feels icky on the inside. He wants to tell but is scared.*



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## UNSAFE!!!

*This is definitely an unsafe secret.  
First, nobody should take a picture  
of you without your permission.  
And nobody should ask you to  
keep something secret that makes  
you feel uncomfortable. Unsafe  
secrets make you feel bad, so this  
is an unsafe secret.*



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## IF YOU FEEL UNSAFE, WHAT SHOULD YOU DO?

Tell someone in your Triangle of Trust. This is three people that you know are safe. Some examples can include:

- Mom, dad, and grandmother
- Teacher, neighbor, and older sister
- School counselor, aunt, and coach



## IF YOU FEEL UNSAFE, WHAT SHOULD YOU DO?

Can you make a triangle with your hands? Think of 3 people that you trust and make you feel safe. Take a moment to make this list. This is your Triangle of Trust.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## IF YOU FEEL UNSAFE, WHAT SHOULD YOU DO?

If you feel unsafe you should tell someone in your Triangle of Trust. Sometimes even safe adults don't listen like they should. If they don't believe you, you need to keep telling safe adults until someone helps you.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## A SPECIAL REMINDER

As we look at these scenarios we can say what someone should do to stay safe, but in the moment it is sometimes hard to know what to do.

When someone is being unsafe with you, it can feel confusing. This feeling can be called **shock**. You may not be able to speak up in that moment.

Remember:

- It is never your fault!
- In the moment, it's sometimes hard to know what to do
- Always tell someone in your triangle of trust what has happened, even if you feel embarrassed

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## WHAT IS SAFE TOUCH?

Safe touch is when someone makes contact with your body in way that does not feel icky or scary and is in an area that you are comfortable with.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## WHAT IS SAFE TOUCH?

Almost no one should touch your body in areas covered by a shirt and shorts.

Some exceptions include a doctor giving you a checkup with your mom in the room OR your parents helping you during bath time.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## WHAT IS SAFE TOUCH?

Almost no one should touch your body in areas covered by a shirt and shorts.

There are names for these body parts. Their names are penis, testicles, vulva, vagina, buttox, nipples, and breasts.

Some exceptions include a doctor giving you a checkup with your mom in the room OR your parents helping you during bath time.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## WHAT IS SAFE TOUCH?

If you do not like the way someone is touching any part of your body tell them to **STOP** and then tell someone in your Triangle of Trust. Keep telling a safe adult until someone listens.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## IS THIS SAFE TOUCH?

*Marley goes to a birthday party for her cousin. Her uncle, who she hasn't seen in a long time, comes up and asks her if he can give her a hug. Marley says yes.*



## IS THIS SAFE TOUCH?

This is safe touch.  
Marley's uncle asked for  
her permission and  
Marley agreed that she  
felt comfortable with that  
kind of touch.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## IS THIS SAFE TOUCH?

Artemis loves playing baseball. At his last game when he was going out to bat an adult in the dugout slapped him on his bottom. He didn't like it and it made him feel icky inside.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## IS THIS SAFE TOUCH?

That is unsafe touch.  
Nobody should touch your  
body like that. Artemis's  
body is off limits to be  
touched like that by  
anyone.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Some unsafe people will try to trick you. They look for a time when your caregivers might not be watching over you. The internet is a place they think they can trick you more easily.



## DEVICE AND INTERNET SAFETY

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

When you are online, you need to have your safety-meter on HIGH ALERT for tricky people. What are some games you play or websites you use?

While you are using those, here are some things that tricky people might try to do.



**SAFETY-METER  
ON HIGH ALERT**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Ask you about things in your home life such as:

- What is your address?
- Are your parents at home?
- Who lives in your house?



