

What if...

an interactive children's coloring book to accompany
The Safe Child Program



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Dear Parents:

This "What If..." booklet is provided to help you discuss some family rules and develop the personal safety skills which are a part of the Safe Child Program. The purpose of the "What If..." Game is to:

- find out what your children think;
- talk about possible solutions to a problem;
- agree on what solution that seems the best; and
- establish working guidelines for you and your children as to what they would do in such a situation.

When playing the "What If..." Game, let your children answer the "What If..." questions first. You will discover how they think about these situations, how they solve problems and what they know and don't know about keeping themselves safe. Then you can discuss your ideas and come to some agreement.

Remember, the idea of the "What If..." Game is to teach skills without adding to the fears and anxieties your children may already have. Playing the "What If..." Game should always be fun.

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This "What If..." booklet was written by Sherryll Kraizer to help you talk to your parents about some of the things you've been learning in the Safe Child Program.

If you'd like to tell me what you thought about the Safe Child Program, or if you have "What If..." questions or ideas to share with other children, please write to me and I will add them to future programs.

I can't answer your "What If..." questions or help you with special problems. For that, you need to find a grown-up in your own school or neighborhood who can help, but I'd like to hear from you.

Take care of yourselves.

Sherryll Kraizer

What if. . .

you had a sitter who wanted to make an art project from little dots and asked you to cut them out of your shirt? What would you say and do?

Suggestions:

- Sometimes grownups ask you to do something that you know you shouldn't do.
- If that happens, say,
"I know I shouldn't do that. I want to talk to my mom about this."
- If the sitter threatens to tell your mom or dad you were bad, don't worry. You can tell your mom or dad the whole story when they get home or in the morning.



What if. . .

all the other kids are doing something wrong and they're pressuring you to go along?



Suggestions:

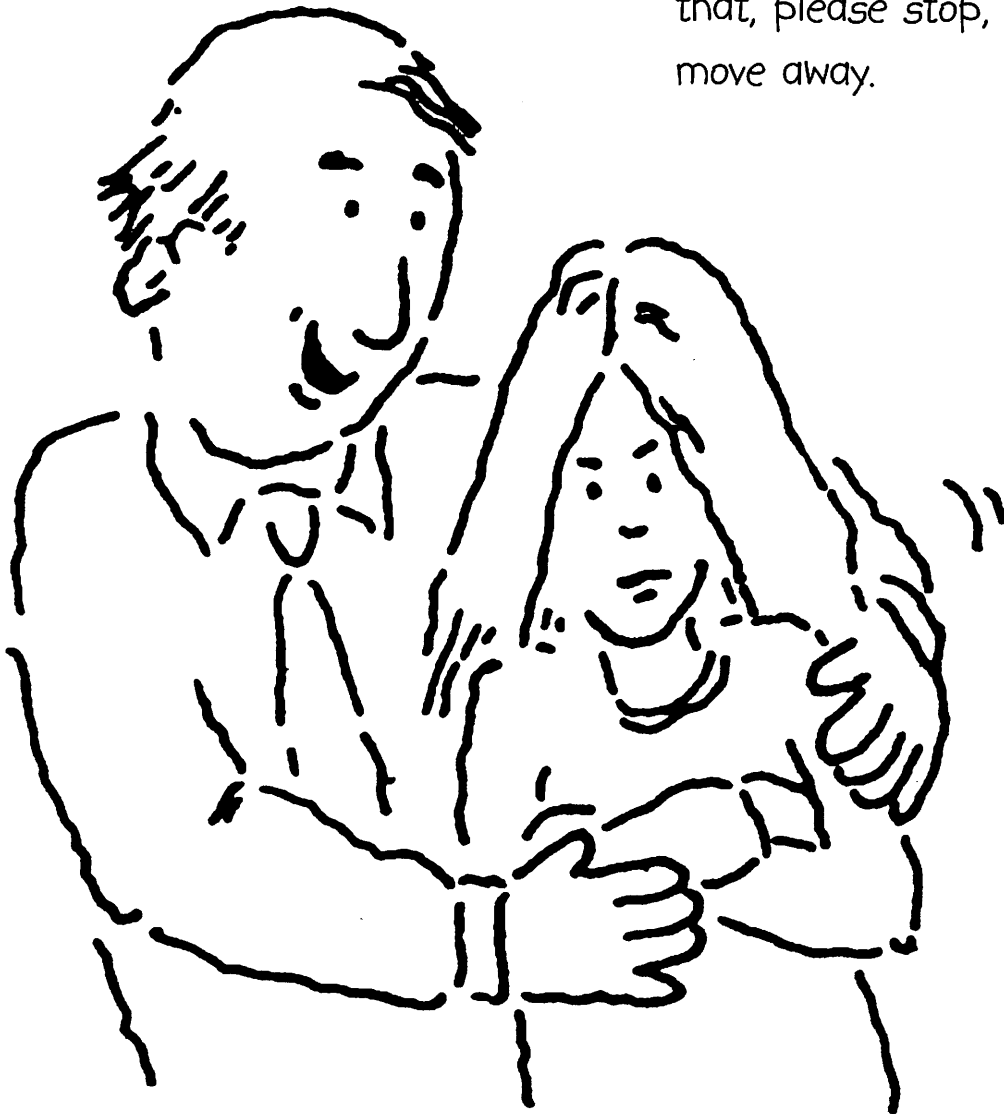
- Being responsible for yourself means standing up for what you feel is right.
 - Think of some things you could say to get yourself out of that situation. Practice saying them with someone else.
- If it's something that could lead to the other kids getting in trouble or getting hurt, tell an adult about what is happening.

