

SAFER, SMARTER TEENS

# BE THE CHANGE

Dear Parent,

Your child will be participating in the **Safer, Smarter Teens: Be The Change** curriculum, a five-lesson unit on personal safety. *Safer, Smarter Teens: Be The Change* was created by a team of career educators with input from a developmental psychologist. Each lesson will cover a topic linked to the Florida Department of Education's course standards on health and safety.

The program will use videos, class discussions and activities to help students learn important information about personal safety, rights, and responsibilities. Students will hear from me as I share my very personal story of abuse, recovery, and advocacy. In conjunction with experts and survivors, students will gain awareness into potential dangers. Through classroom discussions and activities, students will develop a Personal Bill of Rights and Personal Safety P.L.A.N. Students will also learn the importance of advocacy and standing up for their personal rights and the rights of others.

**The *Safer, Smarter Teens* curriculum will cover the following topics:**

- **Personal Rights and Responsibilities**
- **Healthy vs. Unhealthy Relationships**
- **The Problem of Sexual Abuse**
- **Dating Violence and Harassment**
- **Advocacy in Action**

A Parent Letter will accompany each unit. The letter will provide a summary of the lesson and the information covered. There will be a Parent Connection with suggestions about how you can discuss the information from the lesson at home. There are also tips on how to expand on the lesson at home. Please review the information with your child to help him or her develop a personal plan to ensure safety.

Thank you,



Lauren Book, M.S.Ed.  
Founder/CEO, Lauren's Kids

**ABOUT LAUREN'S KIDS:**

Lauren's Kids was founded by child advocate, former classroom educator, and child sexual abuse survivor Lauren Book. The organization educates adults and children about sexual abuse prevention and safety topics through an in-school curriculum and speaking engagements around the country and the world. The goal of Lauren's Kids is to create a world where the sexual abuse and exploitation of children is not tolerated. Lauren's Kids is a designated 501(c)(3) organization.