

Safer, Smarter Schools

A School-Based Pre-Kindergarten Through Grade 12 Personal Safety and Abuse Prevention Curriculum Presented By:



ABOUT *SAFER, SMARTER SCHOOLS*



The Lauren's Kids *Safer, Smarter Schools* curriculum is Florida's – and the country's – first-ever comprehensive Pre-Kindergarten through grade 12 school-based prevention and personal safety curriculum. The curriculum contains educationally sound content for parents, teachers and administrators, with professional development courses to help create a culture of safety within schools. *Safer, Smarter Kids* spans Pre-Kindergarten through grade 5, and includes adaptations for the special education population. *Safer, Smarter Teens* provides lessons for middle and high school students. Each *Safer, Smarter Schools* grade level curriculum program consists of five to eight lessons aligned with Florida Standards and Next Generation Sunshine State Standards for easy integration into the classroom through benchmarks in academic areas including social sciences, reading and health. The curriculum enables all children to effectively learn strategies to prevent sexual, physical, and other kinds of abuse, no matter their learning style – while also addressing digital safety, anti-bullying, and both mental health and trafficking prevention in fulfillment of new FLDOE rules. The *Safer, Smarter Schools* curriculum is FREE for Florida Public Schools. Learn more at SaferSmarterSchools.org.

SAFER, SMARTER SCHOOLS: SCOPE & SEQUENCE

SAFER, SMARTER KIDS!

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8
Kindergarten	<ul style="list-style-type: none"> Safety Rules Safety Stop Sign I Mean Business Voice <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Understanding Safe and Unsafe Situations Using I Mean Business Voice to Stay Safe 	<ul style="list-style-type: none"> Strangers Grown-Up Buddies Trusted Triangle <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Characteristics of Safe Adults 	<ul style="list-style-type: none"> Think, Feel, Act Guiding Voice <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Using Think, Feel, Act and Guiding Voice to Make Safe Choices 	<ul style="list-style-type: none"> Private Parts Personal Space Safe and Unsafe Touches <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Personal Safety Physical Safety 	<ul style="list-style-type: none"> Safe and Unsafe Secrets <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Identifying Unsafe Secrets 	<ul style="list-style-type: none"> Tattling and Reporting <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Accessing Help 	N/A	N/A
First Grade	<ul style="list-style-type: none"> Safety Rules Grown-Up Buddies Trusted Triangle <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Characteristics of Safe Adults 	<ul style="list-style-type: none"> Safety Stop Sign I Mean Business Voice <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Using I Mean Business Voice to Stay Safe Identifying Unsafe Situations 	<ul style="list-style-type: none"> Think, Feel, Act Guiding Voice <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Using Think, Feel, Act and Guiding Voice to Make Safe Decisions 	<ul style="list-style-type: none"> Safe and Unsafe Touches <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Personal Safety Physical Safety Personal Boundary Body Boundary 	<ul style="list-style-type: none"> Safe and Unsafe Secrets <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Identifying Unsafe Secrets and Unsafe Situations 	<ul style="list-style-type: none"> Tattling and Reporting <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Accessing Help 	<ul style="list-style-type: none"> Strangers <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Reinforce Stranger Safety 	<ul style="list-style-type: none"> Safety Tools Review <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Using Safety Tools to Understand Safe Choices
