Be Safer with KidSmartz

A Personal Safety Presentation for Children in Grades K-5

KidSmartz.org

KidSmartz®

A program of the

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN®

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Presenter's Guide

PART I: Presentation Overview

About KidSmartz

KidSmartz™ is a child safety program that educates families about preventing abduction and empowers kids in grades K-5 to practice safer behaviors. This program offers resources to help parents, caregivers, and teachers protect kids by teaching and practicing the four rules of personal safety using tips, printable activities, quizzes, articles, music, videos, and more.

KidSmartz was created by the child safety experts at the National Center for Missing & Exploited Children® in partnership with Honeywell.

Program goals

KidSmartz is designed to help parents and their children:

- Understand safety risks
- Learn about self-protection strategies
- Feel empowered to report attempted abductions

What's in this presentation?

This is an assembly-style personal safety presentation for children in grades K-5. Kids will learn about the four KidSmartz rules with a live presenter who engages them through discussion, quizzes, music, and animated videos.

Topics include:

- Why children have a right to be safe
- Checking first before going anywhere
- The 8 common abduction tricks
- Why it's safer to go places with a friend
- How to say "NO" when you're sad, scared, or confused
- What makes someone a trusted adult
- How to get help in emergencies

Presentation length

Approximately 45 minutes

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Presenter's Guide

PART II: Tips for Planning and Presenting

Materials needed

This presentation contains videos with sound and is meant to be projected on a large screen. There is also a demonstration that involves the use of easy-to-find props. In preparation for your presentation, make sure that you have:

- An LCD projector
- A projection screen
- Speakers
- A thick stack of paper
- A heavy box or bag

Editing the presentation

You are able to add, remove, and change the order of the presentation slides if you wish. You are not able to edit individual slides created by KidSmartz.

Tips for handling sensitive subjects with children

Abduction can be a difficult topic to address, especially with young children. They may be scared or uncomfortable discussing the possibility of being taken away from their parents. Use the following tips to create a safe space where children can explore this topic without fear.

1. **Avoid scary words** – KidSmartz purposefully avoids using the words "abduction" and "kidnapping" with children. Throughout the presentation, you will notice statements like "No one should ever try to take you somewhere without your parent's permission." This presents the topic in an age-appropriate way free from scare tactics.
2. **Encourage, but don't force participation** – There may be some children who are reluctant to participate in discussions, activities, or role-playing exercises, and that's OK. Maintain a positive tone and continually encourage them to join in.
3. **Gently correct misinformation** – It is likely that some of the children in your audience have already been exposed to ineffective and scary messages, such as "don't talk to strangers." Turn these into teachable moments. Refer to the "stranger danger" information at KidSmartz.org for tips on how to combat these myths with children.
4. **Answer questions** – You may be surprised by some of the questions children will ask about this topic. Allow them to ask questions whenever they arise and be as honest as you can.
5. **Take a break** – This presentation is specifically designed to put children at ease, but we understand there may be times when things do not go as planned. If the presentation veers off course or children get upset at any time, take a moment to discuss how they're feeling.

Overall, stay positive. This is a sensitive topic, but it does not have to be scary. You want children to leave this presentation feeling confident in their ability to identify risky situations and practice safer behaviors.

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Presenter's Notes

Slide 1

(Introduce yourself.)

Today we're going to be talking about how to be safer using the four rules of personal safety.

Slide 2

Here to help me are my friends from KidSmartz – Sam, Jen, Marco, and his mom Ms. Diaz. We'll be watching some videos of them later. Sam, Jen, Marco, and Ms. Diaz are going to show you how to keep others from hurting you.

Slide 3

Personal safety is important to learn about because you have the right to be safe. No one should ever try to hurt you or take you away. You have the right to protect yourself because it's your body. Everybody take a look at yourself. Look down at your arms, your legs, your belly. This is **your** body. So we're going to learn how to protect it.

Slide 4

You can protect yourself by using these four rules of personal safety. We follow all kinds of rules, right? There are rules about fire safety – stop, drop, and roll. And there's a rule for crossing the street – look both ways.

Those rules are meant to keep you safe, just like these personal safety rules.:

- 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.
- I will **take a friend** with me when going places or playing outside.
- I will **tell people "NO"** if they try to touch me or hurt me. It's OK for me to stand up for myself.
- I will **tell my trusted adult** if anything makes me feel sad, scared or confused.

