



## Home Connection

### Uncomfortable Situations and Staying Safe

Dear Parent or Guardian,

In today's health lesson students learned about uncomfortable situations, what they can do to stay safe, and trusted adults they can talk to. We reviewed good touch and bad touch. We also talked about confusing touch; touch that may be okay in some situations but make you uncomfortable in others. We introduced types of abuse (physical, verbal, and sexual).

We discussed several different uncomfortable situations. Some of the situations were: a stranger ringing the doorbell, somebody following you in the shopping mall, receiving inappropriate phone calls or emails, and inappropriate touching.

You may wish to ask your child what he or she learned about staying safe, adults they can go to for help, or how you would like your child to handle an uncomfortable situation. You may also ask your child to share with you the worksheet he or she completed in class called, "3-2-1 Be Safe."

Thank you for your support of health education.

Sincerely,

Your Child's Teacher