Second Grade	<ul style="list-style-type: none"> Grown-Up Buddy Trusted Triangle Safety Stop Sign I Mean Business Voice Think, Feel, Act Safety Barometer <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Characteristics of Safe Adults 	<ul style="list-style-type: none"> Awareness of Surroundings Safety Goggles <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Recognizing Safe and Unsafe Situations 	<ul style="list-style-type: none"> P.L.A.N. <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Understanding the Elements of P.L.A.N.: <ul style="list-style-type: none"> Permission Location Activity Names and Numbers of Adults 	<ul style="list-style-type: none"> Safe and Unsafe Secrets Secret Gauge Think, Feel, Act Trusted Triangle I Mean Business Voice <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Identifying Types of Unsafe Secrets: Threat, Promise, Trick 	<ul style="list-style-type: none"> Body Boundaries and Privacy Lock and Key Token <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Privacy Personal Boundary Violation Body Boundary Violation 	<ul style="list-style-type: none"> Body Boundaries and Privacy Safety Barometer Bullying Safe Use of Cell Phone Camera <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Privacy Personal Boundary Violation Body Boundary Violation Safe Use of Cameras 	<ul style="list-style-type: none"> Cyber Safety Guiding Voice Cyber Citizen Learners Permit <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Safe Use of the Internet and Social Media 	<ul style="list-style-type: none"> Safety Tools Review <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Accessing Help
Third Grade	<ul style="list-style-type: none"> Good Citizenship in our Community Wrongdoing Wrongdoer Victim Bystander Safety NETWORK Think, Feel, Act <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Balance of Power Understanding Unsafe Situations 	<ul style="list-style-type: none"> Digital Safety Digital Community Digital Citizen Social Media <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Making Safe Choices on the Internet and in Social Media Safe Use of Cameras 	<ul style="list-style-type: none"> Body Boundaries and Personal Space Violation <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Physical Safety Personal Safety 	<ul style="list-style-type: none"> Body Boundaries and Personal Space Guiding Voice Personal Power <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Body Boundary Personal Boundary 	<ul style="list-style-type: none"> Unsafe Situation Safe Secret Unsafe Secret <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Types of Unsafe Secrets: Threat, Promise, Trick Privacy Body Boundary Violation Personal Boundary Violation 	<ul style="list-style-type: none"> Voice Heard & Helped <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Accessing Help 	N/A	N/A
Fourth Grade	<ul style="list-style-type: none"> Kids Bill of Rights <ol style="list-style-type: none"> Safety Respect Your Identity A Voice Childhood <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Right to Privacy Personal Safety Physical Safety 	<ul style="list-style-type: none"> Voice-The Right To Be Heard Safety NETWORK <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Balance of Power Healthy/Unhealthy Relationships 	<ul style="list-style-type: none"> Respecting Boundaries Body Boundaries Voice Tattling and Reporting Think, Feel, Act <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Body Boundary Violation Personal Boundary Violation Types of Unsafe Secrets: Threat, Promise, Trick 	<ul style="list-style-type: none"> Identity-The Right To Be Who You Are <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Understanding Recruiting Resisting Pressure from Others Healthy/Unhealthy Relationships Making Safe Decisions on the Internet and in Social Media Safe Use of Cameras 	<ul style="list-style-type: none"> The Responsibilities of Your Rights <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Right to Safety Accessing Help 	N/A	N/A	N/A
Fifth Grade	<ul style="list-style-type: none"> Peer Pressure: Finding the Courage Within You <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Balance of Power Healthy/Unhealthy Relationships Safe Choices with Peers Understanding Recruiting 	<ul style="list-style-type: none"> Cyberbullying Cyber P.L.A.N. <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Safe Use of Cameras Making Safe Decisions on the Internet and in Social Media 	<ul style="list-style-type: none"> Privacy Safety NETWORK <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Personal Boundary Personal Boundary Violations 	<ul style="list-style-type: none"> Boundaries Grooming <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Body Boundary Violations Types of Unsafe Secrets: Threat, Promise, Trick 	<ul style="list-style-type: none"> The Courage to Change <hr/> Crosswalk to Human Trafficking <ul style="list-style-type: none"> Accessing Help 	N/A	N/A	N/A

