



### **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