

Internet Safety + Cyberbullying

Safe Touch Review Guide for 4th Grade Caregivers

After receiving a Safe Touch lesson or having a talk about body safety, there are many ways to continue the conversation throughout the year. Below is a guide to help you reinforce the safety concepts your child has learned.

The Safety Rules

What are the three types of touches?

Safe, unsafe, and confusing.

*An unsafe or confusing touch could be if someone touched the private parts of your body or asked you to touch their private parts. No one has the right to touch the private parts of your body. Sometimes an adult you trust needs to help you with your private parts to keep you safe and healthy. No one should touch the private parts of your body **unless** it's an adult you trust who is helping you, and **even then** they need your permission. Whether that person is a grown up or another child, no one has the right to give you an unsafe or confusing touch.*

What can you do if someone tries to touch the private parts of your body? *Say No, Get Away, and Tell Someone.*

Who could you tell?

Parents, teacher, school counselor, neighbor, coach... any adult that you trust.

What if you told one of those people and they didn't help you or didn't believe you?

Tell someone else. Keep telling adults you trust until someone believes you. You have a right to feel safe!

Is it ever your fault if someone touches you in a way that you don't like?

*No! Even if you didn't say no or stop, it is still **never your fault** if someone else decides to give you an unsafe touch.*

What are others things people can do, besides touching, that make us feel unsafe or uncomfortable?

Mean words, unkind actions, uncomfortable behavior

Going Online

• Play it safe:

- Remember that people online may not be who they say they are. Beware of people who want to keep "friendships" secret or who ask lots of personal questions.
- Always keep personal information to yourself. What types of personal information do you think that we should not share with someone online?

- *Full name, school, parents' names, address, phone number, photos, etc.*
- While it is possible to make friends on the web, it is better to play it safe. Keep online friends online. If someone you only know from online asks to meet in person, that is a sign to tell an adult you trust RIGHT away!
- You don't have to respond to messages, comments, or posts that make you feel uncomfortable. What should you do if you receive a message or see something on the internet that makes you feel uncomfortable? *Screenshot or print out the messages or photos and tell an adult you trust.*
- **Follow the Safety Saying:**
 - Just like in real life, we can use the safety saying if online interactions become uncomfortable.
 - **Say no:** Online this means not responding to the people who are making you feel uncomfortable. It is safer not to engage in further discussion.
 - **Get away:** Online this means logging out or leaving the website you are using.
 - **Tell someone:** When something happens that makes you feel uncomfortable, tell a trusted adult. It will make you feel better and will help adults keep you safe.
- **Be Proud of What You Post:**
 - What you post is public and permanent! Even if something feels private, like a chat or text, your posts can still be shared. If you post something, even if it's on a private account, if someone screenshots it then it is no longer private. If you post something and then delete it, if it was screenshotted, it's not really gone. What you say and post on the internet never really goes away for good. People can easily share, print, screenshot or report your posts and conversations. So before you ever even post something, you need to make sure it is something you are proud of.
 - A good question to ask yourself before posting or sending something is, would I want my teachers or parents to see this? Could posting this hurt someone?

Cyber Bullying

What is cyberbullying?

Bullying that uses the internet, computers, or technology

What are some things people do to cyberbully?

Post mean things, rumors, embarrassing photos, etc.

What can you do if you are being cyberbullied?

Don't respond, screenshot or print the comments, get off site, tell an adult

Why is cyberbullying harmful?

It is mean, harmful to others, can get you in serious trouble



Take Away: Nobody has the right to make you feel bad, uncomfortable, or unsafe about your body. They don't have the right to do it with touches, with words, or online. If they do, it is NOT your fault.



For more information, please contact us
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