# CDC and the Child Protection Unit (EL) second



# Second Step Child Protection Unit and National Health Education Standards (Pre/K)

Early Learning

The Second Step Child Protection Unit teaches children critical personal safety skills they can use to keep themselves safe. Children learn concrete Safety Rules to help them identify and avoid unsafe or abusive situations and straightforward Ways to Stay Safe to help them develop their ability to identify, refuse, and tell grown-ups about unsafe touches and situations and sexually abusive touch.

Learning and practicing these essential safety skills aligns closely with many of the National Health Education Standards. These standards, published by the Centers for Disease Control and Prevention, serve as the framework for most U.S. state health education standards and are available at www.cdc.gov/healthyyouth/sher/standards/

The chart below outlines the alignment between the National Health Education Standards and the Second Step Child Protection Unit.

### **Safety Rules**

- · Common safety rules for guns, fire, riding on wheels and in vehicles, water, dogs, sharp tools, and traffic
- The Always Ask First Rule: Always ask a parent or the bigger person in charge first
- The Touching Rule: A bigger person should never touch your private body parts except to keep you healthy

### Ways to Stay Safe

- Stop and think: Is it safe? What's the rule?
- · Say words that mean no
- Tell a grown-up





National Health Education Standards Second Edition (NHES) Early Learning		ntify and follow Safety Rules	Know and follow the Always Ask First Rule	w and remember the Touching Rule	lerstand how to identify safe, unsafe, unwanted touches	nderstand and practice refusing unsafe r unwanted touches	Understand and practice how to identify unsafe situations	Understand and practice refusing to participate in unsafe situations	Understand and practice how to tell a grown-up about unsafe situations	Practice using safety skills to recognize and respond to sexual abuse	<b>Using Skills Every Day:</b> Thinking ahead, reinforcing, and thinking back on how children use safety skills	Curriculum Connections Activities: Reinforcing safety skills through integration with other areas of learning	<b>Home Links:</b> Helping families reinforce safety skills
Academic Health Standard	Content Strand	Iden	Kno	Kno	Unde	Or u	Ond	Und	Und	Prac	Usir Thir	Curi Reir inte	Help
NHES 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	1.2.4 List ways to prevent common childhood injuries.	<b>~</b>	<b>✓</b>				<b>~</b>	<b>✓</b>	<b>✓</b>		<b>✓</b>	<b>✓</b>	<b>✓</b>
NHES 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.	<b>3.2.1</b> Identify trusted adults and professionals who can help promote health.		<b>✓</b>						<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>√</b>
	<b>3.2.2</b> Identify ways to locate school and community health helpers.		<b>✓</b>	<b>√</b>					<b>~</b>	<b>✓</b>		<b>✓</b>	<b>✓</b>
NHES 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	<b>4.2.1</b> Demonstrate healthy ways to express needs, wants, and feelings.					<b>~</b>		<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>		<b>~</b>
	<b>4.2.3</b> Demonstrate ways to respond in an unwanted, threatening, or dangerous situation.	<b>✓</b>	<b>~</b>	<b>√</b>	<b>✓</b>	<b>~</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>		<b>√</b>
	<b>4.2.4</b> Demonstrate ways to tell a trusted adult if threatened or harmed.		<b>✓</b>	<b>√</b>					<b>√</b>	<b>√</b>	<b>✓</b>	<b>√</b>	<b>√</b>
NHES 5: Students will demonstrate the ability to use decision-making skills to enhance health.	<b>5.2.1</b> Identify situations when a health-related decision is needed.	<b>~</b>	<b>✓</b>	<b>√</b>	<b>~</b>					<b>~</b>	<b>✓</b>	<b>✓</b>	<b>~</b>
	<b>5.2.2</b> Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	<b>✓</b>	<b>✓</b>	<b>√</b>	<b>✓</b>								<b>✓</b>
NHES 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	<b>7.2.2</b> Demonstrate behaviors that avoid or reduce health risks.	<b>~</b>	<b>✓</b>	<b>√</b>	<b>✓</b>	<b>~</b>	<b>~</b>	<b>√</b>	<b>√</b>	<b>✓</b>	<b>✓</b>		<b>✓</b>

Key Skills and Concepts

Reinforcing Skills



# **Child Protection Unit**

Early Learning-Grade 5

# Working Together to Keep Kids Safe from Abuse



### Each lesson notebook includes:

- Durable, bound set of six story-based lessons
- Lesson DVD (plus Safety Songs CD in EL notebook)
- · Reinforcement activities
- Classroom posters and rule cards
- Family materials to connect with and educate parents
- NEW! Online access to lesson and family materials in Spanish





## **STAFF TRAINING**



# **STUDENT LESSONS**



# **FAMILY MATERIALS**

#### **Module 1**

Administrators create or revise their child protection strategy, then create customized policies and procedures to help reduce risk of staff misconduct.

#### Module 2

Through realistic scenarios, all staff learn to recognize indicators of abuse and neglect, respond supportively to children who experience abuse, and report abuse.

#### Module 3

Teachers and counselors learn to teach the lessons, engage families using the materials provided, and overcome discomfort with talking to students about touching safety.

Each module takes 60-90 minutes.

Easy-to-follow, scripted lessons teach children personal safety skills using clear, rules-based, age-appropriate instruction, giving kids the know-how

and avenues to disclose abuse.

#### **Lesson Topics**

- General Safety Rules
- Ways to Stay Safe
- Always Ask First
- Touching Safety
- Never Keep Secrets
- Reviewing Safety Skills

Early Learning daily activities each take 5–7 minutes.

K-3 weekly lessons each take 20-35 minutes.

Grades 4–5 weekly lessons each take 35–40 minutes.

It's important that families understand what's being taught in schools, especially with a subject as sensitive as child sexual abuse. So we've created a set of educational materials to explain what students are learning, alleviate anxiety, and provide guidance for talking to kids about safe and unsafe touch.

Family letters help explain the program and adults' role in child protection. Take-home activities and online videos further reinforce skills and encourage family discussions.

Preview the family content at: earlyopenoften.org

Now translated into Spanish at: **abiertoyamenudo.org** 

To learn more, watch a staff-training demo, and preview student lessons, please visit: cfchildren.org/child-protection

