



Safer, Smarter Kids

Fifth Grade



Healthy versus Unhealthy Relationships

- There is a **Balance of Power** in a **healthy relationship**
- **Balance of Power** - when both people in a relationship share decision making, treat each other fairly, and accept each other's feelings
- **Unhealthy Relationship** - not a balance of power; one person makes all the decisions, is threatening, or bullies to get what they want
- **Recruiting** - to participate in or become involved in attracting someone to do something
 - We can be recruited to a sports team or theater troupe, which is a positive and exciting opportunity
 - We can be recruited by peers or adults to do something that makes us feel uncomfortable, which is an unsafe situation

Making a choice to do something you know is wrong or something that makes you feel unsafe, uncomfortable, or threatened in order to be part of a group is not a safe choice to make





Cyber Safety and Social Media



- It is important for trusted adults to approve use of digital devices and applications, as some tools access our location at all times. This can let strangers know our exact location, which is unsafe.
- 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



Personal Boundaries and Personal Boundary Violation

- **Personal Boundaries** - Our personal space; includes our right to privacy and to keep the private parts of our bodies from being photographed or seen without a medical reason
 - Also includes privacy of personal information, like passwords, or if parents are home when we get home from school
- **Personal Boundary Violations** - when our privacy is not respected, our personal space is being infringed upon, or if we are pressured for personal information, especially when it makes us feel threatened, afraid, or not quite right

Everyone has the right to have their personal boundaries respected.



Body Boundaries and Body Boundary Violation

- A body boundary violation occurs when the private parts of the body are touched, when an unsafe or unwanted touch is received, or a touch is done with hurtful intent.

When a body boundary violation is not told to a trusted adult, that is an unsafe secret. A threat, a promise, or a trick can be used to make someone keep an unsafe secret.

- **Types of Unsafe Secrets**
 - 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





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 and marijuana affect the nervous system and can result in memory loss, impaired motor coordination, impaired thinking and problem solving, and changes in emotional behavior
 - Inhalants are chemical fumes that are sniffed and can result in decreases in coordination and alter thinking, memory, and the ability to learn

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





Accessing Help



- It is important to tell a trusted adult whenever we are in an unsafe situation, have an unsafe secret, or are being influenced by an unsafe person.
- Trusted adults 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>

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