Attention Parents and Caregivers:

Today your child participated in a body safety program presented by the Center for Prevention of Abuse. This school-based program focuses on the prevention and awareness of childhood sexual and physical abuse.

Erin’s Law: On January 24, 2013, former Governor Pat Quinn signed into law “Erin’s Law,” which requires all Illinois schools to provide age-appropriate child sexual abuse prevention education for students K–12th, annually. To find out more, go to www.erinslaw.org.

Helping all people live free from violence and abuse.

If you have any questions or concerns, please contact the Center for Prevention of Abuse at:

Main Line: 309.691.0551
24/7 Crisis Hotline: 1.800.559.SAFE (7233)
Website: www.centerforpreventionofabuse.org

• According to the Journal of Adolescent Health, one in five youth between the ages of nine and seventeen will view unwanted sexual material online
• According to JAMA Pediatrics, one out of four teens and young adults say they have participated in sexting (sending or receiving)

Today’s lesson focused on sexual harassment and online safety

• Online Safety – The internet can be a positive thing, connecting people and gaining information. It is important, however, to keep ourselves protected from online predators and people who would use the internet to harm us or gain access to our personal lives. Below are some strategies to keep internet and social media usage safe:
  1. Manage privacy settings for each app and social media platform.
  2. Never add people you do not know.
  3. Never give out identifying personal information such as your full name, address, or phone number.
  4. Never share location or “check-in” to places on social media or apps without checking privacy settings.
  5. Never upload, share, or post pictures that are nude or partially nude and sexually posed if you are under 18. Even if someone says it is “for their eyes only,” it is illegal. There are no exceptions to child pornography laws even if the picture is of yourself.
  6. Never agree to meet with someone you met online.
**How do we stay safe?**

*Four Body Safety Rules*

1. **Say “No”**
   Say this in a strong, “this is important” voice

2. **Get Away**
   To a safe space where others can help

3. **Tell Someone**
   A safe, trusted adult

4. **Be Believed**
   Keep telling trusted adults until someone helps you

*The Private Body Parts Rule*

No one is allowed to look at or touch your private areas, unless they are helping you stay healthy and clean (like parents and the doctor). No one is allowed to ask YOU to look at or touch them in their private areas.

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**What’s App?**

Social media continues to evolve and change with the introduction of new apps that can easily be downloaded to a phone or device. Be aware of what social apps your child might be using to chat or connect with other people. Please review appropriate privacy settings within each app with your child.

- **FACEBOOK** allows users to share text, pictures, and videos on their own page. It also has a messenger feature for private conversations. Users have the ability to set various levels of privacy.

- **INSTAGRAM** allows users to upload pictures and videos using filters and organize by tags and locations. Users can follow each other.

- **TIKTOK** allows users to create and share short videos. It has limited controls, exposing children to cyber bullying and explicit content.

- **SNAPCHAT** allows users to take photos and videos and share them. These “disappear” within seconds, but are housed at Snapchat. Users locations are also visible to others.

- **KIK** allows anyone to contact and direct message your child, bypassing traditional text message.

- **ASK.FM** allows anonymous users to ask questions to others. This app is known for cyber bullying.

- **WHISPER** allows users to anonymously share secrets. It also reveals the users’ locations.

- **MEETME** encourages users to connect based on geographical location.

- **WHATSAPP** allows users to send texts, photos, voicemails, make calls, and video chats worldwide.

- **CALCULATOR%** is a secret app that allows users to hide photos, videos, files, and even browser history.

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