

BRAVE SKILL-BUILDING ACTIVITIES FOR EARLY LEARNERS

Be Brave-Be Safe is a positive, proactive prevention program that nurtures self-value, confidence, resiliency, and awareness of personal safety while providing opportunities to practice skills that may help avoid and/or escape from danger. The goal of The Joyful Child's Be Brave – Be Safe Program is to cultivate each student's natural abilities to reduce the risk of victimization by providing age-appropriate knowledge and tactile skill-building activities to improve their competence and confidence asserting their boundaries to protect their joy.

Top 5 Tips for Early Learners (ages 2-5)

1. No one gets to hurt me because I am the only me in the world. Everyone should be safe and happy.
2. There are lots of people who care about me and my Safe Adults make me feel safe and happy.
3. I am the only person who knows how I feel inside. If I am hurt, afraid, or worried, I will be brave and tell my Safe Adults so that they can help me.
4. My body is mine alone and if I do not want to be touched, that is okay. I can say so!
5. I always have a Safe Adult with me outside or in public who *I can see, hear, and touch in 3 seconds.*

Ask your child to show you what they already know about being safe at home (take a tour). For example, they may know not to touch outlets, the stove/oven, knives, etc. Ask about being safe in the bath/water (an adult should be watching) and use the opportunity to connect their hygiene (washing with soap) to their safety and health as well. Revisit this conversation often as teachable moments arise at home, in the car, and out in public places. Applaud how much they know and enjoy their enthusiasm for learning and practicing BRAVE Skills.

Traffic Light

The traffic light image is a metaphor used to facilitate risk assessment and clarify emergency, questionable, and safe situations to help children learn how to quickly determine appropriate responses to be safe. Introduce the Traffic Light and how different situations may be **SAFE, QUESTIONABLE, OR DANGEROUS**.

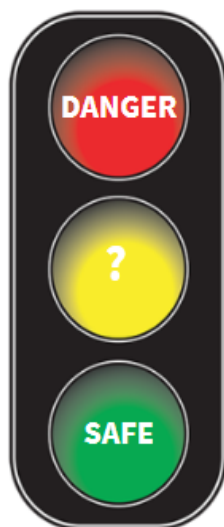
Invite your child to help you think of and draw a picture of an example of each type of situation on the coloring sheet.



Key Definition

EMERGENCY:

When something happens and someone needs help right now.



A red light is an emergency!

Get to a safe place and get help fast.
If there is no adult, call 9-1-1.

A yellow light means something doesn't feel right, and I need to tell at least 2 Safe Adults.

A green light means no one is in danger.
I feel safe and comfortable.

BRAVE SKILL-BUILDING ACTIVITIES FOR EARLY LEARNERS

Safe Adults

Explain to your child that most people are kind, but we cannot tell how other people feel inside. We know how other people behave (what they do) and what they say, but we don't know what they are feeling. That's why it is important to pay attention to how others make us feel. Tell your child that if someone ever makes them feel uncomfortable, weird, nervous, or scared, you want them to tell you (no matter who it is!) because you do not want to accidentally leave them alone with someone who does not make them feel safe.

Ask your child which adults always make them feel 100% safe and comfortable. If you had to go somewhere and leave your child, ask them who they would choose to stay with. Agree on your top 3 Safe Adults. Explain that these are the *only 3 people allowed to take them anywhere* (walking, riding, or in a vehicle) without asking you first. They will be on their school emergency cards. Revisit this list of Safe Adults at the start of every school year to talk about the special adults in your child's life. **Draw a picture together** of the Safe Adults you both trust.

Talk with the chosen Safe Adults to explain what you are teaching, why, and how you want them to help your child assert their boundaries and learn how to communicate what they need to feel safe and comfortable.