Today, we're going to learn about each of these rules and practice them, too.

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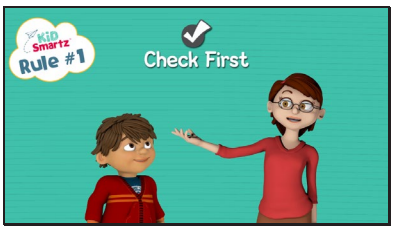
Slide 5



Let's look closer at the first rule - **check first** with your parent, guardian, or other trusted adult before going anywhere, helping anyone, accepting anything, or getting into a car.

Your parents, guardians, teachers, and other adults all have a very important job – to keep you safe. They can't do that job if they don't know where you are. They'll be worried about you if they can't find you. That's why it's so important to check first before going anywhere, even if it's with someone you know. You need to check first with the adult in charge.

Another reason why it's important to check first is because some people aren't very nice and will try to trick you into going with them. Let's learn about some of the tricks they use, so you know how to spot them.

Slide 6

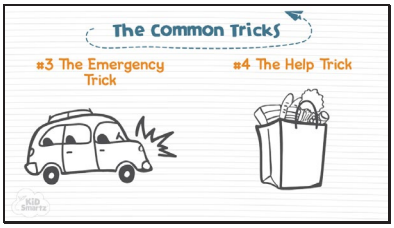
The first trick we're going to talk about is the **offer trick**. That's when a person offers you something you might want, like candy, food, toys, money, or a fun trip. Even though you might really want these things, you still shouldn't take anything without checking with your parent, guardian, or the adult in charge. They could be tricking you into coming with them, so check first!

The second trick is the **animal trick**. Who likes to pet cute puppies and kittens?

(Pause for audience response)

It's fun to meet new animals, but sometimes tricky people will try to get you to go with them by showing you a cute animal. It's important to check first to see if it's OK.

Slide 7



The third trick is the **emergency trick**. This is when someone tells you there's an emergency, like a car accident or a fire, and they need to take you to your parent or guardian. For example, if your uncle surprises you at school and tells you that your parents have been in a car accident and he needs to take you to the hospital, what should you do?

(Pause for audience response)

Even though he's your uncle, and even though you're really worried about your mom and dad, you shouldn't just go away with him. You need to check first with the adult in charge. If you're in school, that's your teacher. There may be school rules about who can pick you up and who can't, so your teacher will have to make sure it's OK for you to leave with him. You can say "I can't go with you until I check with my teacher."

The fourth trick is the **help trick**. This is when someone asks you to help them. They may ask you to give them directions, help look for a lost pet, or carry groceries to their car. It's nice to help people, but adults shouldn't ask kids they don't know for help. They should only ask other adults. So if someone asks you for help, you need to check first to see if it's OK.

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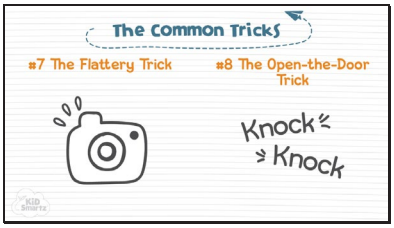
Slide 8

The fifth trick is the **friend trick**. This is when someone says they're a friend of your parent or guardian, and they were asked to pick you up. Just because they say they know your mom or dad doesn't mean they really do. And even if they do know your parents or guardian, that doesn't mean you should leave with them. You should always check first with the adult in charge to see if it's true. The adult in charge needs to know that you're leaving. Remember, adults will be scared and worried if they don't know how to find you. So be sure to follow the check first rule.

The sixth trick is the **"bad" child trick**. This is when someone says you did something wrong and you have to go with them. They may have a fake badge or be dressed in a uniform. They may also say your parents are really mad at you, or they don't want you anymore. This is a trick. Even if you're scared and think you're in trouble, you need to check first with the adult in charge before going anywhere. A real police officer would never tell you you've been bad and take you away without checking with the adult in charge.

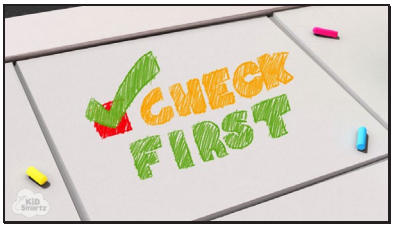
Slide 9



The seventh trick is the **flattery or model trick**. This is when someone asks you to go with them to take pictures. They'll tell you that you're pretty or handsome. They might tell you that you'll be rich and famous. Don't fall for this trick! It might sound nice to be really rich and famous, but a real photographer will talk to your parent or guardian about taking your pictures, not you.

