



Safer, Smarter Kids

Fourth Grade





Healthy versus Unhealthy Relationships

- **Balance of Power** - when both people in a relationship share decision making, treat each other fairly, and accept each other's feelings
- **Healthy Relationship** - demonstrates Balance of Power
- **Unhealthy Relationship** - not a balance of power; one person makes all the decisions, is threatening, or bullies to get what they want
 - This can look like: not free to communicate our needs or feelings, feel as though we are not being heard, or if we feel threatened, confused, or icky



We have a right to a voice, and we can use our voice to communicate our needs, opinions, and points of view.

Physical and Personal Safety

- **Everyone** has the right to personal safety and physical safety
- **Personal Safety** includes **Personal Boundaries** - our privacy, our personal space being respected, and the private parts of the body not being photographed or seen by others unless there is a medical reason
 - A Personal Boundary Violation occurs anytime our privacy or personal space is not respected, or the private parts of our body are viewed without reason or photographed
- **Physical Safety** includes **Body Boundaries** being respected and our right to be free from unsafe and unwelcomed body touches.
 - A Body Boundary Violation occurs when an unsafe, hurtful, or unwelcomed touch is received





Body Boundaries and Personal Boundaries

- **Personal Boundaries** - Also includes privacy of personal information, like passwords, or if parents are home when we get home from school
- **Personal boundary violations** occur when our privacy is not respected, when personal space is not respected, or when the private parts of the body are viewed or photographed
- **When a personal boundary violation is not told, that is an unsafe secret. A threat, a promise, or a trick can be used to make someone keep an unsafe secret.**
 - **Threat** - When we are told something bad will happen if we don't keep an unsafe secret
 - **Promise** - When we are told something good will happen if we keep an unsafe secret
 - **Trick** - When someone lies to, deceives, or manipulates us into keeping an unsafe secret



Cyber Safety and Social Media



- Cyber Safety involves making safe decisions and safe choices online.
- People online are strangers. We should not share information online that we would not share with a stranger face-to-face
- Questions that are warning signs of an unsafe situation with an unsafe person:
 - What do you look like
 - How old are you
 - Where do you live
 - What are you wearing
 - Requests for photos



Substance Use

- **Drug** - a chemical that affects how the brain and body work
 - Some drugs are Helpful, like medicines
 - Some drugs may only be purchased at a certain age
 - Illegal drugs are all harmful in some way, and illegal for everyone
- All drugs are powerful and affect our brain and body
 - Alcohol - impaired thinking & problem solving; changes in emotions; impaired coordination
 - Nicotine - increased heart rate; increased blood pressure
- Only take helpful drugs under the right conditions and when given by a safe adult

If someone offers you drugs, alcohol, or cigarettes, always tell your Grown-Up Buddy





Accessing Help



- It is important to tell our Grown-Up Buddy whenever we are in an unsafe situation, have an unsafe secret, or are being influenced by an unsafe person.
- Grown-Up Buddies are here to help us and are expected to help right away..

It is OK to tell and keep telling until you are Heard and Helped!

Teacher Resources

For additional questions or concerns, you may contact your school's Social Worker or District Mental Health Counselor, as well as the below resources:

Safer, Smarter Kids Curriculum

<https://original.safersmarterkids.org/teachers/curriculum/human-trafficking/>

Department of Education Human Trafficking Information Page

<https://www.fl DOE.org/schools/healthy-schools/human-trafficking.shtml>

Florida Abuse Hotline

1-800-962-2873

National Human Trafficking Resource Center

1-888-3737-888

Broward County Substance Use & Abuse Toolkit

<https://www.browardschools.com/cms/lib/FL01803656/Centricity/Domain/13726/BCPS%20Substance%20Use%20and%20Abuse%20Prevention%20Education%20Toolkit%20links%20REV.pdf>

Cassandra Palmer, LCSW - Mental Health Program Specialist

palmerca1@scps.k12.fl.us

