

IMPORTANT MESSAGE FROM YOUR SCHOOL COUNSELOR

Dear Parents,

The students in my guidance classes will be learning about personal safety from the middle of January through the end of February. Personal safety includes learning about “Stranger Danger” and “Safe Touches.” With spring and summer just around the corner, it’s always a good idea to teach our children how to stay safe.

Stranger Danger Unit

Students will learn whom a stranger is and how to deal with strangers in public places (i.e. parks, malls, public restrooms, etc.), on the telephone, in cars and on the internet (for older students).

We will emphasize the “3 Rules of Stranger Safety” which are:

1. Yell “No!”
2. Run away fast!
3. Tell an adult right away!

Safe Touches

Students will learn about good touches, bad touches and uncomfortable touches.

- Good touches are touches that feel nice such as: hugs, handshakes, pat on the back, high-five, etc.
- Bad touches are touches that don’t feel very nice such as: hitting, kicking, pushing, shoving, etc.
- Uncomfortable touches are touches that “just don’t feel right.” Uncomfortable touches make us feel uneasy. Students will learn that it’s O.K. to say “No” when someone’s touching makes them feel uncomfortable. Students will learn the times when some kinds of touching may be permitted, such as: If the touching is to keep us (1) clean and/or (2) healthy (i.e. doctors, bathing, diaper changing etc.). Terminology will be kept simple and general (referring to private parts as...the parts that are covered by your swimming suit, rather than using specific body part names. Parents can teach specific body part names at home, if they so desire).

We will emphasize the “3 Rules of Touching Safety” which are:

1. Say “No!”
2. Get away fast!
3. Tell an adult you trust.

Summary

Our children are precious...let’s work together to help keep them safe. Alertness and knowledge of safety rules are the best protection your child can have. Please talk to your children about personal safety today.

Questions

If you have any questions about the “Personal Safety Unit,” please feel free to contact me at school at 218-4630. I’d be happy to answer any questions that you may have.

Respectfully,

Mrs. Tammy Clarkson,
Meadowlark Counselor