The last trick we're going to talk about is the **open-the-door trick**. This is when someone asks you to open the door to your house when your parents or guardians aren't home. The person may look like a delivery person or be wearing a uniform. You shouldn't ever open the door for anyone when you're home alone. If they're really trying to deliver something, they'll come back. So if this ever happens to you, call your parent or guardian and let them know someone came to the door. Check first with them to see what you should do next.

Slide 10



Now our friends from KidSmartz are going to show us an example of these tricks. Watch closely to see if you can spot the tricks.

(Click to play video.)

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Slide 11

(Video plays.)

Slide 12

What two tricks did the man in the car use?

(Pause for audience response)

The man used the help trick because he asked for directions, and then he used the offer trick because he offered them money for their help. The adult in the car shouldn't have asked the kids for help. If someone in a car asks you for help, you should never get close to the car. Tell them "NO," and then go find the adult in charge.

Slide 13

Now let's test how much you know about the common tricks.

<u>Question #1</u>
You're home playing in your front yard. Your mom is in the kitchen making dinner. Your neighbor asks if you want to come over for some treats. What should you do?

(Pause for audience response)

Check first with your mom! Even though you know your neighbor, he's not the adult in charge, is he? You need to check first with your mom to see if it's OK.

<u>Question #2</u>
You're playing at the park with friends when a woman asks you to help her find her lost dog. What should you do?

(Pause for audience response)

Tell them you can't help them unless you check first. Walk away and go find the adult in charge.

<u>Question #3</u>
You're at the store with your dad when someone with a badge tells you that you're in trouble for knocking over some shelves. He says you need to come with him right away. What should you do?

(Pause for audience response)

Check first with your dad! He's in charge of you, so he needs to know where you are. A real store worker wouldn't just take you away from him.

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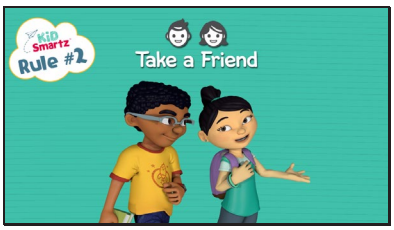
Slide 14



You did a great job with the first rule – check first! Now let's talk about the second rule – take a friend with you when going places or playing outside.

Why is it important to take a friend?

(Pause for audience response)

Taking a friend is important because there is strength in numbers. I'm going to show you what that means. Can I have a volunteer come help me?

(Have one child join you at the front and hand them a single sheet of paper. Ask them to rip the paper in half.)

Do you see how easy it was to rip this piece of paper? That's because it was just one piece.

(Now give the child a whole stack of paper and ask them to rip it in half. You can have children take turns trying if you have time.)

Do you see how hard it is to rip the entire stack of paper? That's because it's many pieces of paper together. They're stronger together, just like friends are stronger together.

(If you have time, repeat this demonstration with a heavy box/bag. It will be difficult or impossible for one child to lift alone, but it should be easier with many children working together.)

Slide 15

Let's watch our KidSmartz friends tell us why it's important to take a friend.

(Click to play video.)

Slide 16

(Video plays.)

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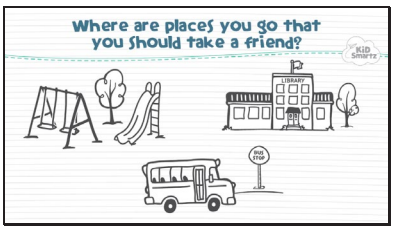
Slide 17



As you saw in the video, Marco and Jen worked together in the game because taking a friend made it more fun and safer. Marco helped Jen defeat the army of robots because they were stronger together. And Jen helped Marco when he was stuck. She was there to help him and he feels safer with her by his side.

How about you? Where are places *you* go that you should take a friend?

(Pause for audience response. Responses may include walking to and from school, going to the park, walking the dog, standing at the bus stop, going to public restrooms, etc.)