What if. . .

someone is hugging you too hard? You try to pull away from them and they hold you tighter.

Suggestions :

- Your body belongs to you.
- If someone touches you in a way that makes you feel uncomfortable, in a way you don't like or in away you think is wrong, you can tell them to stop.
- Look at the person, say "I don't like that, please stop," then get up and move away.



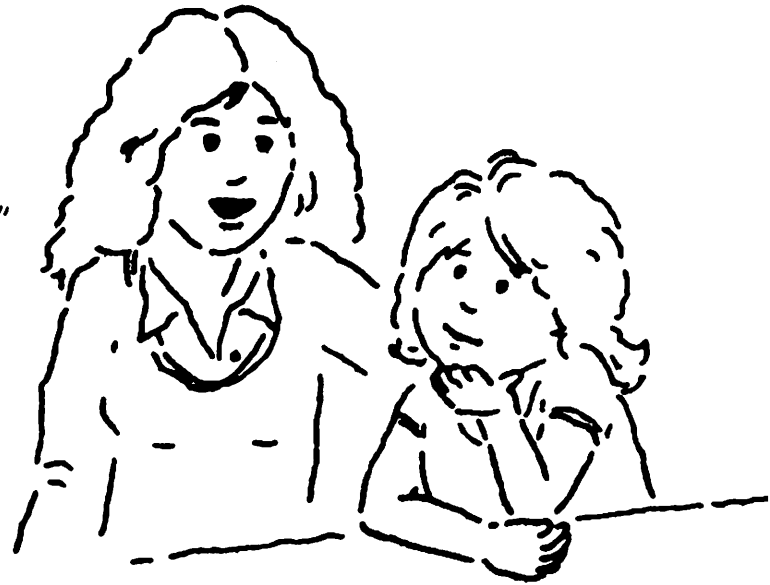
What if. . .

when you ask someone to stop what they are doing, they say,

"Oh, it's all right. You're my special friend and I'm teaching you about being more grown-up."

