Elementary School Toolkit

YWCA Silicon Valley
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A Message from Steven Dick,
Chair of the Santa Clara County Child Abuse Prevention Council

Protecting Children in Santa Clara County During Shelter in Place

(Spanish) (Vietnamese)
A Message from Daniel Little,
Acting Director of Department of Family & Children Services

Child Abuse Prevention & COVID-19
Self-care is participation in activities that make your mind and body feel happy.
Self-Care

There is no “one size fits all” when it comes to self-care.

Self-care is customized to everyone’s own needs. What works for one person may not work for another. In order for self-care to be effective, an individual needs to participate in activities or practices that relate to themselves.
Creatively Express Yourself!

Being creative helps you reconnect with your emotions and feelings and work towards understanding them.

- Panting, coloring, origami, playing an instrument, molding clay, dancing, etc.
Journaling

Writing in a journal can be another way for you to feel better when you are overwhelmed by helping you work through any thoughts or feelings.

Journaling also helps you increase problem saving, enhances creativity, improves your memory, and allows you to track patterns.
Journal Prompts

1. How is your day going?
2. Draw a picture about how you feel right now.
3. What are 5 good things that happened today?
4. Who do you look up to? Why?
5. Draw a picture of you and your best friend. Why are they your best friend?
6. What is your favorite thing to do for fun?
7. What is your favorite movie?
8. What are some things you do to feel better when you are sad or upset?
9. What are 10 things you’re thankful for?
10. Who are 3 people who care about your happiness and safety? How do they take care of you?
Mindful Meditation

Follow these easy instructions to ground yourself no matter how you may feel or where your head space is. The purpose for this activity is to be aware of your body and where you are.
Mindful Meditation

1. **Sit comfortably** and close your eyes. Relax and take 3 slow breaths.

2. **Place your attention to your feet.** Check in and see how your feet feel. Then, let your feet relax and get heavy.

3. **Repeat** this process for your legs, belly, chest, arms, shoulders, neck, jaw, cheeks, eyes, and forehead & try to **focus on breathing.**

4. **Sit quietly for 5-10 minutes** and then open your eyes to bring your attention back to where you are.
5 Minute Yoga and Mindfulness with Tim and Moby | BrainPOP

Meditation 101: A Beginner's Guide | Gobblynne
**Affirmations**

*Affirmations* are positive phrases that we say to ourselves to inspire or motivate positive thinking, behavior, and environment in our own lives.

- I am a leader
- It can still be a good day even if things don't go my way
- I am enough
Exercise

Exercise is physical activity that enhances or maintains fitness and overall health and wellness.

What counts as exercise?
Exercise can be playing a sport (soccer, volleyball, football, basketball, etc.), going for a walk or run, jump roping, swimming, weightlifting, yoga, stretching, biking, and so on.
Getting Enough Sleep

Kids and teenagers are busy with school, running around with friends, playing sports or games, and doing homework. They need to be able to rest and recover for the next day.

Sleep helps improve your attention, behavior, learning, memory, and overall mental and physical health.
How many hours of sleep should I get each night?

<table>
<thead>
<tr>
<th>AGE</th>
<th>HOURS OF SLEEP</th>
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<tbody>
<tr>
<td>3-6 years old</td>
<td>10-12 hours per day</td>
</tr>
<tr>
<td>7-12 years old</td>
<td>10-11 hours per day</td>
</tr>
<tr>
<td>12-18 years old</td>
<td>8-9 hours per day</td>
</tr>
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</table>
Socializing

Talking to people whose company we enjoy gives us a sense of belonging and purpose.

Socializing can also help you feel happy and better about yourself!
Socializing Safely During COVID-19

Playing with people you live with

Video chatting

Writing letters in the mail

Social distancing (6 feet apart) while wearing a mask
My Self-Care Plan

Use this box to draw pictures of things that make me smile.

I feel happy when ..
1. ______________
2. ______________
3. ______________

When I feel sad, I can talk to ..
1. ______________
2. ______________
3. ______________
My Self-Care Plan

Use this box to draw a place where you feel the most safe.

Use this box to draw some of your favorite activities.
Boundaries

Setting boundaries is an additional and an important way we can practice self-care.

Boundaries are guidelines or rules that a person creates to protect themselves and is made for other people to behave around them.
Healthy Boundaries

Healthy **boundaries** allow you to feel safe and respected.
- A practice of self-care and self-respect
- A communication of what your needs are with people around you
- A practice to make time and space for positive interactions
- A healthy limit with people in your life
YOUR BODY BELONGS TO YOU!
A “personal bubble” is an imaginary bubble around your entire body.

