

Student Take-Home Resources

Staying Safe

Grade K

Key Takeaways:

1. Strangers can be people you’ve never met before or people you just don’t know well.
2. To keep yourself safe, you should never go anywhere with a stranger, no matter what they say.
3. If someone ever touches you in a way you don’t like or shows you things on the computer or phone that you don’t like, you should talk to a trusted adult right away.

Vocabulary:

1. Stranger – someone you have never met before or who you don’t know well.
2. Good touch – touches that feel good like hugs from your parents or a high five from a friend
3. Bad touch – when someone touches a part of your body covered by a bathing suit or touches you in a way that you don’t like

<p>If you have a FRIEND being unsafe, it’s time to HELP</p> <p>Help as soon as you can.</p> <p>Encourage your friend to move away from the danger</p> <p>Let an adult know.</p> <p>Plan your next steps.</p>	<p>If YOU feel scared, it’s time for you to ACT.</p> <p>Ask an adult for help.</p> <p>Choose to follow safety rules.</p> <p>Talk about what happened.</p>
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Resources:

- Call 911
- Call the National Suicide Prevention Hotline at 1-800-273-TALK
- Chat online with a counselor at the Lifeline Online Chat:
<https://suicidepreventionlifeline.org/chat/>
- Text a counselor at the Crisis Text Line (741741) or go to www.crisistextline.org
- Hope for Healing: <http://www.hopeforhealingfl.com/>
- Your school counselor

Student Take-Home Resources Substance Abuse Prevention Grade K

Key Takeaways:

1. There are some drugs that are okay to use, like medicine that a doctor or your parents give you.
2. Drugs can be used in an unsafe way that can make you very sick.
3. People who use drugs or alcohol can get help.

Vocabulary:

1. Drug – something you put in your body that changes the way it works
2. Drug abuse – when drugs are used in an unsafe way

<p>If you have a FRIEND being unsafe, it's time to HELP</p> <p>Help as soon as you can.</p> <p>Encourage your friend to move away from the danger</p> <p>Let an adult know.</p> <p>Plan your next steps.</p>	<p>If YOU feel scared, it's time for you to ACT.</p> <p>Ask an adult for help.</p> <p>Choose to follow safety rules.</p> <p>Talk about what happened.</p>
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Student Take-Home Resources

Staying Safe

Grade 1

Key Takeaways:

1. Don't go places with strangers.
2. Strangers may be people you know.
3. Be loud and strong if anyone touches you in a bad way.
4. Don't tap or click on something you don't understand on the internet.
5. Tell an adult right away if something makes you feel scared or confused.

Vocabulary:

1. Stranger – someone you don't know well or trust
2. Good touch – touch that feels good like a hug from your mom or dad
3. Bad touch – touches that make you feel weird or bad; touching parts of your body that are covered by a bathing suit
4. Safety – good choices that make you feel happy and keep you from getting hurt

<p>If you have a FRIEND being unsafe, it's time to HELP</p> <p>Help as soon as you can.</p> <p>Encourage your friend to move away from the danger</p> <p>Let an adult know.</p> <p>Plan your next steps.</p>	<p>If YOU feel scared, it's time for you to ACT.</p> <p>Ask an adult for help.</p> <p>Choose to follow safety rules.</p> <p>Talk about what happened.</p>
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Student Take-Home Resources Substance Abuse Prevention Grade 1

Key Takeaways:

1. You should only take drugs that your doctor or parents give you.
2. If you ever find drugs, tell an adult right away.
3. If someone you know ever offers you drugs, say no.
4. If someone is addicted to drugs or alcohol, they need help to get better.

Vocabulary:

1. Drugs – a kind of medicine that can be good or bad
2. Alcohol – a drink that is only for adults and dangerous for kids
3. Drug abuse – when someone uses drugs or alcohol in a bad way that hurts their bodies and minds

<p>If you have a FRIEND being unsafe, it's time to HELP</p> <p>Help as soon as you can.</p> <p>Encourage your friend to move away from the danger</p> <p>Let an adult know.</p> <p>Plan your next steps.</p>	<p>If YOU feel scared, it's time for you to ACT.</p> <p>Ask an adult for help.</p> <p>Choose to follow safety rules.</p> <p>Talk about what happened.</p>
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Student Take-Home Resources

Staying Safe

Grade 2

Key Takeaways:

1. Some strangers are not nice people and can even be dangerous. There are things you can do to protect yourself from dangerous people.
2. Your body belongs to you, and no one is allowed to touch it in unsafe ways. If someone tries to do that, tell an adult you trust right away.
3. Bad people sometimes hurt people online. There are things you can do to protect yourself when you play games or watch videos online.

