

## Here's How to Use the Safety Rules to Better Protect Your Child

1. **Know What's Up.** Talk to your child. Listen to them. Ask them questions about times when they are away from you. Know whom they are with and what they are doing. Learn about the technology and devices your child is using (or has access to). Learn how to talk with them and what to talk about by using tools and resources available on the program website, [www.mbfchildsafetymatters.org](http://www.mbfchildsafetymatters.org).
2. **Spot Red Flags.** Teach your child about important safety concepts such as their body and boundaries, personal space, to respect themselves and others, safe vs. unsafe situations, secrets and tricks, and online safety practices. If you are talking to your child and educating them about the dangers present in society, and how to spot the red flag behaviors that lead to those dangers, it minimizes their risk of being victimized.
3. **Make A Move.** When you suspect your child is being harmed, trust your instinct and make a move to keep them safe. If your child tells you about abuse or bullying that has happened to him or her or another child, praise them for telling you and take action right away. Call a professional who can determine what happened and act in the best interests of the child. Report any school related bullying immediately to the school. Report any abuse immediately to the Florida abuse hotline at 1-800-96-ABUSE.
4. **Talk It Up.** Talk about child safety because Child Safety Matters. Talk to other adults. Talk to your child using every day opportunities to discuss safety and safe vs. unsafe situations. Ask your child to spot red flags and apply the Safety Rules to protect themselves using role-play. Let your child know they can come to you and talk to you about anything and chances are when the need arises, they will. Tell people about the MBF Child Safety Matters program, what you've learned, and what your child has learned so they too become better educated and empowered.
5. **No Blame | No Shame.** Let your child know that no matter what happens to them, they are never to blame because adults are responsible for keeping kids safe ALWAYS. Let them know that no matter what they are told, they should never be ashamed to tell you or another Safe Adult about red flags or abuse or anything they need to tell you to help keep them safe. If your child is a victim, remember you are not to blame and should not be ashamed to seek help either. Support is available.

IF YOU DECIDE YOU “DO NOT” WANT YOUR CHILD TO PARTICIPATE IN THE PROGRAM LESSONS,  
COMPLETE THE FORM BELOW, CUT & RETURN TO SCHOOL.

\*Because bullying, cyberbullying, and abuse are very real dangers to children, and because MBF Child Safety Matters™ is age appropriate, fun, and provides elementary students with critically important safety information, we ask if you decline your child's participation that you please find an alternative program for them to attend so they will be educated and empowered against bullying, cyberbullying, child abuse, and digital abuse.

If you have any concerns or questions, please contact your child's classroom teacher or the school counselor prior to declining the program to discuss. You can also learn more about the MBF Child Safety Matters program, child safety, bullying, cyberbullying, child abuse, and digital abuse, at [www.mbfchildsafetymatters.org](http://www.mbfchildsafetymatters.org). Being educated means being empowered.

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I understand returning this form means **I DO NOT WANT MY CHILD TO PARTICIPATE.** I UNDERSTAND THEY WILL NOT RECEIVE THE CRITICAL SAFETY INFORMATION contained in the MBF Child Safety Matters program.

Student's Name \_\_\_\_\_ Teacher \_\_\_\_\_

Grade \_\_\_\_\_ Reason for declining program \_\_\_\_\_

Parent/Guardian Printed Name \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Parent/Guardian Email \_\_\_\_\_ Parent/Guardian Phone \_\_\_\_\_