

Care for Kids Caregiver Newsletter: Program Introduction

INTRODUCTION

Your child is taking part in the Care for Kids Program. This Program is a sexual abuse prevention program that promotes healthy relationships at an age-appropriate level for pre-K, kindergarten, first and second grade students. The program includes a classroom curriculum, training for school staff, and information and events for caregivers. Care for Kids is part of the Healthy Relationships Project, a series of three programs (Care for Kids, We Care Elementary, and SAFE-T) developed by Prevent Child Abuse Vermont (PCAVT) serving children age 3–13, their families, and schools. For more information about the Healthy Relationships Project, please visit www.pcavt.org.

APPROACH TO PREVENTION

All Healthy Relationships Project programs include a common approach to prevention. Central to the Healthy Relationships Project approach to prevention are the following beliefs:

- Adults are responsible for protecting children and adolescents from abuse.
- Children can learn and practice healthy relationship skills that promote health and respect.



Questions?

If at any point you have any questions or concerns about Care for Kids, please contact the Care for Kids Team at:

**Prevent Child Abuse
Vermont**

Montpelier, VT
802-229-5724
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Curriculum Messages at a Glance

Lesson 1: Asking for Help

- Sometimes we like touch and sometimes we don't.
- Sometimes we need to ask for help and touching is never a secret.
- When one grown-up can't help us, we can ask two or three other grown-ups for help.

Lesson 2: Feelings

- Everyone has all kinds of feelings.
- When we are not sure what we're feeling, we call that "mixed-up" or "confused."
- We can ask an adult for help when we have questions about how we feel.

Lesson 3: Bodies

- Our bodies are good and special and deserve care and respect (including our private parts).
- We have many parts that are the same, and some parts that are different.
- Some of our body parts are public and some are private.

Lesson 4: Babies

- Babies need help with most things and deserve to be looked after.

- Children, as they grow, learn to do more things by themselves but they still need some help.
- Small children sometimes need help washing and wiping their private parts.
- Other children and grownups do not need help from children with their private parts.

Lesson 5: Asking for Permission

- Sometimes we like touching and sometimes we don't.
- Touching is never a secret.
- A person may say no to touching.
- Don't touch a person who says no to touching.
- We can ask for help if we have questions about touching.

Lesson 6: Conclusion

- Review of what we learned in lessons 1–5.

