

Juliette's House will be presenting **Safe Kids (CAP)** classroom workshops to **Antonia Crater Elementary** students in October and November. Following this note is a summary of the information your child will be receiving during this presentation. If you have any questions or concerns regarding this workshop or the material being presented, please feel free to contact the program coordinator at Juliette's House: phone number (503) 435-1550 or email: safekids@julietteshouse.com

Safe Kids CAP Classroom Workshop

Rights



- ◆ Everyone has the right to be/feel **“Safe, Strong & Free.”**
- ◆ We want to keep our rights without taking away the rights of others.
- ◆ You always have the right to say **“NO”** when confused, hurt or frightened.
- ◆ You always have the right to ask for help.

Bullies



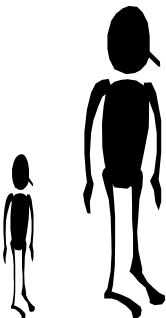
- ◆ Stand up for your rights. You have the right not to be bullied.
- ◆ You can have a friend help you stand up for your rights.
- ◆ You always have the right to ask an adult **for help to solve the problem.**
- ◆ “Tattle telling” is when you go to an adult just to get a person in trouble.

Stranger Safety



- ◆ **Most strangers are good people**, however you need to be cautious. A stranger is someone you don't know **well.**
- ◆ Keep at least two arm lengths away from any stranger.
- ◆ Never give your name or any personal information about yourself or your family to a stranger.
- ◆ The safety yell is used from the moment you feel in danger until you are someplace safe or with someone safe.
- ◆ The self-defense moves and the safety yell are to be used **only** if you are in a dangerous situation.

Known Adults Situations



- ◆ You have the right to say **“NO”** when confused, hurt, or frightened by adults you know. (including family)
- ◆ You can move away from the adult or go to a safe place.
- ◆ Keep talking to people you trust until you find someone who will *listen* to you, *believe* you and *help* you.
- ◆ Secrets that make you feel scared, confused, or make your stomach nervous don't need to be kept. Talk to someone about them.
- ◆ It is never a child's fault if abuse occurs. Even if you can't say no or tell someone, it's still the adult's fault.
- ◆ Think about trusted adults whom you could talk to if you should have any problem that takes away your rights to be **“Safe, Strong and Free”**.