Kids' Video

Talking Points for Healthy Boundaries

Parents/ Guardians, here are some talking points you can use to process with your child what they learned from the video:

- Can you show me how big your personal space bubble is (with your arms)?
- Can you think of a time when someone didn't respect your personal space bubble? (standing too close, forced hugs, unwanted touch, etc.)
- How did it make you feel? (unsafe, uncomfortable, angry, scared, annoyed, sad, hurt, confused, etc.)
- Can you think of a time when someone DID respect your personal space bubble? (asked for a hug, reached out for a high five and they got to choose to give one back, someone standing a safe distance away, etc.)
- How did it make you feel? (happy, safe, comfortable, calm, etc.
- When someone doesn't respect your personal space, it's important to say NO. If someone isn't respecting your personal space, who is a safe adult that you can tell?

Talking Points for Online Safety

Parents/ Guardians, here are some talking points you can use to process with your child what they learned from the video (assure your child that they will not get into trouble for being honest with you):

- What are the apps or games that you use where you can talk to strangers?
- Some people we may talk to online are safe, but some are not safe. The problem is that it's very hard to tell the difference. Online, it's easy for unsafe people to hide who they really are- it's like they are wearing a mask.

- What are some ways that someone could lie about who they are online? (give wrong age, post fake pictures, pretend to be nice and caring, make false promises, or give you things)
- It is important not to share your personal information online (such as name, age, where you live, places that you hang out, your school, phone or email, names of other people that you know, or photos). Has anyone ever asked for your personal information or have you given it out?
- If anyone ever asks for your personal information, makes you uncomfortable, or asks you to keep secrets online, it is important to tell a safe adult who you trust right away. Who is a safe adult you can tell?

Recommended Resources for Parents/ Guardians:

www.protectyoungeyes.com   An excellent website whose mission is to, "Help Families, Schools, And Churches Create Safer Digital Environments" through explaining parental controls on various internet-ready devices, explaining the risks of various apps, and explaining the latest digital trends.

www.fightthenewdrug.org An excellent website whose mission is to, "...provide individuals the opportunity to make an informed decision regarding pornography by raising awareness on its harmful effects using only science, facts, and personal accounts."

www.d2l.org Darkness to Light website, a non-profit committed to empowering adults to prevent child sexual abuse.

God Made All of Me: A Book to Help Children Protect Their Bodies by Justin and Lindsey Holcomb

Good Pictures Bad Pictures Jr: A Simple Plan to Protect Young Minds by Kristen Jenson

FIERCE FREEDOM