



For parents/guardians (at commencement of program)

The C.A.R.E. program is starting in your student's classroom. Throughout the coming weeks, we will learn lessons from the following lesson cards:

Discussion Card #1

Introduces the topic of personal safety and the C.A.R.E. Kit to students.

Message Card 1

Identifies each person's body as unique, different and special. The lesson stresses that all bodies deserve to be treated with respect.

Message Card 2

Identifies bodies as private; the entire body is defined as private with a particular focus on the private parts, defined as the breasts, genitals and buttocks.

Discussion Card 2

Develops an understanding of the correct names of the private parts of the body. Knowing the correct names helps protect children.

Message Card 3

Establishes ownership of one's body - Your Body is Yours! - this is basic to children's understanding of personal safety.

Discussion Card 3a

Develops an understanding that taking care of one's body is necessary for good health and that there are times when everyone needs privacy.

Discussion Card 3b

Develops an understanding that sometimes children need help from caregivers to stay healthy.

Message Card 4

Defines and distinguishes between appropriate and inappropriate touching. Introduces the Personal Safety Rules, to be used to help keep children safe:

TALK: Say "NO!"

WALK: Get away.

SQUAWK: Tell someone you trust. Keep telling until someone helps you.

Discussion Card 4a

Defines and describes a variety of appropriate touches.

Discussion Card 4b

Defines and describes a variety of inappropriate touches.

Discussion Card 4c

Develops an understanding that appropriate touches can change to inappropriate touches.

Message Card 5

While reinforcing the Personal Safety Rules, it identifies the various ways a person might try to