Slide 18

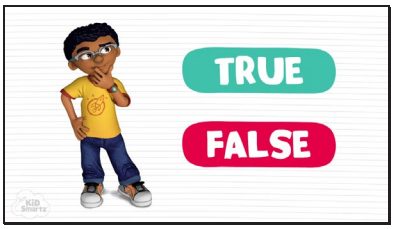
It's important to know that some tricky people try to trick kids while they're going to or from school. That's why it's very important to go to and from school with a friend or a trusted adult. Tricky people are less likely to bother you, and if they do, you'll have a friend there to help.

Slide 19

Another important thing to remember is that you should always stay with the group! Don't wander off on your own to check something out or walk away from the group if someone is making you mad. Remember how the paper was so much harder to rip when it was a whole stack of paper? That's because there's strength in numbers. It may be dangerous to walk off on your own. Stay with the group!

You should also remember to stay on the main roads. Don't take shortcuts through alleys or fields. You're safer with friends and you're safer where more people can see you.

Slide 20



Now let's see how much you know about the second rule of personal safety.

<u>Question #1</u>
Strength in numbers means two is stronger than one. True or false?

(Pause for audience response)

True! You should always take a friend because there is strength in numbers. You're stronger and safer with a friend.

<u>Question #2</u>
It's OK to walk away from the group if you see something really interesting. True or false?

(Pause for audience response)

False! You should always stay with the group.

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Question #3
Sometimes tricky people look for kids walking to or from school alone. True or false?

(Pause for audience response)

True! Whenever possible, go to or from school with friends or with a trusted adult.

Great job! You're doing an excellent job listening to these important safety rules.

Slide 21

Let's move on to the third rule – tell people "NO" if they try to touch you or hurt you.

This rule is very important because you have a right to feel safe. Remember when we talked about how you have a right to protect your body? That means it's OK for you to stand up for yourself. No one, **not even an adult**, has the right to make you feel unsafe.

Saying "NO" does *not* mean you're being "bad" or "disrespectful." You're being responsible for yourself and your safety!

Slide 22

It's OK to say "NO" when someone is hurting you or making you uncomfortable, even if it's someone you know like your mom, dad, uncle, teacher, or coach. And it's OK to say "NO" when someone wants you to go with them, but you haven't checked first with your parent, guardian, or the adult in charge.

Slide 23

Let's watch as our KidSmartz friends, Jen and Sam, explain to Marco why it's OK for him to say "NO" to someone who makes him uncomfortable.

(Click to play video.)

Slide 24

(Video plays.)

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Slide 25

Why was it OK for Marco to say "NO" to his uncle?

(Pause for audience response)

Because his bear hugs made Marco uncomfortable. It doesn't matter if his uncle was just trying to be nice and didn't **mean** to make Marco uncomfortable. If you're uncomfortable with how someone touches you, **even if they're an adult**, you have the right to say "NO." It's your body, so you get to decide who touches it, how they touch it, and when they touch it. Marco decided he didn't like the bear hugs. He did the right thing by telling his uncle "NO" and suggesting a special handshake – a kind of touch he **was** comfortable with.

Slide 26

Sometimes when you have to tell someone "NO," you can have a nice talk, like Marco did with his uncle. Sometimes you have to be firm, like when someone is trying to take you somewhere without your parent or guardian's permission or when they're hurting you.

If you're in a situation where you have to be firm, you can say:

- No!
- Stop it!
- Leave me alone!
- I don't like that!
- You're not my mom/dad!

You should be loud, be serious, and be confident. Don't worry about being rude. If someone is hurting you or trying to take you away, it's OK to be rude! It's OK for you to stand up for yourself.

Let's practice saying "NO."

(Invite one or two children to join you for a demonstration in front. Ask them to tell you "NO" using the tips you just talked about. You may also want the entire audience to say "NO" together in a loud voice.)

Slide 27

Sometimes just saying "NO" doesn't work. Someone may keep hurting you or try to take you away. If that happens, it's OK to hit, punch, kick, scream, and run to get away. You are **not** doing anything wrong if you have to fight someone to get away.

Remember what the KidSmartz rule says: you have the right to stand up for yourself. So if someone tries to trick you into going somewhere, if someone tries to grab you, or if someone is hurting you, you should do everything you can to get away. Run away and tell an adult you trust. And if that adult doesn't listen, tell someone else and keep telling until the behavior stops!

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Slide 28

Let's talk about some scenarios and I want you to tell me if it's OK

Question #1
Your coach likes to pat you on the back when you make a good play, but it makes you uncomfortable? Is it OK to say "NO"?

