

# 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](http://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.