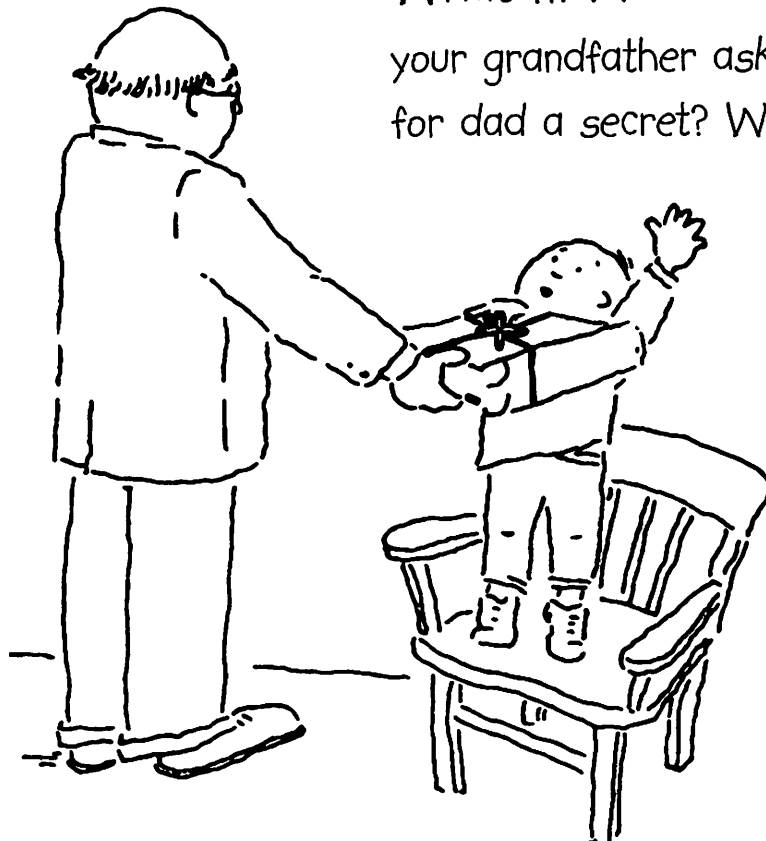
Suggestions:

- Friends respect you. That includes respecting your wishes about touch.
 - Say "I'm going to tell if you don't stop."
 - Then tell an adult who can help you.
- It's not all right for grown-ups to teach children about grown-up touching.



What if. . .

your grandfather asks you to keep his birthday present for dad a secret? What would you say?



Suggestions:

- Not everyone knows about the No More Secrets Rule.
- Your grandfather says he wants you to keep a secret, but he is really talking about a surprise.
- Explain to him the difference between secrets and surprises. He'll be glad you did!



What if. . .

a bigger kid is tickling you under your shirt and when you say, "I'm going to tell if you don't stop," he says, "so what, I don't care." What would you say and do?

Suggestions:

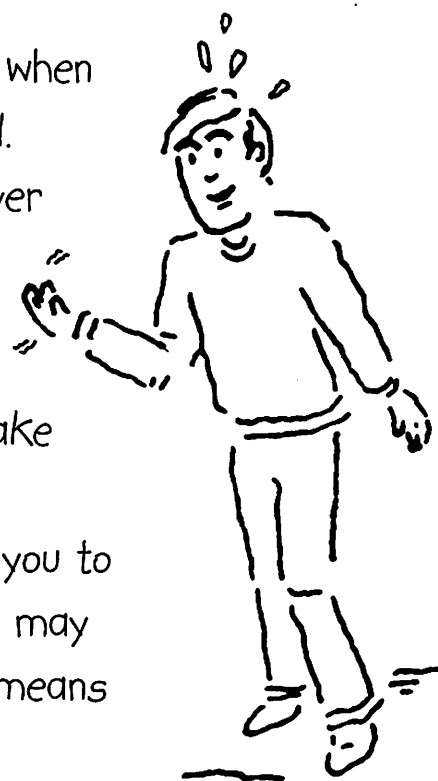
- No matter what the person says, if you're being touched in a way you feel uncomfortable with, speak up and tell them to stop.
- If the person doesn't listen, tell someone you trust about what is happening and ask that person to help you.
- If one person doesn't help, ask someone else.