Bolded and italicized K-5th grade topics are new concepts that are being introduced.

SAFER, SMARTER TEENS

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7	Lesson 8	Lesson 9	Lesson 10	Lesson 11	Lesson 12	Lesson 13	
Middle School	<ul style="list-style-type: none"> Self Esteem & Personal Power 	<ul style="list-style-type: none"> Acceptance: Body Boundaries, Sexual Pressure, Fitting In 	<ul style="list-style-type: none"> Boundaries: Grooming, Secrets, Isolation, TFA 	<ul style="list-style-type: none"> ACT-Ask, Care, Tell: Abuse, Disclosure, and Getting Help 	<ul style="list-style-type: none"> Isolation: Technology, Safety, Cybergrooming 	<ul style="list-style-type: none"> SAFE: Seek Help, Trusted Adult, Face Your Fears, Energize Your Personal Power 	<ul style="list-style-type: none"> SAFE: Seek Help, Trusted Adult, Face Your Fears, Energize Your Personal Power 	<ul style="list-style-type: none"> Human Trafficking-Online Lesson – Recognition of human trafficking. Recognizing the risks of being targeted by a human trafficker. Understanding how human traffickers recruit and maintain control. 	<ul style="list-style-type: none"> <i>Mental Health What is Health? – Understanding physical and mental health and wellbeing.</i> 	<ul style="list-style-type: none"> <i>Mental Health What is Mental Illness? – Understanding different mental states, causes of mental illness.</i> 	<ul style="list-style-type: none"> <i>Mental Health Awareness and Prevention – General information on mental illness symptoms and suicide prevention.</i> 	<ul style="list-style-type: none"> <i>Mental Health Seeking Help – Gaining awareness of the warning signs of mental health issues, the importance of seeking help, and how to seek help.</i> 	<ul style="list-style-type: none"> <i>Mental Health Wellbeing – Learning coping strategies to deal with stress, the importance of making healthy decisions.</i> 	<ul style="list-style-type: none"> <i>Mental Health Health Lifestyle Choices – Prevention of drugs, nicotine (smoking or vaping), and alcohol.</i>
High School	<ul style="list-style-type: none"> Be the Change: Personal Rights and Responsibilities, Building Communication Skills 	<ul style="list-style-type: none"> Healthy vs. Unhealthy Relationships, Self Esteem, Boundaries, Balance of Power 	<ul style="list-style-type: none"> The Problem of Sexual Abuse, Grooming, Cyber Safety, Control: Force, Coercion, and Fraud 	<ul style="list-style-type: none"> Dating Violence and Harassment, Flirting or Harassment, Confronting Sexual Harassment 	<ul style="list-style-type: none"> Education and Advocacy in Action, Developing a Safety P.L.A.N. 	<ul style="list-style-type: none"> Human Trafficking-Online Lesson – How human traffickers target victims. How human traffickers maintain control. Recognizing the outward signs of human trafficking in others. How to get help and report human trafficking. 	<ul style="list-style-type: none"> <i>Mental Health What is Mental Health</i> 	<ul style="list-style-type: none"> <i>Mental Health Understanding physical and mental health.</i> 	<ul style="list-style-type: none"> <i>Mental Health State of Mind – Understanding different mental states, including mental wellbeing, mental distress, mental health problems, and mental illness.</i> 	<ul style="list-style-type: none"> <i>Mental Health Seeking Help – Gaining awareness and understanding of the warning signs that signal a mental health concern, when to seek help, and how to seek help. Awareness of suicide risks and suicide prevention.</i> 	<ul style="list-style-type: none"> <i>Mental Health Addiction - Exploration of the reasons that teens try and use drugs, nicotine (smoking or vaping), and alcohol.</i> 	<ul style="list-style-type: none"> <i>Mental Health Wellbeing – Strategies to cope with stress, increase personal resilience, and make healthy decisions.</i> 	N/A	

Bolded and italicized Middle and High School topics are concepts that fulfill DOE requirements for Human Trafficking and Mental Health education.

ABOUT *SAFER, SMARTER KIDS*



**SAFER,
SMARTER
KIDS!**

"I have used the *Safer, Smarter Kids* program for two years now with wonderful results. The kids love it! They are excited and engaged throughout the program."

- Florida Elementary School Teacher

PRE-KINDERGARTEN THROUGH GRADE 5

Safer, Smarter Kids is a child abuse prevention education curriculum designed to empower elementary school-aged children to protect themselves in situations where someone could abuse them. Children are armed with protective principles and vocabulary to express their feelings and talk to a trusted adult.

Safety Topics: Safety awareness | Respecting yourself and others | Developing self-esteem | Assessing safe vs. unsafe situations | Understanding rules and responsibilities | Identifying and protecting body boundaries | Listening to a guiding voice | Accessing help and trusted adults | Determining safe vs. unsafe secrets | Determining safe vs. unsafe touches | Practicing cyber safety and digital citizenship | Establishing personal power and influence | Human trafficking prevention

The curriculum was developed by Lauren Book, M.S.Ed. – child abuse survivor, child advocate and educator and founder and CEO of the Lauren's Kids foundation – along with career educators and guidance counselors to provide critical safety information to children, parents and teachers.

Safer, Smarter Kids follows a developmentally appropriate sequence of instruction for elementary school students, helping children develop skills to stay safe as their world expands. Each grade level program in the curriculum includes five to eight lessons that are aligned to the Florida Standards and Next Generation Sunshine State Standards for easy integration into the classroom. The curriculum allows for all children to effectively learn these critical strategies, no matter their learning style, and contains adaptations for children with special needs.

Effectiveness testing of the early childhood components of the curriculum showed children had a 77% learning gain in their knowledge of critical personal safety information. Personal safety learning continues for middle and high school students through the *Safer, Smarter Teens* program.



KINDERGARTEN

Children learn strategies and vocabulary to stay safe in the context of their growing world. The main tenets of this curriculum teach children that their bodies are their own, they always have the right to say no when they feel uncomfortable and should tell their trusted adult about the situation, and no one should ever ask a child to keep an unsafe secret. Buddy and Lauren introduce important vocabulary and tools to avoid victimization without dealing explicitly with the issue of sexual abuse.