This is one of the ways we can keep ourselves safe.
“Personal Bubble” Rule

YOU get to decide how big or small your bubble is with different people in your life.

NO ONE is allowed inside your bubble without YOUR permission.
My body belongs to me and only me. No one is allowed to touch me or be so close to me that makes me feel weird or uncomfortable.
What is Consent?

Another word for *permission* is *consent*.

**Consent** is permission to do something.

It is also ongoing, willing, active, and enthusiastic YES!
Consent is Ongoing

Consent is an ongoing conversation.

Just because a person said yes Tuesday doesn’t mean they have given consent for Wednesday. Consent needs to be given every time for every act. Consent can be given and taken away at any time.
Consent is Willing

Consent is given willingly free from coercion, intimidation, force or fraud. The person giving consent shouldn’t feel like they *have* to say “yes.”
Consent is Active

A person must have the mental capacity to say “yes,” must be sober, and must be 18 years or older. Consent includes an understanding of what is happening and what will happen.
Consent is Enthusiastic!

Consent is a positive “YES!”

Consent is not a “sure” or “maybe.” The absences of “No” does not mean yes.
Consent for Kids | Blue Seat Studios
“What should I do if someone crosses my boundaries without my consent?”
Sometimes we find ourselves in difficult situations with the people we care about.

Here are some things you can do when you’re in different situations!
Here are some things you can do to resolve any complications with another person.

To **compromise** means to create a plan where both people in a difficult situation can be happy.

**“I” statements** refer to talking about your own thoughts and feelings to communicate your side of the situation at hand.
Some situations are too big for us to resolve by ourselves ...
The Plan!

Here’s is a 3 step action plan for you to use whenever you feel like you’re in an unsafe situation with another person, no matter who they are!
The Plan!

1. Say “No, stop!”
2. Walk away
3. Tell someone
1. Say “No, stop!”

Whenever you’re not happy with what someone is saying or doing to you, tell them

“No, I am not okay with this. Stop doing that!”
2. Walk away

After telling them, “No, stop!” go somewhere else where you can be safe.

- The backyard, your bedroom, a trusted neighbor’s house, a certain spot at school, etc.
3. Tell someone

As soon as you get the chance, tell an adult you trust exactly what happened.

A trusted adult is someone you can rely on to help you or to get you help when you are hurt or in trouble. It can be your mom, dad, aunt, uncle, teacher, yard duty, principal, nurse, doctor, etc.
Reading Recommendations

Let's Talk About Body Boundaries, Consent, and Respect

by Jayneen Sanders
Reading Recommendations

Personal Space Camp by Julia Cook, Carrie Hartman

Miles Is the Boss of His Body by Samantha Kurtzman-Counter and Abbie Schiller
Reading Recommendations

My Body! What I Say Goes! by Jayneen Sanders

I Said No! A Kid-to-Kid Guide to Keeping Private Parts Private by Kimberly King and Zach King
Potential signs of abuse, advice when suspecting abuse, & where to report

Protect Children During COVID-19
# Additional Resources (Phone)

<table>
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<tr>
<th>YWCA Silicon Valley</th>
<th>Crisis Text Line</th>
<th>Childhelp</th>
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<tbody>
<tr>
<td>Available 24/7</td>
<td>Available 24/7</td>
<td>Available 24/7</td>
</tr>
<tr>
<td><strong>Call 1-800-572-2782</strong></td>
<td><strong>Text home to 741741</strong></td>
<td><strong>Call/text 1-800-422-4453</strong></td>
</tr>
<tr>
<td>Love is Respect</td>
<td>National Domestic Violence Hotline</td>
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<tr>
<td>Available 24/7</td>
<td>Available 24/7</td>
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<tr>
<td><strong>Call 1-866-331-9474</strong></td>
<td><strong>Call 1-800-799-7233</strong></td>
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<tr>
<td><strong>Text loveis to 22522</strong>*</td>
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<td></td>
<td>Text 1-800-787-3222</td>
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<tr>
<td>CA Youth Crisis Line</td>
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<td>Available 24/7</td>
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<tr>
<td><strong>Call/text 800-843-5200</strong></td>
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Additional Resources (Websites)

**YWCA Silicon Valley**
Therapy services, support services, housing support, child care centers, STEM education, education and outreach

**One Love Foundation**
Education about healthy and unhealthy relationships, how to identify and prevent abuse, and learn how to love better

**Love is Respect**
Relationships 101, information and support

**Teens Health: Kids**
Physical, emotional, and behavior information for parents, kids, and teens to make healthy choices