

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

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

**MEETS
ERIN'S LAW
RECOMMENDATIONS**



STAFF TRAINING

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.



STUDENT LESSONS

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.



FAMILY MATERIALS

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**