

Dear Parents & Caregivers,

Your child’s class will be participating in a safety program called *Childhelp* *Speak Up Be Safe™* (SUBS)*.* This child abuse and bullying prevention program is offered through a partnership between the San Ramon Valley Unified School District and the Child Abuse Prevention Council of Contra Costa County (CAPC). As part of our ongoing efforts to educate our children and help keep them safe, our district and the CAPC believe this program is valuable. The SUBS lessons are provided by trained CAPC Child Safety Educators and teach children about these very serious issues in an age-appropriate manner. Two lessons will be given in each classroom, and their length will vary by grade: 2nd grade- 40 minutes, 4th grade- 50 minutes, and 6th grade- 60 minutes.

Important information about child abuse prevention and tips on how to help keep your child safe are provided on the back of this letter. In addition, your child will bring home program information and materials so you can talk with them about these topics and what they learned. These items will also be sent to you electronically. The curriculum is available for viewing at your school site and in the district office. You can also find summaries of the SUBS lessons on CAPC’s website at: <https://www.capc-coco.org/childhelp-speak-up-be-safe.html> .

*Childhelp Speak Up Be Safe*™ is based on the following 5 safety rules: 1) It’s MY body; 2) Ask an adult if I’m safe; 3) I have choices; 4) Tell someone; and 5) It’s NEVER my fault.

Student participation in this program is voluntary. If you **DO NOT** want your child to attend the lessons, please complete and return the bottom portion of this letter to your child’s teacher. Otherwise, we will plan on your child’s participation.

If you have any questions, please email Carol Carrillo, Executive Director, Child Abuse Prevention Council of Contra Costa County, at [ccarrillo@capc-coco.org](mailto:ccarrillo@capc-coco.org) .

Thank you for helping to build a strong safety net for our children!

Sincerely,

Christine Huajardo Carol Carrillo

Assistant Superintendent of Educational Services Executive Director

San Ramon Valley Unified School District Child Abuse Prevention Council of Contra Costa County

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**If you Do Not want your child to participate, cut and return the bottom portion to your school office by Thursday, October 7th.**

\_\_\_\_\_ I **DO NOT** want my child to participate in the *Childhelp* *Speak Up Be Safe*™ program.

Child’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Child’s Teacher\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Caregiver Name (please print) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Caregiver Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date \_\_\_\_\_\_\_\_\_\_\_\_\_

**Top 5 Things to Know about Child Abuse**

1 There are four types of child abuse – physical, emotional and sexual abuse, and neglect.

1. 95% of child abuse victims know the person who abused them.
2. Child abuse can happen to children of any age, race, income, culture, and religion.
3. Child abuse hurts children in many ways.
4. TODAY – children who are abused can have a hard time succeeding in school and forming friendships and are at higher risk of being abused again.
5. TOMORROW - when abused children grow up, they are at higher risk for drug and alcohol abuse, risky sexual behavior, unhealthy relationships, and mental health problems.
6. It can be hard to detect abuse just by looking at a child or observing their behavior. Signs of abuse are not always visible on a child’s body or in the way they act.

**Many cases of child abuse are never reported. Adults can help to change this fact and prevent abuse!**

**5 Things You Can Do to Keep Children Safe**

1. Talk to your child! Let your child know that:

* You want them to talk to you if they are ever confused, worried or scared.
* You will listen and believe what they tell you.

To get the conversation started, ask your child what they learned in their Speak Up Be Safe lessons.

1. Pay attention and ask questions! Parents/caregivers have the right to ask what is going on with their child when they are with other people. Learn more about who is around and what is going on when your child is at friends’ houses, at a club or afterschool program, or with any other adult. If something doesn’t seem right, trust yourself and investigate!

1. Follow up! If your child tells you something that concerns you or if their behavior changes, ask questions to learn more. Your questions will show that you care and will encourage your child to talk to you in the future.
2. If your child tells you about abuse that has happened to them or someone else, praise the child for telling. Taking action right away is very important. If you are not sure if abuse has happened, call a professional whose job it is to figure it out. It is better to get help than to wait until something happens again.
3. Build your own safety network! Talk to teachers, principals, school district administrators, other parents/caregivers, and people in your community about how you can support each other and work to make sure that all children are safe.