(Pause for audience response)

Yes! If it makes you uncomfortable, you have the right to tell him you don't like it. Even if he doesn't *mean* to make you uncomfortable, it's OK for you to tell him what touches you're comfortable with and what touches you don't like.

Question #2
You're walking to the park when someone pulls up in a car and tries to pull you inside. Is it OK to say NO?

(Pause for audience response)

Yes! It's never OK for someone to try and take you away. You should do anything you can to get away – yell, scream, kick, and pull away. Then run and tell a trusted adult right away.

Question #3
Your mom likes to tickle you. It makes you laugh and you don't mind it. Is it OK to say NO?

(Pause for audience response)

Yes! That sounds like a trick question, right? If something feels fine to you, you don't **have** to say "NO," but you have the **right** to say "NO." So if you ever stop liking the tickling or if it ever makes you uncomfortable, it's OK to tell her to stop.

Slide 29

Now let's learn about the fourth and final rule – tell a trusted adult if anything makes you feel sad, scared or confused. But what is a trusted adult?

Slide 30

Let's watch another KidSmartz video. Pay close attention to what Sam and Marco say a trusted adult is like.

(Click to play video.)

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Slide 31

(Video plays.)

Slide 32

So what did Sam and Marco say a trusted adult was?

(Pause for audience response)

A trusted adult is someone who listens to you, helps you, makes you feel safe, teaches you things, helps you when you're scared, and doesn't get mad when you tell them how you feel.

It's important to tell adults we trust when we're sad, scared, or confused because:

- They can make you feel better.
- They can help keep you safe.
- They can make whoever is hurting you stop.

Sometimes adults you trust turn into adults you can't trust. If someone starts hurting you, won't listen when you tell them to stop something that makes you uncomfortable, or takes you away from your parent or guardian, they're no longer a trusted adult. Sometimes the people who hurt us are people we know. But just because we know them and we trusted them once, doesn't mean we need to **always** trust them.

Slide 33

If there's ever an emergency and you need help from a trusted adult but can't find one, you should call 911. An emergency means you need help **right now**. If the situation can wait and you can get help from a trusted adult later, then it is not an emergency.

You should call 911 if:

- You or someone else is in danger.
- You or someone else has been badly hurt.
- Someone tries to break into your house.
- Someone tries to grab you and take you somewhere.

Never call 911 as a joke or when there is no emergency!

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Slide 34

Let's see how much you know about trusted adults. I'm going to describe a person and you're going to tell me if they're a good example of a trusted adult or not.

Question #1
Your aunt is a really nice person who always asks how you're feeling. She really listens to you and wants to make sure you're happy. Is this a trusted adult?

(Pause for audience response)

Yes! It sounds like this aunt really cares about you.

Question #2
Your teacher never listens to you. Sometimes he does things that make you uncomfortable, and when you told him to stop, he didn't listen. Is this a trusted adult?

(Pause for audience response)

No! Trusted adults don't do things to make you uncomfortable and don't ignore you when you tell them to stop.

Question #3
The cashier at your grocery store is very friendly. She's always asking how your day is going. One time when you got separated from your mom, she helped you find her. Is this a trusted adult?

(Pause for audience response)

Yes! People like store workers can be helpful if you ever get separated from your parent or guardian. Tell them you're lost and you need help. But they should never take you **out** of the store. You should always wait **inside** the store for your parent or guardian.

Remember, even if you think someone is a trusted adult, if they ever do anything that makes you sad, scared, or confused, they're no longer a trusted adult.

Slide 35

That's it! You've done a great job learning about the four rules of personal safety. Let's review them one more time.

- 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.
- I will **take a friend** with me when going places or playing outside.
- I will **tell people "NO"** if they try to touch me or hurt me. It's OK for me to stand up for myself.
- I will **tell my trusted adult** if anything makes me feel sad, scared or confused.

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Slide 36

As a reminder of the four rules, let's watch a music video called "The Safety Dance." It's a great reminder to follow the four rules and protect yourself and your friends.

(Click to play video. You may want to allow children to get up and dance along.)

Slide 37

(Video plays.)

Slide 38

It may feel hard to follow these rules all the time, but you are strong and can do it. You deserve to be safe!

Slide 39

Thank you!

Slide 40

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