

Problem-Solving Steps



S

Say the problem

.....
without blame

T

Think of solutions

.....
safe and respectful

E

Explore consequences

.....
what could happen if...

P

Pick the best solution

.....
make your plan

Dear Parent or Guardian,

Your fifth grade student participated in MBF Child Safety Matters™ today, a bullying and child abuse prevention program developed by the Monique Burr Foundation for Children (MBF), based on the latest research, and reviewed and endorsed by national experts. We would like to share with you what they learned in this fun and engaging program, and suggest how you can continue these safety lessons at home. The more you talk with your child, the more they will remember this important information and be empowered to use what they have learned to stay safe. Please visit our website www.mbfchildsafetymatters.org to learn more about the program and for additional information and resources.

What Your Child Learned:	How You Can Reinforce Your Child's Learning:
<p>Your child learned about safety, Safe Adults, red flags that indicate danger, and safe vs. unsafe situations. They learned about the four types of child abuse (physical, emotional, sexual and neglect). They also learned that adults, and sometimes other children, can use tricks, secrets, gifts, and more to try to hurt children. Finally, they learned strategies for staying safe, including the MBF Child Safety Matters Safety Rules that educate and empower them to help adults keep them safe from bullying, cyberbullying, and abuse.</p>	<ul style="list-style-type: none"> • Ask them what they learned about red flags and how people try to hurt children (for example, tricks, secrets, gifts). Encourage them to tell you or another Safe Adult if they encounter this type of behavior from an adult or another child. • Ask them who their Safe Adults are and assist them with identifying two Safe Adults (choose Safe Adults both in and out of the home). Help them distribute their MBF Child Safety Matters "Safe Adult Bookmarks", if needed. • While it is not taught during the classroom lesson, it is helpful if you teach your child the correct terminology for their private body parts. This will help avoid confusion if they ever need to talk about an unsafe situation or need to disclose abuse. • Reinforce that telling is helping, not tattling; let them know they can always come to you and you will listen and support them. • Review the Safety Rules and ask your child about the motions that go with them. • Use daily events or opportunities to ask your child about situations where they might apply the Safety Rules and how they might use the Safety Rules in those situations to help adults keep them safe. • Do the activity on the back side of this sheet to continue communicating with your child and reinforce the learning from the classroom lesson.

MBF Child Safety Matters Safety Rules



Know What's Up



Spot Red Flags



Make a Move



Talk It Up



No Blame / No Shame



Parent Instructions: Find each of the words with your child. While searching for each word, ask your child what the word means, what they learned about the word, and how they can use the word or concept to help adults keep them safe.

- Child Abuse
- Exploitation
- Password
- Trick
- Force
- Trust
- Physical Abuse
- Sexual Abuse
- Emotional Abuse
- Safe Adult
- Consequences
- Intentional
- Neglect
- Guardian
- Injuries
- Responsibility
- Stranger

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

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What Your Child Learned:

Your child learned about safety, Safe Adults, red flags that indicate danger, and safe vs. unsafe situations. They learned about the MBF Child Safety Matters Safety Rules that educate and empower them to help adults keep them safe from bullying, cyberbullying, and digital abuse.

They learned how they can help stop bullying by being an Upstander vs. a Bystander, and about cyberbullying and other online dangers including gaming, virtual reality, social media and sexting dangers. They also learned online safety tips.

How You Can Reinforce Your Child's Learning:

- Ask them what they learned about red flags and how people try to hurt children (for example, tricks, secrets, gifts). Encourage them to tell you or another Safe Adult if they encounter this type of behavior from an adult or another child.
- Reinforce that telling is helping, not tattling; let them know they can always come to you and you will listen and support them.
- Review the Safety Rules™ and ask your child about the motions that go with them.
- Use daily events or opportunities involving technology to ask your child about situations where they might apply the Safety Rules and how they might use the Safety Rules in those situations to help adults keep them safe.
- While specific rules for home online activity are not taught in the classroom, we encourage you to develop rules for Internet and technology use in the home, such as number of screen hours allowed each day, sites they can/cannot visit, technology use allowed in their bedroom, etc. Additional resources are available on the website listed above.
- Ask them what they learned about cyberbullying and other ways people harm children online. Tell them you will be available and will support them if they ever encounter such behavior.
- If your child is ever the victim of cyberbullying or digital abuse, learn appropriate ways to respond at www.mbfchildsafetymatters.org.
- Do the activity on the back side of this sheet to continue communicating with your child and reinforce the learning from the classroom lesson.

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LEARN MORE / CONTACT US / REPORT ABUSE



The Monique Burr Foundation for Children is dedicated to protecting children from bullying, cyberbullying and all types of child abuse and exploitation by providing prevention education. For more information, visit www.moniqueburrfoundation.org or contact us at MBF@moniqueburrfoundation.com. Every Florida citizen is a mandatory reporter. Report suspicions of abuse or neglect to 1-800-96-ABUSE or reportabuse.dcf.state.fl.us.



MBF Child Safety Matters™ Digital Safety Pledge

Child:

1. I will agree to rules established by my parent/guardian regarding digital devices, times of use, and approved sites and apps I may use.
2. I will not give out my personal information (address, school, phone numbers, etc.) or my passwords to anyone I communicate with online.
3. I will not respond to any mean or inappropriate comments or inappropriate pictures or material but will instead report them to my parent/guardian or a Safe Adult immediately.
4. I will not meet anyone offline that I meet online, even if I consider them a "friend."
5. I will not send inappropriate private messages or pictures to anyone online, even "friends".
6. I will get my parent/guardian's permission before downloading or installing any software or apps to avoid viruses and malware/spyware.
7. I will give my parents my passwords to my online accounts and digital devices and agree to allow them to monitor my devices and online activity to help me learn to use technology and social media safely and to help me stay safe.
8. I will practice good digital citizenship and treat others as I want to be treated.
9. I will remember that everything I post online is public and permanent and is creating a digital footprint that will forever be attached to my name.

I agree to the above _____

(Child Sign Here)

Parents:

1. I will review the above rules with my child and ensure they understand their importance to keep them safe. I will review them periodically with my child and/or post them for reinforcement.
2. I will establish rules regarding digital devices, times of use, and approved sites and apps that my child may use.
3. I will monitor my child's online accounts and online use, and help them learn to use digital devices, social media, and apps safely.
4. I will report malicious messages or inappropriate pictures or material my child (or I) encounter online to my Internet Service Provider and the Cybertipline at 800-843-5678.
5. I will be a good role model for my child modeling good digital behavior and citizenship.

I agree to the above _____

(Parent/Guardian Sign Here)

I agree to the above _____

(Parent/Guardian Sign Here)