**TRICKY PEOPLE  
"LOOK-FORS" ONLINE**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Tell you something that makes  
you feel confused or icky

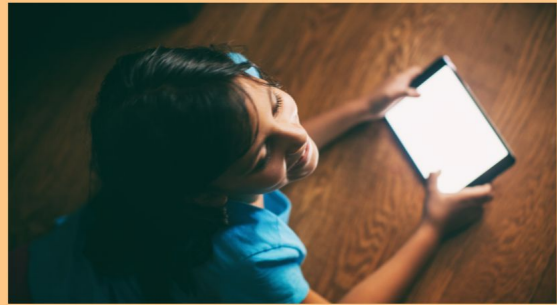


**TRICKY PEOPLE  
"LOOK-FORS" ONLINE**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Ask you for photos



**TRICKY PEOPLE  
"LOOK-FORS" ONLINE**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Ask you to help them; you don't  
need to help adults you do not  
know



**TRICKY PEOPLE  
"LOOK-FORS" ONLINE**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Tell you that you will get in  
trouble for telling a safe adult  
something



**TRICKY PEOPLE  
"LOOK-FORS" ONLINE**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

Ask you to meet them  
somewhere



**TRICKY PEOPLE  
"LOOK-FORS" ONLINE**

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## IS THIS BEING SAFE ONLINE?

*Sarai is playing Minecraft when another player asks her where she lives. Sarai tells the player that she is a 2nd grader at Cummings Cove Elementary in Atlanta, Georgia.*



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## IS THIS BEING SAFE ONLINE?

Sarai is not making safe choices online. You should never tell a stranger online where you live, even if you think they are your "friend."



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## IS THIS BEING SAFE ONLINE?

*Jerome is on Facebook when someone messages him and asks him for a photo. Jerome blocks the person and makes his profile private.*



## IS THIS BEING SAFE ONLINE?

Jerome made a safe choice. You should only talk to people online that you know. Making your profile private is also a safe choice. If anyone makes you feel uncomfortable online you should always tell an adult immediately.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## HOW CAN WE STAY SAFE

*9 year old Taylor was having fun playing games online when a message from a stranger popped up asking if she wanted to talk. How can she stay safe?*

- Taylor can.....
- Remember: You should only talk to people online that you know.



## HOW CAN WE STAY SAFE

*6 year old Jessica is playing online when a stranger asks her to send them a picture.*

- Jessica can.....
- Remember: A safe person will not ask you to send a photo of yourself on the internet.



## HOW CAN WE STAY SAFE

*6 year old Maria is playing outside when a stranger pulls up in a car. The man tells Maria he's there to pick her up. The man was nice and said he knew Maria's mom and she would be mad at her for not listening to him.*

- Maria can.....
- Remember: You should always trust your heart. If you don't know the person it is okay to go to a safe adult to make sure that you are not being lied to.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## HOW CAN WE STAY SAFE

*Eleanor is in Kindergarten and something happened at a friend's house that made her feel icky. She tries telling the school counselor, but he doesn't seem to believe her.*

- Eleanor can.....
- Remember: You should keep telling until someone listens. You should always find another adult and share your story if nobody believes you the first time.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## HOW CAN WE STAY SAFE

*5 year old Zara is changing into her bathing suit to go swimming at the pool. An older boy named Kevin walks in and tries to touch her. This makes Zara feel icky.*

- Zara can.....
- Remember: Nobody should touch your body, especially in places covered by a shirt or shorts. If something makes you feel icky inside you should always tell.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## HOW CAN WE STAY SAFE

*Jayden is in 1st grade and was asked to keep a secret that scared him. How can we help him stay safe?*

- Jayden can.....
- Remember: Safe secrets make us happy. If the secret makes you feel scared or bad then it is not a safe secret and you should tell a safe adult.



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved

## STUDENTS SHOULD NOW BE ABLE TO:

- Identify the best safety-meter they have
- Define what safe people do
- Define what safe people do not do
- Define what makes someone an unsafe person
- Identify what makes secrets unsafe
- Identify their triangle of trust
- Explain how shock may impact someone's first reaction
- Identify what is safe touch
- Explain how to be safe when using devices online
- Analyze scenarios to apply key concepts and key vocabulary

## STUDENTS SHOULD NOW BE ABLE TO DEFINE:

- Safety-meter
- Safe person
- Unsafe person
- Safe secrets
- Unsafe secrets
- Triangle of Trust
- Shock
- Safe touch
- Unsafe touch



**SPEAK UP** 

© 2022 The Foundation United. All rights reserved



## POST-TRAINING SURVEY

**SPEAK UP** 

© 2022 The Foundation United. All rights reserved