



NORTHWEST ARCTIC BOROUGH SCHOOL DISTRICT

Ambler · Buckland · Deering · Kiana · Kivalina · Kobuk · Kotzebue · Noatak · Noorvik · Selawik · Shungnak
PO Box 51 · Kotzebue, Alaska 99752 · Phone (907) 442-1800

Alaska Safe Children’s Act Parent/Guardian Letter

Read in detail before you decide if you should sign form.

The Alaska Safe Children’s Act was signed into law on July 9, 2015, by Governor Bill Walker. Effective June 30, 2017, this Act requires public schools to provide child sexual abuse and assault awareness and prevention training to all grades K-12. It also requires teen dating violence awareness and prevention training be taught in grades 7-12.

In compliance with the law, Northwest Arctic Borough School District has adopted classroom learning objectives and curriculum materials that provide appropriate age-level information to students in grades K-12.

Second Step Child Protection Unit K-6

The Child Protection Units are taught in six weekly lessons, each containing a story and short activity. Parent resources will be sent home with each lesson. Topics for each grade include:

- Ways to Stay Safe
- Always Ask First Rule
- Safe and Unsafe Touch
- The Touching Rule
- Practicing Staying Safe
- Reviewing Safety Skill

The Fourth R Healthy Relationships, Safe Choices, Connected Youth (7-12) and The Fourth R Healthy Relationships Plus (7-12)

The Fourth R project targets the prevention of violence through the promotion of positive, healthy relationships. Topics may include:

- Friendships/Relationships
- Influences on Relationships
- Early Warning Signs of Dating Violence
- When Friendships and Relationships End
- Taking Responsibility for Emotions
- Emotional Health and Well-Being

Parents/Guardians should be aware that links to videos and factual information can be found on the district’s website under Parents/Alaska Safe Children’s Act (www.nwarctic.org), and classroom teachers will be using the anatomically correct language for body parts during the above lessons.

Additionally, the Alaska Safe Children’s Act allows parents or guardians to excuse their children from participating in the lessons and activities outlined above. If you wish to do so please fill out the following form for each child you wish to excuse and return it by Friday, September 7, 2018

Student’s Name: _____ **Grade:** _____

I _____ **DO NOT GRANT** permission for my child to participate in the
Print Name
Alaska Safe Children’s Act lessons and activities.

Parent/Guardian Signature

Date



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Talking to Your Kids About Sexual Abuse

Start conversations about safety when your kids are young

- **Teach children the names of their body parts.** When children have the words to describe their body parts, they may find it easier to ask questions and express concerns about those body parts.
- **Some parts of the body are private.** Let children know that other people shouldn't touch or look at them. If a healthcare professional has to examine these parts of the body, be present.
- **It's OK to say "no."** It's important to let children know they are allowed to say "no" to touches that make them uncomfortable. They are the bosses of their own bodies. Support your child if they say no, even if it puts you in an uncomfortable position. For example, if your child doesn't want to hug someone at a family gathering, respect their decision to say "no" to this contact.
- **Talk about secrets.** Offenders will often use secret-keeping to manipulate children. Let children know they can always talk to you, especially if they've been told to keep a secret. If they see someone touching another child, they shouldn't keep this secret, either.
- **Reassure them that they won't get in trouble.** Young children often fear getting in trouble or upsetting their parents by asking questions or talking about their experiences. Be a safe place for your child to share information about things that they have questions about or that make them uncomfortable. Remind them they won't be punished for sharing this information with you.
- **When they come to you, make time for them.** If your kid comes to you with something they feel is important, take the time to listen. Give them your undivided attention. They may be more likely to come to you in the future if they know their voice will be heard.

Continue to engage teens in safety conversations

- **Use your own experience to tell a safety story.** Sharing your own experiences can make these conversations relevant and feel more real to teens. If you don't have an experience you feel comfortable sharing, you can tell a story about someone you know.
- **Talk about caring for their friends — not just about their own behavior.** Talking about "how to be a good friend" can be a powerful way of expressing to your teen that you trust them to do the right thing without sounding like you're targeting their personal behavior. It also gives you the chance to communicate safety practices.
- **Talk about sexual assault directly.** Teens may have misconceptions about sexual assault they've picked up from peers or the media. Bring up **statistics** that relate to them, such as the fact that 93 percent of victims who are minors know the offender. Explain that no one "looks like a rapist," and that **seven out of 10** instances of sexual assault are committed by someone known to the victim.

Modified from: <https://www.rainn.org/articles/talking-your-kids-about-sexual-assault>. (n.d.).