Vocabulary:

1. Stranger – someone you don’t know in real life or who you don’t know well
2. Good touch – touches that feel good like a hug from parents or grandparents or a high five from a friend
3. Bad touch – touches to parts of your body covered by a bathing suit or any other touch that hurts you or makes you feel unsafe

<p>If you have a FRIEND being unsafe, it’s time to HELP</p> <p>Help as soon as you can.</p> <p>Encourage your friend to move away from the danger</p> <p>Let an adult know.</p> <p>Plan your next steps.</p>	<p>If YOU feel scared, it’s time for you to ACT.</p> <p>Ask an adult for help.</p> <p>Choose to follow safety rules.</p> <p>Talk about what happened.</p>
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Student Take-Home Resources

Substance Abuse Prevention

Grade 2

Key Takeaways:

1. You should only take drugs or medicine if your doctor or parent gives them to you.
2. You should never take drugs that aren't yours or that you find.
3. You should never drink alcohol.
4. Drug abuse is a treatable condition.

Vocabulary:

1. Drugs – a kind of medicine that can be good or bad or used in a bad way
2. Alcohol – a drink that is only for adults and changes the way you think
3. Addiction – a condition where people can't stop using drugs or alcohol. Their bodies want it the way your body wants food.
4. Drugs abuse – when someone uses drugs or alcohol in a bad way that hurts their bodies and minds

<p>If you have a FRIEND being unsafe, it's time to HELP</p> <p>Help as soon as you can.</p> <p>Encourage your friend to move away from the danger</p> <p>Let an adult know.</p> <p>Plan your next steps.</p>	<p>If YOU feel scared, it's time for you to ACT.</p> <p>Ask an adult for help.</p> <p>Choose to follow safety rules.</p> <p>Talk about what happened.</p>
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Student Take-Home Resources

Staying Safe

Grade 3

Key Takeaways:

1. Strangers are adults who you cannot trust.
2. You have control over your body.
3. You should never let anyone touch or look at your private parts.
4. You should never keep a secret about someone making you feel scared, angry, or weird.
5. You need to use safety rules to stay safe on the internet.

Vocabulary:

1. Stranger – an adult who you do not know well or trust
2. Bad touch – touching on private parts of your body OR touching in a way that makes you feel worried, scared, or angry
3. Internet safety – rules that keep you from looking at, reading, or hearing bad things on the internet

<p>If you have a FRIEND being unsafe, it's time to HELP</p> <p>Help as soon as you can.</p> <p>Encourage your friend to move away from the danger</p> <p>Let an adult know.</p> <p>Plan your next steps.</p>	<p>If YOU feel scared, it's time for you to ACT.</p> <p>Ask an adult for help.</p> <p>Choose to follow safety rules.</p> <p>Talk about what happened.</p>
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Student Take-Home Resources Substance Abuse Prevention Grade 3

Key Takeaways:

1. The only drugs that are safe are drugs that your doctor or parent gives you.
2. Doctors or parents will tell you exactly how to take medicine, and you shouldn't take it any other way.
3. If you find drugs or alcohol, give them to an adult right away.
4. If you are offered drugs or alcohol, say no.
5. If you know someone who is abusing drugs or alcohol, tell an adult you trust.

Vocabulary:

1. Drugs – substances that change the way your mind and body work
2. Alcohol – a drink that changes the way your brain works
3. Addiction – a condition where people can't stop using drugs or drinking alcohol. Their bodies want drugs or alcohol the way your body wants food.
4. Drug abuse – when someone abuses drugs or alcohol in a way that harms them

<p>If you have a FRIEND being unsafe, it's time to HELP</p> <p>Help as soon as you can.</p> <p>Encourage your friend to move away from the danger</p> <p>Let an adult know.</p> <p>Plan your next steps.</p>	<p>If YOU feel scared, it's time for you to ACT.</p> <p>Ask an adult for help.</p> <p>Choose to follow safety rules.</p> <p>Talk about what happened.</p>
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Student Take-Home Resources

Staying Safe

Grade 4

Key Takeaways:

1. You cannot trust all adults.
2. You don't have to be around adults who make you feel uncomfortable.
3. No one is allowed to hurt your mind or body.
4. You can always tell an adult if you feel weird, worried, or afraid.
5. The internet is not always safe.

