



Families: Please read Family Letter 2 before doing this Home Link with your child. Find Family Letters on SecondStep.org.
Activation Key: CPU4 FAMI LYG4

Students: Now that you're older, you're more responsible for your own safety. It's important to know how to contact an adult in case of emergency or if you need an adult's help to stay safe.

List at least three different emergency situations in which you might need to contact an adult for help:

1. _____
2. _____
3. _____


List at least three trusted adults you can contact in an emergency:


1. _____
2. _____
3. _____


Family Safety Plan: Emergency Contacts

Talk about the emergency situations you thought of with your family and create a plan together for who to contact in an emergency. Fill in each copy of the plan. Cut out both copies. Post one at home and keep the other with you.

Emergency Contact Plan

Emergency Contact 1: _____  _____ - _____ - _____


If I can't reach this person, I will call
 Emergency Contact 2: _____  _____ - _____ - _____


Next I will call my school: _____  _____ - _____ - _____


Last I will call 9-1-1.

If I'm separated from my family in an emergency, we'll meet here: _____

Emergency Contact Plan

Emergency Contact 1: _____  _____ - _____ - _____

If I can't reach this person, I will call
 Emergency Contact 2: _____  _____ - _____ - _____

Next I will call my school: _____  _____ - _____ - _____

Last I will call 9-1-1.

If I'm separated from my family in an emergency, we'll meet here: _____

Detach this slip and return it to your teacher after you have completed Grade 4, Home Link 1.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)
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Students: Part of keeping yourself safe is always remembering to ask a parent or person in charge first before going somewhere, doing something, or accepting something from someone.

Sometimes you go places where there is no person in charge to ask. List at least three places you go where there may not be a person in charge:

- 1. _____
- 2. _____
- 3. _____

Family Safety Plan: Staying Safe on Your Own

Talk with your family about what you need to do to keep yourself safe when you're alone. Pick one place from your list above and create a plan together for staying safe there.

Place:

How I can use the Ways to Stay Safe here to keep myself safe?

If I need to report something unsafe or ask first while on my own, who can I call?

If I don't have a phone or my phone isn't working, what will I do?

If I feel unsafe and need an adult's help right away, where can I go?

Add this to your family safety plan.

Detach this slip and return it to your teacher after you have completed Grade 4, Home Link 2.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)

Ways to Stay Safe

RECOGNIZE:
Is it safe?

REPORT:
Tell an adult.

REFUSE:
Say words that mean no.

Always Ask First Rule

Always ask a parent or the person in charge first before going somewhere, doing something, or accepting something from someone.

Asking First



Families: Please read Family Letter 3 before doing this Home Link with your child. Find Family Letters on SecondStep.org.
Activation Key: CPU4 FAMI LYG4

Students: Your body belongs to you. It's never okay for someone to touch you in a way that's unsafe or unwanted.

Write your own definitions for unsafe and unwanted touches:

Unsafe touch: _____

Unwanted touch: _____

You can refuse any touch you don't want. List two touches you don't like or that make you feel uncomfortable:

1. _____

2. _____

Family Safety Plan: Refusing Unsafe and Unwanted Touches

Show your family your definitions of unsafe and unwanted touches and your list of unwanted touches. Think of other types of touches together and write each in the box below where you decide it belongs.

Unsafe Touches	Unwanted Touches

Talk with your family about what you can say or do to refuse an unwanted touch—for example, using a stop signal or offering to shake hands instead—and write it below. When you're done, practice it with your family.

Add this to your family safety plan.

 Detach this slip and return it to your teacher after you have completed Grade 4, Home Link 3.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)



Touching



Families: Please read Family Letter 4 before doing this Home Link with your child. Find Family Letters on SecondStep.org.
Activation Key: CPU4 FAMI LYG4

Students: Remembering the Private Body Parts Rule will help you keep yourself safe. Review the rule below and teach it to your family. Help everyone understand what each part of the rule means.



Private Body Parts Rule

Private body parts are private. No one should ever:

1. Touch yours, except a doctor or nurse
 2. Ask to see yours, except a doctor or nurse
 3. Make you look at his or hers, or anyone else's
- And never touch anyone else's.

Family Safety Plan: Reporting a Broken Rule

Talk with your family about which adults you could report to about a broken Private Body Parts Rule at school, at home, and other places you go. Write their names below.

Adults at School	Adults at Home	Adults in Other Places

Talk with your family about what you should say if you need to report a broken Private Body Parts Rule and what they should say and do to help you stay safe after you report. Write what you and your family decide below.

What I can say:

What my family can say and do afterward:

Practice reporting a broken Private Body Parts Rule to an adult and have him or her respond supportively. Add this to your family safety plan.

Detach this slip and return it to your teacher after you have completed Grade 4, Home Link 4.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)

Body Parts Rule



Families: Please read Family Letter 4 before doing this Home Link with your child. Find Family Letters on SecondStep.org. **Activation Key: CPU4 FAMI LYG4**

Students: Reporting a broken Private Body Parts Rule to an adult will help you stay safe. Never keep secrets about someone breaking the rule.



It's not easy to report a broken Private Body Parts Rule. What are some things that could make it hard to report a broken Private Body Parts Rule to an adult? Write your ideas below.

Family Safety Plan: Making Sure to Report

Talk with your family about what you would do in each of the following "What If" situations and write your plan in the space below.

What if you're afraid you'll get in trouble if you report a broken Private Body Parts Rule?

My plan is:

What if someone breaks the rule and tells you to keep it secret?

My plan is:

What if the adult you reported to doesn't believe you?

My plan is:

Add this to your family safety plan. Go online to SecondStep.org for assembly instructions and to download a cover for your family safety plan. **Activation Key: CPU4 FAMI LYG4**

Reporting

Detach this slip and return it to your teacher after you have completed Grade 4, Home Link 5.

(CHILD'S NAME)	(DATE)	(ADULT'S SIGNATURE)



Families: Please read Family Letter 5 before doing this Home Link with your child. Find Family Letters on SecondStep.org.
Activation Key: CPU4 FAMI LYG4

Students: Review the safety plan you made with your family.

Think of a time you used the plan to keep yourself safe, then write it below:

Tell your family how you kept yourself safe, and explain how the plan helped you:

Using the Ways to Stay Safe

Now teach your family how to use the Ways to Stay Safe! Have an adult family member access the *Hannah Keeps Herself Safe* Online Story in the Families section of SecondStep.org (**Activation Key: CPU4 FAMI LYG4**), then go through the story with your adult. As you explore Hannah’s story, help your adult answer the questions below.

How did Hannah use the Ways to Stay Safe to keep herself safe?

What could Hannah have done differently to keep herself safe?

Don’t forget to check your adult’s answers! If your adult needs a hint about what to do while exploring the story, have him or her click the Info button at the top of the screen.

Detach this slip and return it to your teacher after you have completed Grade 4, Home Link 6.

(CHILD’S NAME)	(DATE)	(ADULT’S SIGNATURE)