What if. . .

your coach talks and acts really tough. He yells at you when you make mistakes, telling you you'll never be any good. You feel terrible every day before practice and don't ever want to play the game again. What would you do?

Suggestions:

- We each have a right to our own style, but not to make other people feel badly.
- Tell a grown-up about what is happening. If they tell you to "toughen up," "just ignore him," or "sticks and stones may hurt your bones but names will never hurt you", this means they don't understand how bad things are for you.
- Talk with the grown-up again or find someone else to talk to about this.
- It's not all right for people to hurt you with their words.



What if. . .

someone comes to the door when you're at home alone?



Suggestions:

- Go to the door, ask who it is. Do not open the door.
- If the person asks for your mom or dad, say "they can't come to the door right now, may I help you?"
- If the person has a package or letter, ask them to leave it outside or bring it back later.
- For all other requests, ask the person to come back or call later.

What if. . .

you came storming into the apartment, threw your books on the table, ran to the room and slammed the door? Would anyone know what the problem is?

Suggestions :

- Grown-ups can't read your mind.
- If you are in trouble, or need help, you must speak up for yourself.
- Try saying, "I have something I need to talk about, but it's really hard for me. Could we sit down someplace and talk for a few minutes?" Just getting started is the hardest part.



What if. . .

a grown-up friend is putting suntan lotion on you at the pool? After a minute you feel uncomfortable about the way the person is touching you. You move away and the person says, "Don't you like me anymore? If you're going to be that way, maybe we can't be friends anymore." What would you say and do?

Suggestions:

- It can be hard to speak up for yourself, especially when someone is trying to be nice or help you.
- Trust yourself! If you feel uncomfortable with what is happening, get yourself out of that situation.
- Think about it. If someone is going to stop being your friend because you won't let them touch you, are they really a friend?
- Tell someone you trust about what happened and how you felt.