Vocabulary:

1. Stranger – an adult you do not know well or trust
2. Abuse – when someone treats another person in a way that hurts their mind or body
3. Internet safety – rules that keep you from looking at, reading, or hearing bad things on the internet

<p>If you have a FRIEND who you think is showing warning signs of child trafficking or drug abuse, it's time to HELP.</p> <p>Help as soon as you can.</p> <p>Empathize with the person.</p> <p>Listen without trying to fix it.</p> <p>Plan your next steps with a trusted adult.</p>	<p>If YOU are feeling trapped in a dangerous situation or are abusing drugs, it's time for you to ACT.</p> <p>Apply coping strategies.</p> <p>Consider your options for help.</p> <p>Talk to a person you trust.</p>
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Student Take-Home Resources

Substance Abuse Prevention

Grade 4

Key Takeaways:

1. Drugs are only safe when they are prescribed by a doctor and given by a parent.
2. Prescription and non-prescription drugs can both lead to addiction.
3. Substance abuse is a serious problem that requires treatment.
4. You can say no to doing drugs, smoking, or trying alcohol.
5. Drugs or alcohol can severely harm your developing mind and body.
6. People with substance abuse issues can get better.

Vocabulary:

1. Drugs – substances that change the way your mind and body work
2. Alcohol – a kind of drink that only adults should have. It can be abused or lead to addiction.
3. Addiction – a condition where people can't stop their behavior, including doing drugs or drinking alcohol.
4. Substance abuse – when people become addicted to drugs or alcohol in harmful ways

If you have a FRIEND who you think is showing warning signs of child trafficking or drug abuse, it's time to HELP.

- H**elp as soon as you can.
- E**mpathize with the person.
- L**isten without trying to fix it.
- P**lan your next steps with a trusted adult.

If YOU are feeling trapped in a dangerous situation or are abusing drugs, it's time for you to ACT.

- A**pply coping strategies.
- C**onsider your options for help.
- T**alk to a person you trust.

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Student Take-Home Resources

Staying Safe

Grade 5

Key Takeaways:

1. Some adults want to hurt children.
2. You can set boundaries with adults.
3. You can run away from anything that makes you feel uncomfortable.
4. Adults who hurt children are doing something that is illegal.
5. You should set boundaries when you're on the phone or internet.

Vocabulary:

1. Stranger – an adult who you do not know or trust
2. Abuse – when someone treats another person in a way that hurts their mind or body
3. Boundaries – the limits you set on how another person can or cannot treat you
4. Internet safety – practices that keep you safe when you're online

<p>If you have a FRIEND who you think is showing warning signs of child trafficking or drug abuse, it's time to HELP.</p> <p>Help as soon as you can.</p> <p>Empathize with the person.</p> <p>Listen without trying to fix it.</p> <p>Plan your next steps with a trusted adult.</p>	<p>If YOU are feeling trapped in a dangerous situation or are abusing drugs, it's time for you to ACT.</p> <p>Apply coping strategies.</p> <p>Consider your options for help.</p> <p>Talk to a person you trust.</p>
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Student Take-Home Resources Substance Abuse Prevention Grade 5

Key Takeaways:

1. Prescription drugs are only safe if they are used the way the doctor tells you.
2. Prescription drugs and street drugs can be abused.
3. Substances like tobacco, nicotine, and alcohol can lead to addiction and abuse.
4. Drugs can do lasting damage to a child’s body and brain.
5. Say no to drugs, drinking, and smoking.

Vocabulary:

1. Drugs – substances that change the way your brain and body work
2. Alcohol – a kind of drink that only adults should have. It can be abused and lead to addiction.
3. Addiction – a condition where people feel a constant, urgent need to use drugs or alcohol.
4. Substance abuse – when someone becomes addicted to using drugs or alcohol in harmful ways

<p>If you have a FRIEND who you think is showing warning signs of child trafficking or drug abuse, it’s time to HELP.</p> <p>Help as soon as you can.</p> <p>Empathize with the person.</p> <p>Listen without trying to fix it.</p> <p>Plan your next steps with a trusted adult.</p>	<p>If YOU are feeling trapped in a dangerous situation or are abusing drugs, it’s time for you to ACT.</p> <p>Apply coping strategies.</p> <p>Consider your options for help.</p> <p>Talk to a person you trust.</p>
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