Curriculum Kit Includes:

- Teacher's Guide and USB (parent letters in English, Spanish and Creole)
- Poster and Stickers
- Homework Sheets, Center Activities, Journals
- Scenario Cards, Visual Aids
- Parent Letters, Certificates of Completion
- Florida Standards Reference Sheet

Topics (6 Lessons):

- Safety Rules
- Grown-Up Buddies
- Trusted Triangle
- Safety Stop Sign
- I Mean Business Voice
- Guiding Voice
- Think, Feel, Act
- Private Parts
- Personal Space
- Safe and Unsafe Secrets
- Tattling and Reporting
- Strangers
- Human Trafficking Prevention

20 copies of consumable materials included; all activities can also be found on USB, and additional copies may be ordered in the form of Replenishment Packs at Shop.LaurensKids.org.





1st GRADE

Expanding upon the use of the strategies and vocabulary learned previously, children utilize these same concepts to navigate more complex scenarios and situations around their home. Special emphasis is placed on their ability to identify and access help from their parents and other trusted adults. Children work with Buddy to search for their safety tools to complete their Safety Tool Belts – a concept that helps children understand that they always have the tools and strategies necessary to protect themselves at home and access help, no matter the situation.

Curriculum Kit Includes:

- Teacher's Guide and USB (parent letters in English, Spanish and Creole)
- Poster and Poster Clings
- Homework Sheets, Center Activities, Journals
- Scenario Cards, Visual Aids, Memory Cards, Tokens
- Parent Letters, Certificates of Completion
- Florida Standards Reference Sheet

Topics (8 Lessons):

- Safety Rules
- Grown-Up Buddies
- Trusted Triangle
- Safety Stop Sign
- I Mean Business Voice
- Guiding Voice
- Think, Feel, Act
- Safe and Unsafe Touches
- Safe and Unsafe Secrets
- Tattling and Reporting
- Strangers
- Human Trafficking Prevention

20 copies of consumable materials included; all activities can also be found on USB, and additional copies may be ordered in the form of Replenishment Packs at Shop.LaurensKids.org.





**SAFER,
SMARTER
KIDS!** SECOND
GRADE!

2nd GRADE

Children learn that everyone has personal power to proactively keep themselves and others safe in their neighborhoods. Building upon concepts learned in 1st grade, children expand their vocabulary and learn new protective strategies for their growing relationships. Connections are made between strategies used in the physical world to those on the Internet. At the completion of the curriculum, children, along with Buddy and his new friends, discover the “super” power inside each of them that helps them to stay safe.

Curriculum Kit Includes:

- Teacher’s Guide and USB (parent letters in English, Spanish and Creole)
- Poster and Poster Clings
- Bifolds with Parent Letters, Journals and Activity Sheets
- Stickers
- Scenario Cards
- Cyber Learner’s Permits
- Florida Standards Reference Sheet

Topics (8 Lessons):

- Safety Superstar Tools
- Grown-Up Buddies
- Trusted Triangle
- Safety Stop Sign
- I Mean Business Voice
- Think, Feel, Act
- Awareness of Surroundings
- P.L.A.N.
- Safe and Unsafe Secrets
- Body Boundaries and Privacy
- Internet Safety
- Human Trafficking Prevention

20 copies of consumable materials included; all activities can also be found on USB, and additional copies may be ordered in the form of Replenishment Packs at Shop.LaurensKids.org.





3rd GRADE

Expanding upon the tools and strategies learned in kindergarten through 2nd grade, children recognize their role in their physical and cyber communities. They understand the difference between being a victim, a bystander and a wrongdoer, as well as how to evaluate what each of these means and the impact it has on the people around them. Special emphasis is placed on defining safe cyber citizenship and the vulnerabilities that come with online relationships.

Curriculum Kit Includes:

- Teacher's Guide
- USB with videos, lesson materials and parent letters (Parent letters available in Spanish and Creole)
- Learning Log Bifolds
- Cyber Citizen Licenses
- Certificates of Achievement
- Glossary Sheet
- Vocabulary Word Wall Cards
- Florida Standards Reference Sheet

Topics (6 Lessons):

- Good Citizenship in Our Community
- Wrongdoing, Wrongdoer, Victim, Bystander
- Safety NETWORK
- Think, Feel, Act
- Internet Safety
- Digital Citizenship
- Digital Community
- Body Boundaries and Personal Space
- Guiding Voice
- Personal Power
- Unsafe Secrets
- Accessing Help – Being Heard, and Getting Help
- Human Trafficking Prevention

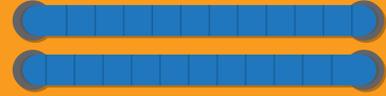
20 copies of consumable materials included; all activities can also be found on USB, and additional copies may be ordered in the form of Replenishment Packs at Shop.LaurensKids.org.





