Sunflower House™
Child Advocacy Center

Dear Parent and Caregivers,

Sunflower House, a Children's Advocacy Center that serves Johnson and Wyandotte Counties, has proudly provided personal safety education for more than 40 years in area schools. A trained Sunflower House educator will be visiting your child's class at the date listed below to present the program regarding personal safety and internet safety. Please refer to the descriptions below for your child's grade level presentation.
By talking with our children about these important safety issues, we will create a safer community for all children.
Sunflower House Education Staff can be reached at 913-631-5800. Sunflower House staff is also available to support you in discussing technological and personal safety with your child. Contact us for developmentally appropriate discussion ideas, tools and support!
Please visit our website for more information on the programs and sessions for adults! www.sunflower house.org. Thank you!

©Sunflower House PS Academy
*All Sunflower House personal safety programs are research based/supported and align with the *Kansas Department of Education Social, Emotional, and Character Development Model Standards and Kansas Early Learning Standards.* **Additionally, all presentations are available in English and Spanish!**
*This curriculum has been approved by NCA as a pre-approved curriculum to meet Essential Component B of the Optional Child Abuse Prevention Standard (2025).

Happy Bear (PreK-1st) *Sunflower House has performed the Happy Bear play for more than 40 years in area elementary schools and preschools. A trained Sunflower House staff member will present the research supported program, which discusses recognizing welcome and unwelcome touches, saying anatomically correct names for private parts (breast/chest, bottom, vagina, penis) using resistance skills (say "No," and move away), and identifying trusted adults to tell about inappropriate touches or pictures. The play incorporates humor and audience participation to allow children to teach Happy Bear about personal safety. By talking with our young children about these important safety issues, we will create a safer community for all children. If you have further questions about the Happy Bear program, please refer to the Happy Bear Section of this website:*
Sunflowerhouse.org- Happy Bear

P.S. 2nd-5th Grade *a research based/supported curriculum that provides students with specific personal safety knowledge by way of interactive classroom lessons, activities, videos and Keynote presentations. The curriculum contains separate age-appropriate lesson plans and student activities. The program reinforces personal & social media boundaries and how to get help.*

P.S. 2nd Grade: Secrets and Surprises
P.S. 3rd Grade Finding Help
P.S. 4th Grade Personal Safety
P.S. 5th Grade Boundaries and Scams

E-Safety for Middle School Students (6th-8th grade) *a research supported presentation designed for students in the middle school or 6th-8th grade. Sunflower House staff will present current electronic/social media safety information including age appropriate examples, videos and necessary information regarding educational, legal and social consequences students can face while using social media to communicate. The presentation includes safety topics such as sharing images, cyberbullying, exploitation, scams, AI info, changing the algorithm, self identifying mental health concerns and awareness and how to get help. When possible our law enforcement partners from local police departments and the Federal Bureau of Investigations will co-present.*

E-Safety for High School Students (9th-12 grade) *a research supported presentation designed for students in the high school or 9th-12th grade. Sunflower House staff will present current electronic safety/social media information including age appropriate examples, videos and necessary information regarding educational, legal and social consequences students can face while using social media to communicate. The presentation includes safety topics such as sharing/editing images, cyberbullying, exploitation, scams, changing the algorithm, self identifying mental health concerns and awareness, AI info, toxic communities, healthy relationships and how to get help. When possible our law enforcement partners from local police departments and the Federal Bureau of Investigations will co-present.*

School:
Date of Presentations:
Grades for Presentations:
School Contact:

Sunflower House programs sponsored by:

McCARTHY AUTO GROUP

Kiewit

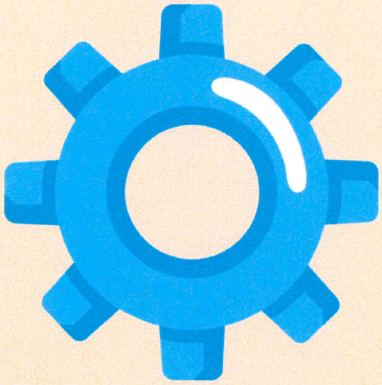
District Attorney Wyandotte County

KEEPING KIDS SAFE ONLINE

10 Tips for Families



1. Have your child use their device in a part of the house that is observable.
2. Have your child plug in their device in your room at night, not in their bedroom.
3. Have a discussion about appropriate and healthy relationships.



4. Have a discussion with your child about boundaries, theirs and others' (sending, sharing, viewing videos, pictures, etc.)
5. Encourage your child to be cautious about sharing private information.
6. Know your child's connections and who they are talking to. Talk to your child about the dangers of talking with strangers online.
7. Learn about different apps/games before you approve- don't just trust the age rating.
8. Learn about parental controls.
9. Encourage children to listen to their instincts if something seems wrong.
10. Teach your child how to report- online reporting and safe adults

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Mental Health Awareness for You and Your Friends

It's normal to feel sad or overwhelmed at times, but how do you know when you need to ask for some help? How do you know if your friend may need help?

If you notice that you have been bothered, or felt any of the ways below more than half or nearly every day, it's a good idea to reach out to someone.

- Feeling down, hopeless
- Little interest or happiness in doing things
- Trouble with sleep
- Changes in appetite
- Feeling bad about yourself
- Trouble concentrating; more than normal
- Moving/speaking slowly
- Fidgety/anxious
- FOMO that interferes with daily life and responsibilities
- Troubling thoughts
- Doomscrolling
- Engaging in unhealthy relationships

It is always ok to ask for help when you feel that you need it!



Who can you reach out to?

- Caregiver
- School counselor
- Teacher
- Friend/friend's parent
- Any trusted adult....
- 988



WHAT TO DO IF A CHILD TELLS YOU ABOUT ABUSE

If the abuse is life threatening, call your local law enforcement agency or 911.

An adult's reaction to a child's disclosure is very important. Children need to know that breaking the silence about abuse is the right thing to do. If a child's disclosure is handled with support and care, the child can learn to heal and feel safe again. In addition, taking action and reporting the abuse is critical to protect the child and possibly other children.

DO:

- **Believe the child. Children rarely lie about abuse.**
- **Give the child all of your attention.**
- **Tell the child he/she has done nothing wrong. "It's not your fault."**
- **Praise the child's courage in telling you.**
- **Stay calm. It is important for a child to know he or she is not to blame and that telling you was the right thing to do.**
- **Be supportive. Tell the child you will do what you can to help.**
- **Ask limited, open-ended questions, like "What happened?" or "Who did it?"**
- **Let the child use his or her own words to tell the story.**
- **Report the abuse. You do not need "proof" to report abuse.**

DO NOT:

- **Do not show feelings of shock or horror to the child. This could make the child feel guilty or shamed. Share your feelings with a friend or professional.**
- **Do not interrogate the child. The child will have to tell the whole story to the authorities after a report.**
- **Do not correct a child's words about what happened or the names for body parts.**
- **Do not criticize the child, the family or the abuser. Remember, many children care about the abuser, but want the abuse to stop.**
- **Do not make promises you may not be able to keep, such as "I promise this will never happen again."**

CHILD ABUSE REPORTING HOTLINE:
KANSAS: 1.800.922.5330
MISSOURI: 1.800.392.3738
MISSOURI (calling from out of state): 573.751.3448

Sunflower House
a place to tell.

info@sunflowerhouse.org www.sunflowerhouse.org 913.631.5800 @sunflower_house facebook.com/SunflowerHouse