

CONVERSATION RESOURCES

6th Grade

The following information and suggestions are provided to assist you in your effort to protect your children and to keep them safe.

The NO-GO-TELL Rule

NO – Say NO when someone suggests or invites you to do something which is wrong or which makes you feel uncomfortable.

- When approached by a stranger asking for help.
- To strangers who are offering you gifts.
- To strangers on the internet who invite you to meet with them.
- To strangers who want to take pictures of you.

GO – Safely and quickly remove yourself from the situation.

TELL – Let a trusted adult know what happened immediately.

- Tell the truth, without exaggeration.

Day to Day Safety

1. Safe touches and unsafe touches.
 - Has anyone ever touched you in a way that made you feel scared or uncomfortable?
 - Explain that if your child feels uncomfortable with certain touches, they can say NO to any person, even if they know that person.
 - Role-play with your child what they would do or say if someone touched them in a way that makes them feel uncomfortable?
 2. “Hurtful Secrets”
 - Teach your child that a good secret is one that will eventually be told.
 - Secrets should never hide hurtful behavior.
 - Remind your child that silence is not a solution; secrets are a powerful tool for sex offenders and they may instill fear into victims who are ashamed of admitting what has happened.
 3. Friends and Safety
 - Do your friends talk about things that sometimes make you feel uncomfortable?
 - Have you felt “uncomfortable around an adult or another teen?
 - Do you feel safe at school?
 - Do older kids, middle school or high school want you to hang out with them?
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Scenarios

1. What should you do if an adult or teen asks you to get in a car with them and you don't feel safe or comfortable?
2. What should you do if someone asks for personal information on the internet or on the phone?
3. What should you do if anyone tells you to keep a secret after they have touched you in an uncomfortable way?

Internet/Technology Safety

1. Internet Safety Guidelines
 - Do not share passwords with friends.
 - Monitor Internet use and texting history.
 - Visit your child's online accounts/profiles? (Yahoo, Google, Facebook etc.)
2. Conversation Starters
 - Has anyone contacted you online that you do not know? What kind of information do you feel is safe to share online?
 - Have people you don't know tried to "friend" you on Facebook?
 - Do you personally know all of your Facebook "friends"?
 - What kind of information do you feel is safe to share online?
 - Have you and your friends talked about what types of pictures are okay to post online?
 - Have you shared pictures of yourself online or by phone?
 - Discuss that it is not okay for adults or peers to take pictures of your teen without clothes.

Best Practices

1. Make time to communicate with your teen, remembering that listening is the most important part of the communication. This communication should be ongoing.
2. Be sensitive to changes in your child's behavior and talk to them about the changes when you notice them.
3. Be familiar with your child's friends and activities. Get to know the parents and home situation of your child's friends.
4. Discuss peer pressure and any whether older teens or adults want to be their friend.

Resources

Missing and exploited children: www.missingkids.com

Netsmartzkids: www.Netsmartz.org