SAFER, SMARTER KIDS!

FOURTH GRADE



4th GRADE

The 4th Grade curriculum continues to address safety information in a relatable, child-centric backdrop to help children more clearly identify their changing needs as they become more mature and independent. Students will join Lauren and kids from the Rec Center as they travel back in time to learn about the United States Constitution and Bill of Rights, which are provided as an introduction to the Kids' Bill of Rights and build the framework for all of the lessons in the 4th Grade curriculum. Students are introduced to the Kids' Bill of Rights, which includes their right to Safety, Respect, their Identity, a Voice and the right to their Childhood.

Curriculum Kit Includes:

- Teacher's Guide
- USB with videos, lesson materials and parent letters (Parent letters available in Spanish and Creole)
- Learning Logs (Big Idea and Key Vocabulary, My Turn Activity, Journal Prompt, and Building the Background Activity)
- Poster & Key Vocabulary Cards
- Florida Standards Reference Sheet

Topics (5 Lessons):

- Kids' Bill of Rights: Right to Safety, Respect, Your Identity, A Voice, Childhood
- Safety NETWORK, Digital Safety
- Respecting Boundaries, Body Boundaries
- Tattling vs. Reporting, Trusted Adults
- Think, Feel, Act
- Human Trafficking Prevention

24 copies of consumable materials included; all activities can also be found on USB, and additional copies may be ordered in the form of Replenishment Packs at Shop.LaurensKids.org.





5th GRADE

The 5th Grade curriculum builds upon and expands the concept of kids' rights introduced in 4th Grade. It provides strategies for children to identify their inner courage and make choices that can keep them safe during this challenging developmental transition from childhood to adolescence. Emphasis is placed on teaching children how to react to pressure from peers including, bullying and the setting of personal boundaries. Lesson 5 discusses some of the concerns that children may have as they transition to middle school and models appropriate responses, so children are armed with relatable dialogue that they can use in their everyday lives.

Curriculum Kit Includes:

- Teacher's Guide
- Parent Letters
- USB with videos, lesson materials and parent letters (Parent letters available in Spanish and Creole)
- Learning Logs (Big Idea and Key Vocabulary, My Turn Activity, Journal Prompt, and Building the Background Activity)
- Poster & Key Vocabulary Cards
- Activity Sticky Notes
- Florida Standards Reference Sheet

Topics (5 Lessons):

- Introduction: Finding the Courage Within You
- Peer Pressure
- Cyber Bullying & Cyber Safety
- Privacy, Safety NETWORK
- Boundaries, Grooming
- The Courage to Change
- Human Trafficking Prevention

24 copies of consumable materials included; all activities can also be found on USB, and additional copies may be ordered in the form of Replenishment Packs at Shop.LaurensKids.org.



ABOUT *SAFER, SMARTER TEENS*



Did you know? At least **20 percent of teens will become a victim of some form of abuse** before graduating from high school. Though the stats are staggering, the solution is clear: we can prevent abuse and empower survivors through education and awareness.

- The Advocacy Center:
The Facts About
Youth Sexual Abuse

MIDDLE & HIGH SCHOOL PERSONAL SAFETY CURRICULUM

Lauren's Kids *Safer, Smarter Teens* curriculum empowers middle and high school students to tap into their personal power and become advocates for change in their communities, while learning how to use their voices to better protect themselves and others. Developed by Lauren Book, M.S.Ed, alongside experts and career educators, the curriculum includes five lessons that are aligned to the Florida Standards and Next Generation Sunshine State Standards for easy integration into the classroom. The *Safer, Smarter Teens: Personal Power Middle School* curriculum teaches students how to recognize danger and how to use their personal power to say "no," get help, set boundaries, and become leaders. Middle school students learn about the warning signs of unsafe situations and what actions they can take to reduce risks, stay safe, and access help through scenario-based video lessons and in-class activities. The *Safer, Smarter Teens: Be the Change High School* curriculum addresses personal safety and the balance of power in relationships and topics such as sexual abuse, sexual harassment, mental health, and dating violence through real-life conversations with abuse survivors, law enforcement, educators and experts. This curriculum will empower students to know what to do in an unsafe situation, who to turn to for help, and how to help a friend in need.