BRAVE Plans

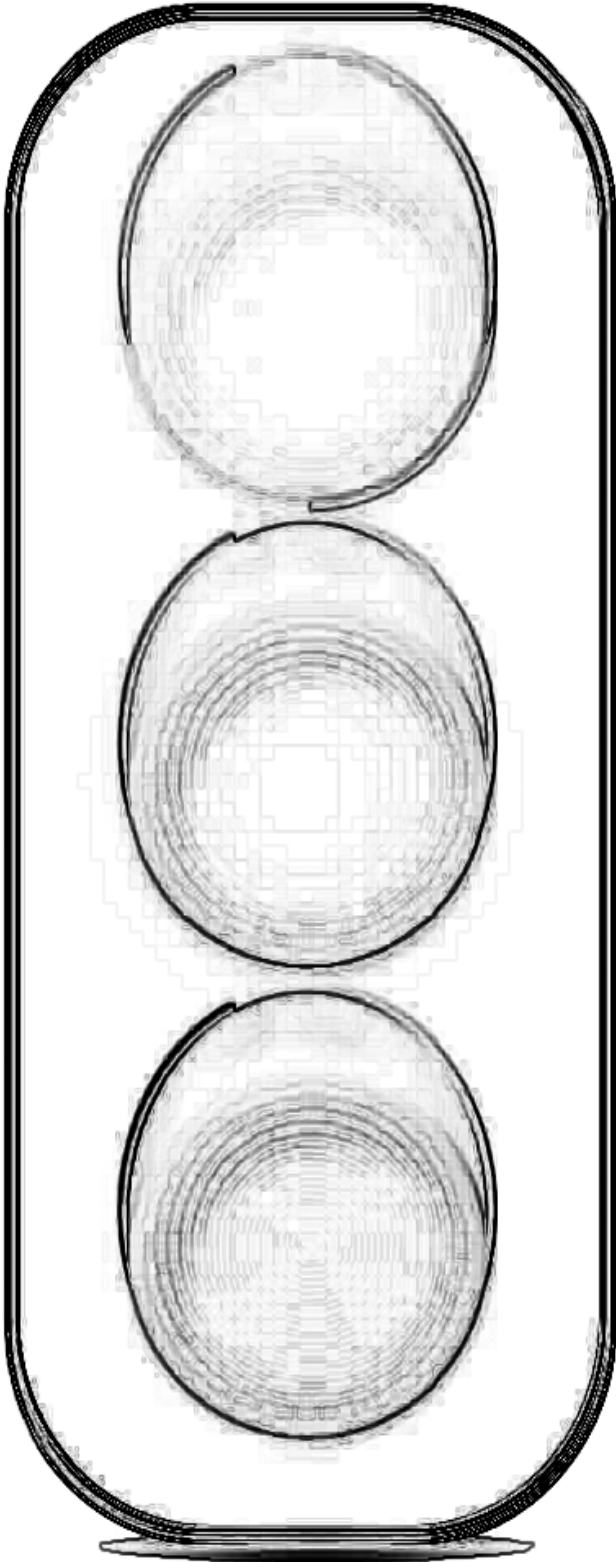
Help your student develop their own plan for what they will do to keep themselves safe in a variety of situations. These action plans are called Brave Plans. Introduce the idea of planning ahead for safety and refer to the activities you have already practiced. The BRAVE Skill-Building Activities provide the foundation for teaching your child how to think critically about their safety and with practice, you can help them develop realistic and effective BRAVE Plans to be safe in virtually any situation. If your child feels worried or scared, they know that they have Safe Adults they trust to talk to.

Early learners often have a difficult time finding the words to express upset feelings, so encourage early learners to **Choose a Safe Signal** (like sign-language) that is both unique (not something they do often) and easy for you both to remember and recognize.

Practice the 3-Second Rule consistently in public places. Tell your child that it is your job to keep them safe and you can't do that if you can't see, hear, and touch them. When your young child lets go of your hand or runs ahead, ask them if they can touch you in 3 seconds... as they run to you, count to 3. It is okay to have fun practicing safety. Applaud and encourage your child to be aware of where you are.

Help your child write or draw their BRAVE Plan to be safe in a situation where they may feel uncomfortable or afraid. If you can recall a situation that they remember when they felt uncomfortable it will help them think about what they would like to do next time to be brave and be safe. Encourage your child to use their voice to say how they feel or what is wrong, get away, and tell Safe Adults until they feel safe.

Traffic Light for Safety Coloring



RED—It's an emergency! Get away and call 9-1-1.

YELLOW—Something isn't right. Tell two adults.

GREEN—I feel safe.



BE BRAVE - BE SAFE

My BRAVE Plan to be safe if I feel uncomfortable.