



**Olathe Public Schools
Elementary Safety Manual**

3rd Grade - 5th Grade



**District Tip Line: 780-7777 (SSSSS)
Anonymous Hotline: 1-877-626-8203
SECOND EDITION**



Table of Contents

Asking for Help.....	3
Bullying.....	5
Internet Safety.....	14
Personal Safety.....	17
Staying at Home Alone.....	18
Substance Abuse.....	19
Transportation Safety.....	24
Tricky People.....	26
Vandalism.....	29



District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

Asking for Help

All humans struggle and need help sometimes, even adults. Being able to ask for help is an important skill you will use your whole life.

- It's ok to need help.
- If you need help, it does not mean you are not smart or capable.
- Asking for help in front of your peers can also help them. They may be worried about asking for help too.
- Being able to ask for help appropriately is a sign of maturity.
- Asking for help can help you learn.
- Asking for help can keep you safe.

Strategies for Asking for Help:

- Decide if you need help or if you can figure it out on your own.
- Decide who might be able to help you.
- Ask the person if he/she has time to help you.
- Clearly explain the kind of help you need in a friendly and respectful way.
- If the person is able to help you, thank them for helping you. If they are not able to help you, decide if you need to ask someone else for help.

Things to think about:

- How do you decide whether or not you need help?
- Who is the right person to ask for help?
- How can you increase your chances of getting help?

Give a reason:

- People may be more willing to help if they clearly understand why you need help and what you need help with.

Who are 3 trusted adults that you know you could ask for help with anything?

- 1.
- 2.
- 3.

With your family, talk about the reasons people may need help and may not ask for it.



District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203



Asking for Help

Write about a time you needed help and did not ask for it. What happened?

Sometimes kids ask for help by throwing temper tantrums or making negative behavior choices. Discuss if you think these are an effective way to ask for help. Discuss better or more effective ways kids can ask for help. Write your answer here.

Ask your adults about times they needed help and how they handled it. Write your answer here.

Complete a chart that helps you see where you might need help and things you can complete on your own.

Asking for Help

Things I can do without help...	Things I need help with...

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

Bullying

Material in this section is taken from the Second Step Bully Prevention Curriculum. Second Step is approved by the USD #233 board of education for use in all Elementary Schools.

Safe and Respectful Schools

Being safe and respectful helps everyone learn and have fun together. It can also help people stop doing things that are against the rules, like bullying. No one wants or deserves to be bullied. All of us can help stop bullying together. In this section you will learn how to recognize bullying when it happens to you or to someone else and then how you can help make it stop.

Recognizing Bullying

Bullying is when someone keeps being mean to someone else on purpose and that person hasn't been able to get it to stop. Bullying is unfair and one-sided.

There are lots of different kinds of bullying. Bullying can be when someone keeps hurting someone else's body or things. It can be when someone keeps saying things that hurt someone else's feelings. And it can also be when someone gets other kids to be mean to someone else. Bullying hurts someone's body, feelings, or things over and over again.

Bullying vs. Conflict

Sometimes friends disagree or have a problem that needs help to get fixed. It's called a conflict when a problem happens between friends, but it doesn't happen over and over again. A conflict might hurt someone's body, feelings, things, or friendships and you might need to get help from an adult to help make it better. Sometimes it can be hard to tell if something is a conflict or has turned into a way bigger problem called bullying.

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203



Bullying

Read the stories below and talk with an adult family member to see if you can figure out if it is bullying or if it is a conflict.

1. You and your friend can't agree on which movie to watch. Your friend calls the movie you want lame, so you call the movie your friend wants dumb.

Is this bullying? Why or why not?

2. The other kids on your school bus always call you smelly and refuse to sit next to you. You tell them to stop, but they won't.

Is this bullying? Why or why not?

3. Someone pushes you really hard onto the ground and you scrape your leg. This is the first time you have had a problem with this student.

Is this bullying? Why or why not?

4. Someone calls you a really mean name. You haven't ever had a problem with this student before, but you know that they have said mean things to several other kids in your class too.

Is this bullying? Why or why not?

Answers:

Scenario # 1 = Conflict, even though it probably caused feelings to be hurt the situation is not one-sided and it hasn't happened over and over again.
Scenario # 2 = Bullying, because it is hurting the student's feelings over and over, and they haven't been able to make it stop.
Scenario # 3 = Conflict, this is a serious situation and probably needs help from an adult. While this isn't bullying because it hasn't happened over and over, it is still a problem that needs help getting fixed.
Scenario # 4 = Possible bullying, this is one situation where even though it hasn't happened to you over and over again, it sounds like it has been happening to others repeatedly. This situation will probably need help from an adult to figure out and make better.

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

Bullying

Reporting Bullying

Reporting bullying to a trusted adult who cares about and listens to you can help you stop bullying when it happens to you or to someone else. Trusted adults can be parents, family members, teachers, the school counselor, the school nurse, the principal, or other adults at school like the bus driver or lunch supervisor.

