

From the School Counselor...

Mrs. Lamers



May 2, 2019

Dear Parent/Guardian,

During the weeks of May 6th -10th and May 13th-17th, we will be discussing protective behaviors with the students as part of our district's developmental school counseling curriculum. This discussion will occur during your child's regular Life Skills class, in which we will cover the following topics:

- Personal warning signals are when your body tells you something isn't right (upset stomach, chills, etc.)
- Rules of safety: Where are you going? Who will you be with? When will you be back?
- Common terminology: Uncomfortable/comfortable touch; Parts of the body that are under a swim suit are private.
- Name 5 adults you could tell if you do not feel safe. What if no one believes you?
- It's okay to tell. You don't have to keep secrets that you don't feel good about, or make you feel scared.

This is a great time for you to have a similar discussion with your child at home. Reinforce with your child that there is nothing so awful that they cannot tell someone about it.

Please let me know if you have any questions or concerns.

Sincerely,

Melinda Lamers
School Counselor
Dickinson Elementary School
337-1027 ext. 1510