SAFER, SMARTER TEENS

PERSONAL POWER



MIDDLE SCHOOL

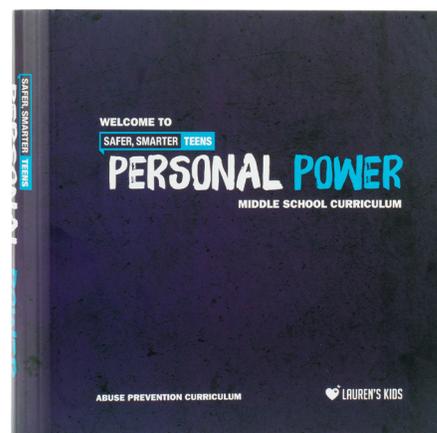
The *Safer, Smarter Teens: Personal Power* curriculum delves into Lauren Book's personal story of childhood abuse and the journey to find her voice, and provides middle school students with knowledge that they have personal power: the power to recognize danger, the power to say no, the power to get help, and the power to set boundaries about what people can and can't do with their bodies. The curriculum also helps students learn to recognize the warning signs of unsafe situations and what actions they can take to reduce risks, stay safe and access help through scenario-based videos and in-class exercises. In every lesson, students are challenged to use their voices and cultivate personal power.

Curriculum Kit Includes:

- Teacher's Guide
- Parent Letters
- USB with videos, lesson materials and parent letters (Parent letters available in Spanish and Creole)
- Activity Sheets
- Spotlight and Key Vocabulary
- Focus Scene Cards
- Key Vocabulary Cards
- Florida Standards Reference Sheet
- Bookmarks

Topics (7 lessons):

- Introduction to Personal Power & Lauren's Story
- Body Boundaries, Peer Pressure & Fitting In
- Grooming, Secrets, Isolation
- Think, Feel, Act
- Abuse, Disclosure and Getting Help
- Technology Safety and Cybergrooming
- Human Trafficking
- + 6 Mental Health Micro-Lessons



SAFER, SMARTER TEENS

BE THE CHANGE



HIGH SCHOOL

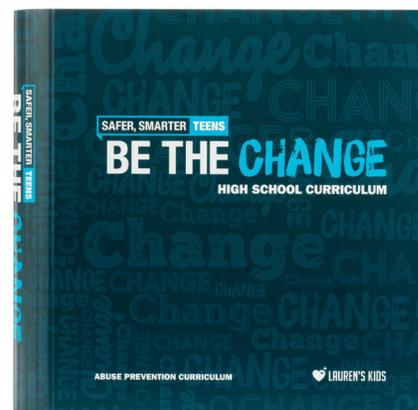
The *Safer, Smarter Teens: Be the Change* curriculum focuses on a time when a young adult may face greater risks to their personal safety. The high school curriculum addresses personal safety and relationships, and some sensitive topics such as sexual abuse, sexual harassment and dating violence. This curriculum will empower students to know what to do in an unsafe situation, who to turn to for help, and how to help a friend who is in need. Throughout the five lessons, students hear from real-life survivors who share their personal stories of abuse and how they found the courage to access help.

Curriculum Kit Includes:

- Teacher's Guide
- Parent Letters
- USB with videos, lesson materials and parent letters (Parent letters available in Spanish and Creole)
- Lesson Glossaries
- Activity Sheets
- Florida Standards Reference Sheet

Topics (6 Lessons):

- Be the Change: Personal Rights and Responsibilities
- Healthy vs. Unhealthy Relationships
- The Problem of Sexual Abuse
- Dating Violence and Harassment
- Education and Advocacy in Action
- Human Trafficking
- + 6 Mental Health Micro-Lessons



SAFER, SMARTER KIDS! SPECIAL NEEDS

SPECIAL NEEDS

Unfortunately, more than 90% of people, both male and female, with special needs will be sexually abused at some point in their lives, and 49% will experience 10 or more abuse incidents in their lives.¹ Only 3% of sexual abuse cases involving people with disabilities are ever reported, which is why the lessons taught in this specialized curriculum are so critical.¹

Lauren's Kids offers several resources to ensure the *Safer, Smarter Kids* curriculum is able to reach all kinds of learners. Offerings include a stand alone resource with engaging lesson plans that incorporate visual aids to educate children about the importance of body boundaries and personal safety, and encourages children to develop a group of trusted adults with whom they can share things that make them uncomfortable. The framework is designed to create a cooperative environment for parents and teachers to create a learning plan so that each child, no matter their need, can receive a developmentally appropriate abuse prevention education.

The framework integrates with current autism models and focuses on the children recognizing facial cues and situational circumstances to determine what action should be taken to protect themselves.