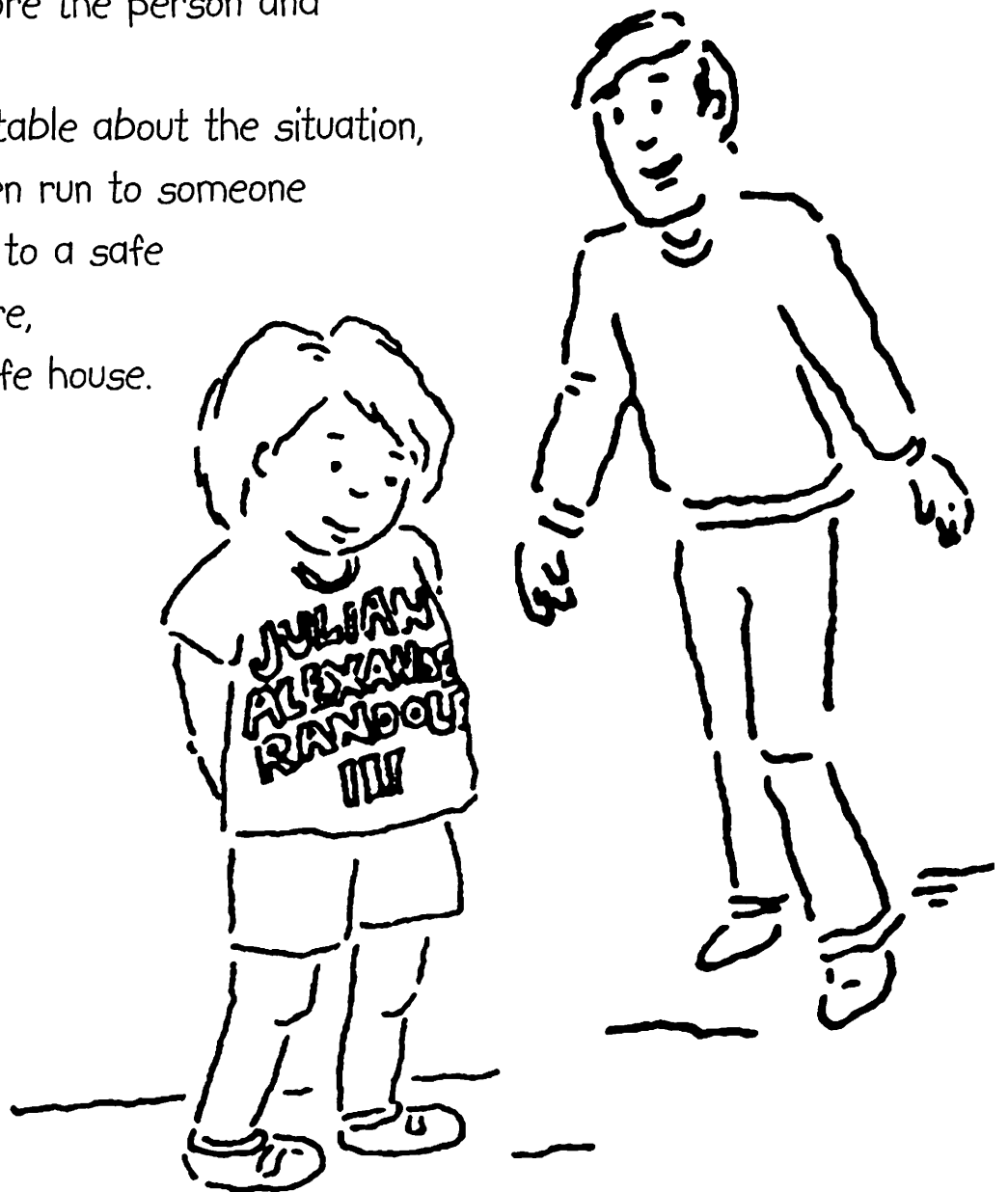


What if. . .

someone you don't know stops as you're walking down the street and asks you how to get somewhere? What would you do?

Suggestions:

- A stranger is anyone you don't know. If you're not with a grown-up, stay an arm's reach away.
- Don't answer the question.
- When grown-ups need help they should ask another grown-up.
- It is not rude to ignore the person and keep walking.
- If you feel uncomfortable about the situation, back up 4 steps, then run to someone who can help you or to a safe place, such as a store, or gas station, or safe house.





What if. . .

you're home alone and the phone keeps ringing but no one is there when you answer, and you feel scared? What would you do?



Suggestions :

- Prank callers usually stop calling if you don't play their game. Hang up the phone.
- If you're not really scared, but just nervous or jittery, distract yourself. Turn on the TV or do something else to take your mind off the phone call.
- If you're feeling scared, call a neighbor or your parents.

What if. . .

your babysitter gives you an extra special good night hug and kiss and then asks you to keep it a secret? What would you say and do?

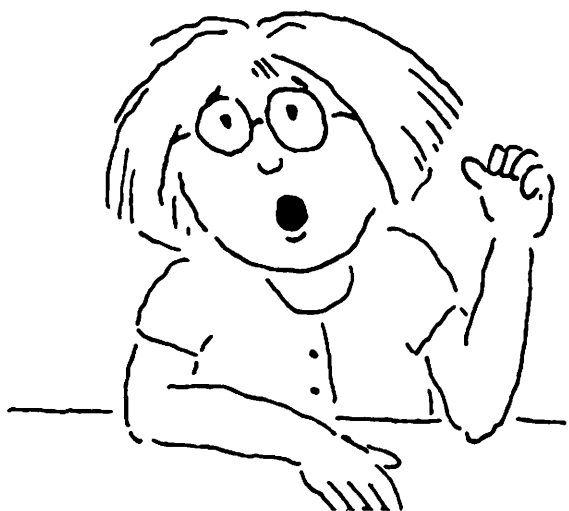
Suggestions:

- Hugs and Kisses should never, ever be a secret.
- Tell someone about what has happened the very next day!
- If that person doesn't listen or take what you have said seriously, keep telling until someone does.



