

Dear Parents,

The Family Support & Treatment Center is a nonprofit agency whose focus is the prevention and treatment of abuse and traumatic events. For over a decade, the Family Support & Treatment Center has offered insightful presentations meant to educate and empower youth regarding abuse and related issues. The Utah State Office of Education and the school boards in Alpine, Provo and Nebo School Districts have approved these presentations, which are given free of charge at schools. The majority of the presentation is a group discussion that helps students identify what they would do in several situations. Below is a brief description of the presentations. Additionally, a short preview of the videos used in each presentation can be found at playitsafe.org.

- **My Body Belongs to Me (Preschool):** Using puppets and games, students learn about body ownership and how to keep themselves safe in various situations. Special emphasis is placed on trusting the “uh-oh” feeling that comes from uncertain touches and people, respecting private parts, and talking to trusted adults
- **Mae Shares a Secret (1st-2nd grade):** Students watch a short film about a young girl, Mae, which is spending the summer with Grandpa, and shares her secret about her mom’s boyfriend. In this program children are taught to never keep a secret when it’s not safe. Students learn about the difference between a good/bad/confusing touch, and the four safety rules to use when they are in trouble (say no, get away, tell someone, yell).
- **Chase Steps Up (3rd-4th grade):** Students watch a short film about a young boy, Chase, who loves baseball, but he is tormented by the secret that someone close is abusing him. With the help of his coach, Chase understands he can step up and tell. Students learn that secrets can be good or bad and that telling bad secrets to a caring adult is the right thing to do. Students learn the difference between good/bad/confusing touches, the difference between a good/bad secret, and four safety rules to keep themselves safe (say no, get away, tell someone, yell).
- **Aiden’s Discovery (5th-6th grade):** Students watch a short film about a young boy writes a paper about sexual abuse in school and begins to suspect that his best friend may be experiencing abuse by her coach and needs help. Students learn the difference between good/bad secrets, how to recognize sexual abuse, and how to be assertive and help if they are concerned about friends. Special emphasis is placed on saying no, telling an adult, and that the victim is never at fault.

Knowing that this is a sensitive subject matter and that some parents may want to choose a different time and set of circumstances to introduce this issue, we are providing an “opt out” option for every family. **Complete the section below (one for each child) and return it to the teacher, if you do NOT want your child to attend the presentation.** In a discrete and thoughtful manner, the teacher will then arrange for your child to spend the 45 minutes of the presentation with another classroom on the same grade level.

If you are interested in finding out more about any of these programs, contact Lauren Davis, at (801) 822-7334 or ldavis@utahvalleyfamilysupport.org.

At your service,
Lauren Davis
Education Specialist

**I wish to “OPT MY CHILD OUT” of the Abuse Prevention Presentations that will be held in the classroom.
I understand that my child will spend the 45 minutes with another classroom on the same grade level.**

Child’s Name: _____ Teacher: _____

Signature: _____ Date: _____