Lauren's Kids has also developed pacing guides to help accommodate students with developmental, emotional and behavioral disabilities who are being taught lessons from the traditional grade level curriculum programs.

CHILDREN WITH SPECIAL NEEDS: PREVENTING CHILDHOOD SEXUAL ABUSE

PREVALENCE:

- Fear of preadolescent people or abusers
- Difficulty in asking for or demanding better behavior
- Difficulty in seeking physical contact
- Regression in verbal ability, increase in acting out

PHYSICAL SIGNS OF SEXUAL ABUSE:

- Soreness, pain, or pain in anal or genital areas
- Heat, itching, or unusual discharge
- Painful, red, or swollen infections
- Oral, genital or anal bleeding
- Rash, itching, swelling, or rashes
- In the genital or anal area
- Change, torn or unusual eruptions or diaper
- Pain when sitting or exercising
- Pain during urination or defecation

BEHAVIORAL SIGNS OF SEXUAL ABUSE:

- Changes in eating or sleeping habits
- Adult leaving room alone with your child
- New or unusual behaviors for private parts
- Problems in school, drastic changes in academic performance, concentration difficulties, talking, poor, trouble engaging in class discussions, etc.
- Withdrawal from family and friends
- Lack of trust in others
- Drug or alcohol use
- Guilt or inappropriate sexual behavior
- Self-harm or suicidal tendencies
- Increased depression and anxiety
- Assistance of certain people or environments
- Inappropriate gifts
- Regressive behaviors (thumb-sucking, bedwetting)

REPORTING ABUSE:

Only if parent or sexual abuse cases involving people with disabilities are ever reported, as it is important to report the abuse if you suspect your child is being harmed. Reporting is simple and confidential. Even if you do not have all of the information about your child's case, you can still report abuse.

PROTECTIVE YOUR CHILD:

- Make it safe for your child to talk to you about everything to the full extent of his or her ability to communicate.
- Make sure they are completely age appropriate and appropriate.
- Make sure there are two adults present at all times, especially for sensitive ones such as talking and talking.
- Recognize that teenagers with disabilities are still teenagers and treat them in ways appropriate to their age. Consider appropriate body boundaries and don't undress or shower in front of your child.

Telephone: 1.800.802.2073
 Fax: 1.800.552.0001
 TDD: 1.800.463.5445
 Web: www.LaurensKids.org
 www.LaurensKids.org

LAUREN'S KIDS
 CHILDHOOD ABUSE PREVENTION CURRICULUM



SAFER, SMARTER KIDS!

TEACHER VIDEO

LAUREN'S KIDS

¹Valenti-Hein, D., Schwartz, L. The Sexual Abuse Interview for Those with Developmental Disabilities.

RESOURCES & SUPPORT FOR EDUCATORS



EDUCATOR SUPPORT & PROFESSIONAL DEVELOPMENT

Become your students' best advocate. Lauren's Kids is committed to supporting educators as they work to help students become safer & smarter. Offerings include:

- Comprehensive Teacher's Guides with step-by-step instruction on how to teach each grade level of *Safer, Smarter Kids* & *Safer, Smarter Teens* curriculum programs in your classroom
- Access to lesson-by-lesson implementation training for each grade level of the *Safer, Smarter Kids* & *Safer, Smarter Teens* curriculum programs
- Professional development courses for classroom teachers and administrators, developed in partnership with the University of Florida
- Resources for guidance professionals
- In-person trainings
- Access to Lauren's Kids team members for questions and support
- And more...

Visit SaferSmarterSchools.org to learn more.



RESOURCES & SUPPORT FOR FAMILIES



BLUEPRINT FOR BUILDING SAFER, SMARTER FAMILIES

The *Blueprint for Building Safer, Smarter Families* activity pack helps families teach elementary schoolers personal safety and abuse prevention strategies from a place of fun - not fear.