What if. . .

someone who is taking care of you pinches and bends your ear every time you do something she doesn't like? You tell her it hurts but she keeps doing it. You say, "I'm going to tell." She says "Go ahead and tell, no one will believe you. I'm in charge." What would you do?



Suggestions :

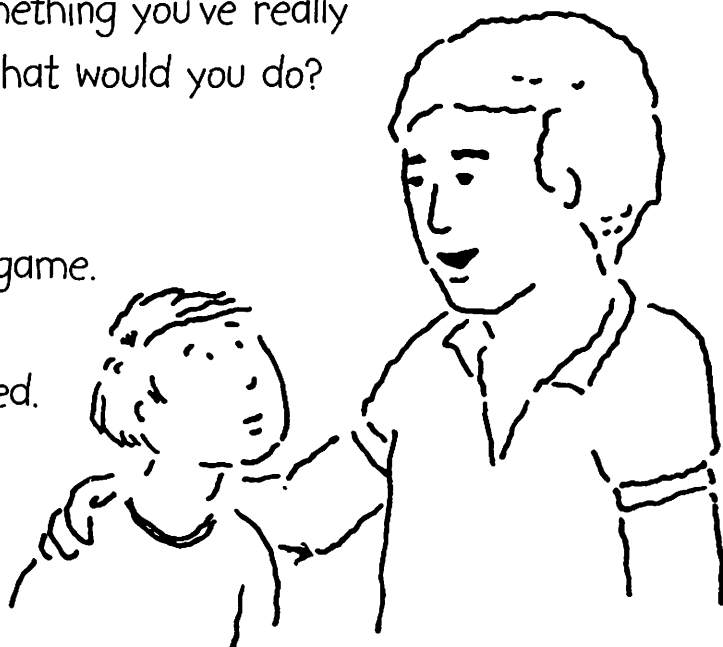
- It's not all right for people to hurt you to make you do what they want you to do.
- Tell someone about what is happening.
- If you don't get help at first or if the person doesn't believe the situation is really serious, you have two choices. Keep telling every single time something happens, or tell someone else. Keep telling until you get help.

What if. . .

someone asked you to take off all your clothes to play a special game? What if they offer to buy you something you've really wanted if you'll play the game? What would you do?

Suggestions :

- Taking off your clothes is not a game. Say no and then tell someone about what has happened.



What if. . .

you had something important to tell your mother? Is this a good time? What would you do to be sure your mother is listening when you talk to her?

Suggestions:

- Don't say what you need to say until you're sure you have your mom's attention.
- Say, "Mom, I have something important to tell you.

Would you please stop what you are doing, sit down and look at me?"

- Then tell the whole story about your problem. Remember, grown-ups can't read your mind. They can't fill in the pieces. If they don't know the whole story they can't help.



What if. . .

you're waiting for your mom or dad to pick you up from school and someone you don't know stops and says your parents had a flat tire so she'll take home? What would you do?



Suggestions :

