



BRIDGE TO SUCCESS

# Hastings Public Schools

INDEPENDENT SCHOOL DISTRICT 200  
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Dear parent(s)/guardian(s),

On May 8, your child will have the opportunity to attend a presentation called “Empower Me!” on personal safety awareness. Similar to last year, this program is provided to students in grades K-4 and is designed to help children learn about personal safety in an empowering and positive way. **An additional parent only presentation is planned for Tuesday, May 8 at 6:30 PM. The parent only presentation is open to parents from all 3 schools and will be held at the McAuliffe Elementary Media Center.** The presentations were funded through a grant from the United Way.

Topics covered include:

- Checking first with the adult in charge before going anywhere with anyone
- Identifying five adults who make up their safety net
  - We ask students to identify five adults in case the first person isn’t helpful or a safety net adult asks them to break a rule.
- Listening to their “uh-oh” feeling –
  - Children should be told to respond to their own gut instinct and tell a parent or trusted adult if a person or situation makes them feel uncomfortable or afraid.
- Saying “no” to anyone asking them to break a safety rule – even if students freeze or are too scared to say no, it still isn’t the child’s fault and they can still tell one of their five trusted adults
- We talk about touches –Understanding that no touch should ever be a secret

The program teaches children they have the right to keep their private parts private. The only time someone would need to touch a child’s private parts is to keep a child clean and healthy, like at the doctor’s office. Children are told they can always ask questions about a touch if they aren’t sure it is clean and healthy, because touches are never a secret. Students know that if someone tries to get them to break any safety rule, including a body safety rule, it isn’t their fault and they can find one of their safety net adults right away.

It is important for young people to have these lessons as one step toward prevention. However, personal safety should never rest on the shoulders of a child. Family involvement and ongoing personal safety conversations have a stronger impact than one unit at school. Repetition and “What If” scenarios help students to strengthen their knowledge and skills.

Education resources and materials on how to have a Family Safety Night and samples of “What If” games to help continue these important lessons at home are available at [gundersenhealth.org/ncptc](http://gundersenhealth.org/ncptc).

- <http://www.gundersenhealth.org/ncptc/jacob-wetterling-resource-center/keep-kids-safe/family-safety-night/>
- <http://www.gundersenhealth.org/ncptc/jacob-wetterling-resource-center/keep-kids-safe/personal-safety/>

It is a grown-up’s responsibility to keep children safe and we take that responsibility very seriously. If you have any questions about the Empower Me! presentations, please don’t hesitate to contact your child’s teacher or the school office.

Thank you,

Kyle Latch, Kennedy Principal  
&  
Kennedy Elementary Staff