Each pack comes with a step-by-step guide for parents containing information on protective safety concepts and activities to complete with their children. Based on concepts introduced in the *Safer, Smarter Kids* curriculum, the activity pack focuses on building:

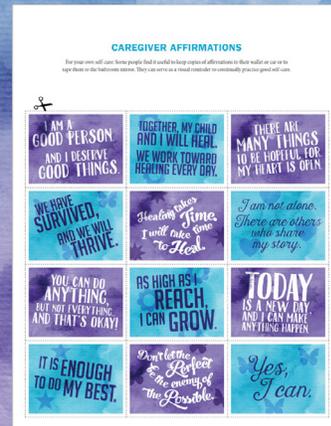
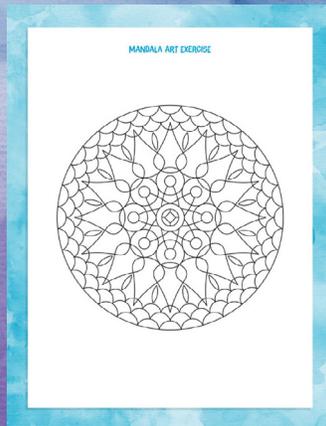
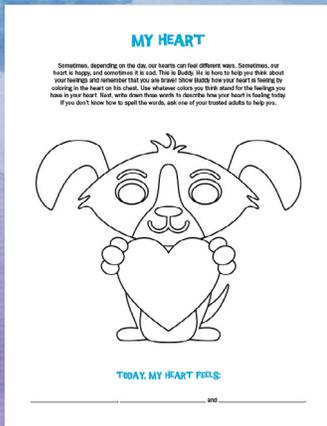
1. Safe Relationships
2. Safe Communication
3. Physical Safety
4. Personal Safety
5. A Plan for Safety
6. Safety in the Digital World

Available FREE for Florida families, order on Shop.LaurensKids.org. Free resources also available online at SaferSmarterFamilies.org; visit today to check out our Family Safety Toolkit.





A GUIDE TO *hope & healing*



A GUIDE TO HOPE & HEALING

Helping families begin the healing process following a child's disclosure of sexual abuse.

A Guide to Hope & Healing was developed by the Lauren's Kids foundation in conjunction with Florida's children's advocacy centers, the Florida Council Against Sexual Violence, therapists and parents of survivors. It provides essential information and answers questions that often arise after a child's disclosure of abuse. This resource is available to families free of charge, both online and in print.

A Guide to Hope & Healing Includes:

- Manual For Parents & Caregivers
- Reference Tips and Forms
- Activities to Help Facilitate Healing

Available **FREE** for Florida families, order on Shop.LaurensKids.org.

RECOGNIZE: Healthy sexual behaviors for children, statistics, and signs of child sexual abuse.

REPORT: Whom to contact, information to collect and the process for reporting child sexual abuse.

RESPOND: How to comfort and protect your child after a disclosure of sexual abuse.

RECOVER: How to help your child and family cope and heal from the trauma of child sexual abuse.



If you're choking back tears and your heart's filled with fears...you know very well, it's OK to tell.



LAUREN'S KINGDOM

Little Lauren lives with her loving family in a small stone house by the sea. Her radiant smile and sweet disposition warm the hearts of everyone she meets...but things change when a babysitter arrives. Lauren is afraid of the bigger, stronger babysitter's touching and becomes quiet and sad. But, with the help of her friend Rodney, Lauren finds the courage to use her voice. Together, they learn an important lesson for children everywhere:

If you're choking back tears and your heart's filled with fears...you know very well, it's OK to tell.

Lauren's Kingdom is appropriate for children in pre-K through second grade and is available on **Shop.LaurensKids.org**. All proceeds go toward the Lauren's Kids foundation's work to prevent abuse and help survivors heal.

Best-selling author **Lauren Book, M.S.Ed.**, is an internationally recognized child advocate, a former classroom educator and a lover of children's literature.



LAUREN'S KIDS

Lauren Book, Lauren's Kids' founder and CEO, was a victim of childhood sexual abuse for six years at the hands of her trusted caretaker. Armed with the knowledge that 95% of sexual abuse is preventable through education and awareness, Lauren has worked to turn her horrific personal experience into a vehicle to prevent childhood sexual abuse and help other survivors heal.

An official 501(c)3 since 2007, Lauren's Kids is based in South Florida and educates adults and children about sexual abuse prevention through in-school curriculum, awareness campaigns and speaking engagements around the country and the world. From 2010 to 2018, Lauren trekked 1,500 miles across Florida each year, walking on highways and byways from Key West to Tallahassee to raise awareness and educate communities. She continues to host advocacy events at the Florida Capitol – including a 42 hour walk in honor of the 42 million survivors of childhood sexual abuse in the U.S. today – and complete service projects to benefit sexual assault treatment centers and children's advocacy centers statewide. The foundation has produced Emmy® Award-winning public awareness programming, and helped advocate for the passage of nearly two dozen laws to support survivors and protect children from predators. The ultimate goal is to prevent sexual abuse through education and awareness, and to help survivors heal with guidance and support.

To learn more about Lauren's Kids, visit www.LaurensKids.org

Order curriculum today!
Shop.LaurensKids.org