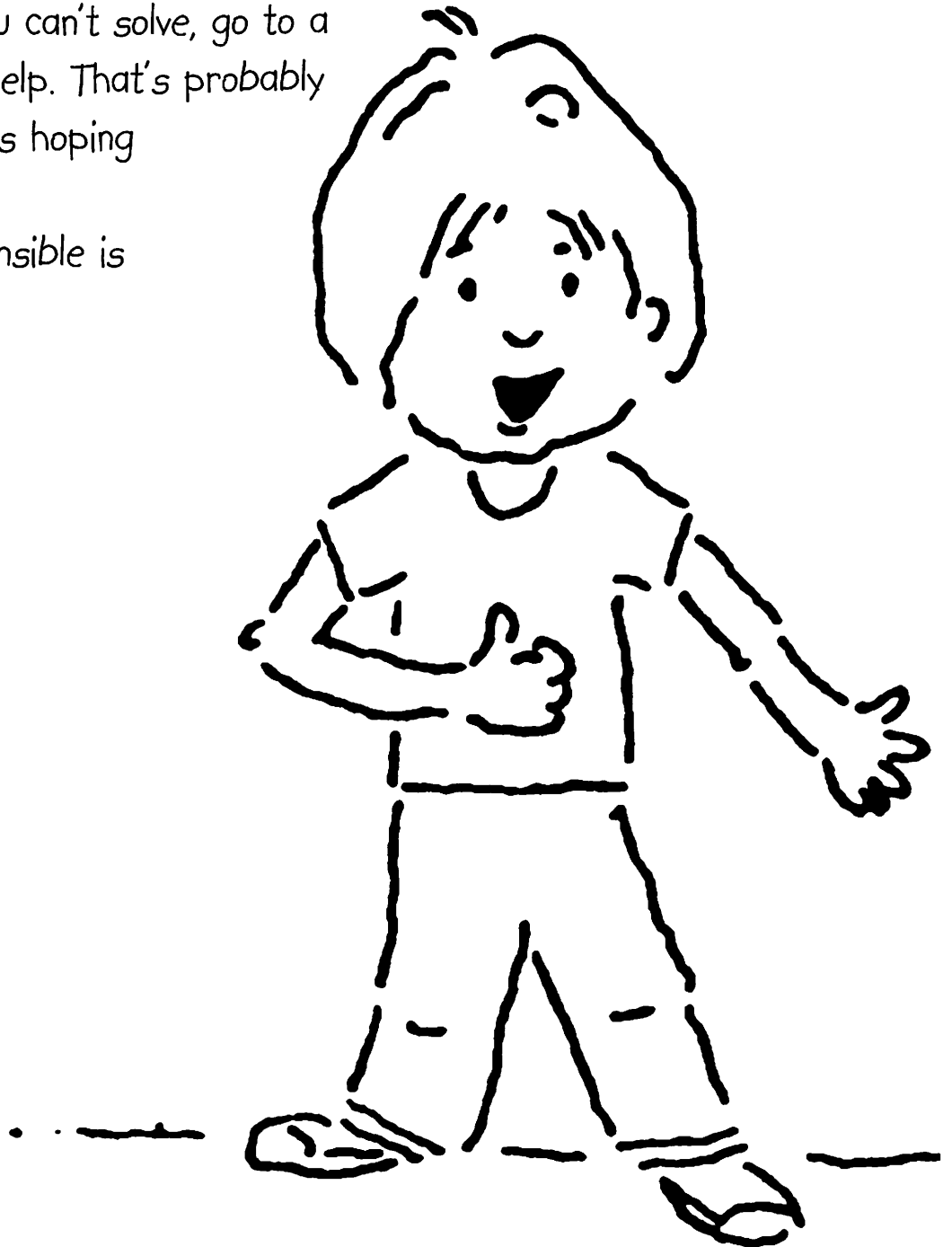
- If this person doesn't know your family code word, go into the school and tell someone what has happened.
- They can help you call home to find out what to do.

What if. . .

your best friend told you a secret and you promised not to tell, but you knew your friend needed help from an adult? What would you do?

Suggestions :

- If your friend confides in you that there is a problem, it's usually because they're trying to get help.
- If it's a problem you can't solve, go to a grown-up who can help. That's probably what your friend was hoping you would do.
- Part of being responsible is learning what you can handle and what you can't and how to get help.



What if. . .

you see someone do something they could get in a lot of trouble for and they demand you keep their secret or you'll be in trouble too? What would you do?



Suggestions :

- There are times when you may have to keep quiet or lie to keep yourself safe.
- If this is one of those times, tell the person you'll keep the secret and then tell someone who can help as soon as you can.
- When someone threatens you, your job is to protect your self and get help.

What if. . .

someone you don't know comes and wants to give you a toy you thought you had lost? What would you do? What's more important, you or the toy?

Suggestions:

- You're more important than your toys.
- Stay an arm's reach away.
Don't take the toy.
- Back up four steps.
Turn around and run for help.

