

BLOOMINGDALE ELEMENTARY SCHOOLS



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Dear Parents & Guardians,

An estimated one in four girls and one in six boys are sexually abused by the time they are eighteen years of age. Adopted in Illinois in January 2013, Erin's Law legislation requires that public schools educate students on sexual abuse awareness and prevention, including appropriate versus inappropriate touching, how to get away to a safe place, and how to tell a trusted adult. Bloomington School District 13 social work, counseling, and wellness staff will include programming during the year on age-appropriate sexual abuse and sexual assault awareness and prevention education for Early Childhood through 8th grade students. The program, entitled *Kids in the Know*, is an interactive safety education program for increasing the personal safety of children and helping to reduce their risk of victimization.

Kids in the Know is a sequential program of instruction with lessons that scaffold to increasing levels of complexity and comprehension to provide age-appropriate content on the topic of sexual abuse awareness and prevention. A general overview of program topics is provided here:

- »» The balancing of empowerment and protection.
- »» Providing a standard of measure for what constitutes risk.
- »» Building children's capacity to cope with a degree of risk.
- »» Encouraging children to disclose unhealthy situations and incidents (such as boundary breaking behaviors as well as abuse situations) to safe adults.
- »» Teaching children how to tell an adult they need help.
- »» Increasing awareness about individuals who groom/lure children who hold a position of trust and are well known to the child. Engaging children in discussion about how such experiences can create very conflicting feelings for the child as the adult is usually an important person in the child's life.
- »» Practicing how to tell a safe adult who can help about such experiences.
- »» Emphasizing healthy relationships — helping kids identify unhealthy behaviors in relationships (i.e. pressuring to engage in sexual activities, taking sexual pictures and videos, manipulating emotions to convince a child to perform sexual acts, using sexual information or images to coerce children or youth into further sexual activities through fear of disclosure to parents, or legal repercussions, etc.).
- »» Teaching children privacy values and the need to develop healthy, trusting relationships.
- »» Teaching kids the importance of being trustworthy custodians of their friends' information.


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Kids in the Know also incorporates technology safety into personal safety prevention. A brief summary of the technology component of the curriculum is outlined below:

<p align="center">Pre-K - GRADE 1</p> <ul style="list-style-type: none"> • Okay/not okay secrets • Public vs. private behavior • Going to adults for help • Trust your INSTINCTS • Labeling feelings 	<p align="center">GRADE 2</p> <ul style="list-style-type: none"> • What's okay/not okay • KEEP vs. SPEAK Secrets • Labeling feelings • Safe adults 	<p align="center">GRADE 3</p> <ul style="list-style-type: none"> • Public and private information • Emotions • Friendship (what it is and isn't) • KEEP vs. SPEAK Secrets • Safe adults
<p align="center">GRADE 4</p> <ul style="list-style-type: none"> • Zoe and Molly Online games • Luring • Be careful what you share online • Friendship (what it is and isn't) 	<p align="center">GRADE 5</p> <ul style="list-style-type: none"> • Internet awareness • Create safe profiles • Trust your INSTINCTS • Common lures • Friendship (what it is and isn't) • Safe adults • Emotions 	<p align="center">GRADE 6</p> <ul style="list-style-type: none"> • Threats online • Common lures • Healthy relationships • Internet safety • How to get help
<p align="center">GRADE 7</p> <ul style="list-style-type: none"> • Cell phone safety • Picture permanence • Knowing the line • Luring • Respect yourself • Healthy relationships • Emotions 	<p align="center">GRADE 8</p> <ul style="list-style-type: none"> • Cell phone safety • Picture permanence • Respect yourself • Knowing the line • High-risk behavior • Healthy relationships • Emotions 	

In accordance with the Illinois School Code, parents have the right to request non-participation for their son or daughter in sex education programs. If you have any questions, concerns, or do not wish to have your child participate in classroom instruction on sexual abuse awareness and prevention, please contact your child's school and ask to speak with the social worker or counselor. Your child's school social worker /counselor will also be available on Curriculum Night to answer any questions you may have.

Sincerely,



Dr. Jon Bartelt
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