If the first adult you report to doesn't help, keep reporting to other adults until you find someone who does. Adults don't always see bullying when it happens, so it's very important that you tell adults about it, so they can help stop it.

Reporting bullying is not tattling. Tattling is trying to get someone in trouble. Reporting means telling an adult in order to keep people safe.

Practice Reporting!

Whenever bullying happens to you or to someone else, you need to report it to a caring adult. You can report assertively by facing the person you're talking to, keeping your head up and shoulders back, and saying in a strong, respectful voice, "I need to report bullying." It can be helpful to tell the adult the answers to these questions:

- What happened
- Who else was there
- When it happened
- Where it happened
- If it has happened before

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203



Bullying

With an adult in your, family practice reporting using this script.

Ready? Lights! Camera! Action!

Setting: Student walks in the door at home after school and is greeted by adult.

Student: I need to tell you something important.

Adult: What is it? I'm listening.

Student faces the adult, stands up straight, and uses a strong, respectful voice.

Student: I need to report bullying. These two older kids won't leave me alone.

Adult: I'm sure that's been difficult for you! Do you know who these kids are?

Student: Yes, they're in Ms. Bell's class.

Adult: When does this happen, and what do they do?

Student: They've bugged me almost every day since school started. When I walk out the door after school, they try to trip me. Sometimes when I fall, they laugh and laugh and call me mean names.

Adult: So, this has been happening for a while. I'm so glad you told me. No one deserves to be bullied. I will call Principal Taylor and tell him what you've told me, and set up a time for you to talk to him about it tomorrow. He needs to know what's going on.

Student: I'm nervous.

Adult: It will be okay. Principal Taylor cares about all his students. He wants everyone to feel safe at school, including you!

Student: Okay...

Adult: If you still feel nervous tomorrow, I can go with you.

Student: That might help. Phew! I feel better already.

District Tip Line: 780-7777 (SSSS)

Anonymous Hotline: 1-877-626-8203

Bullying

Refusing Bullying

You can Refuse bullying if it happens to you or someone else. Refuse means to not let something happen. You can refuse something you don't like by standing up straight, turning your body toward the person, and using a strong, respectful voice to say "Stop it. I don't like that." Or "Stop it. That is bullying." You can also use a signal with your hands that means stop.

Bullying Refusal Inspection

Work together with an adult who will be the "Refusal Inspector." It's the adult's job to inspect your bullying refusal skills. The adult will read each scenario to you, and then it will be your job to respond assertively. The adult will put a check mark by the skills you did well. Repeat the scenario as needed until all the items on the list are checked off. When all checklists are complete, you have passed the inspection!

Scenarios	Checklist
Every day at lunch, two girls say mean things and laugh about your family. They try to get other kids to laugh at you too.	<ul style="list-style-type: none">• Face the bully• Head up, shoulders back• Uses a strong, respectful voice• Says, "Stop it. That's bullying."
A boy on the bus always tries to trip you when you walk by, then calls you a crybaby when you try to say something to him.	<ul style="list-style-type: none">• Face the bully• Head up, shoulders back• Uses a strong, respectful voice• Says, "Stop it. That's bullying."
One of your best friends at school keeps making fun of your clothes and tries to get your other friends to join in.	<ul style="list-style-type: none">• Face the bully• Head up, shoulders back• Uses a strong, respectful voice• Says, "Stop it. That's bullying."

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203



Bullying

Bystander Power!

When you see or know bullying is happening to someone else, you are a Bystander to bullying. Bullying often happens when adults are not around, but there are probably people who see it. Those people are called Bystanders. Bystanders have the power to help stop bullying. However, Bystanders can also make the bullying problem bigger by joining in laughing, and not reporting the problem to a grown up.

Bystanders can have uncomfortable feelings when they see someone being bullied. Most bystanders feel a lot of different feelings. When you think about how the person being bullied might feel, you are having empathy for that person. Empathy can give you the courage to do the right thing and help stop bullying.

Bystanders can help by:

Reporting bullying to an adult	Standing up for someone who is being bullied	Being respectful and kind	Including everyone
--------------------------------	--	---------------------------	--------------------

Bystander feelings:

- Sad
- Angry
- Relieved
- Interested

What are some other things you might feel if you were a bystander to bullying?

- _____
- _____
- _____

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

Bullying

Bystanders in Action!

It's not easy being a bystander to bullying. What might you do if you see someone being bullied? Work with an adult family member to explore how to respond when someone is being bullied. Follow each pathway below and fill in the boxes. Explain your responses to your adult.

Pretend you notice a student in the lunchroom who always gets made fun of for the way that she does her hair and the way that she dresses. Other students make jokes and tease her for the way she looks. Several other students usually laugh or join in when this happens. What do you think will happen if...

...you help stop the bullying? _____

...you do nothing? _____

Pick one (or more) ways you would help stop bullying.

Refuse bullying

- Stand up to the bullying student
- Refuse to watch
- _____

Report bullying

- Tell an adult
- Help the bullied person tell an adult
- _____

Support the bullied person

- Include him in what you're doing
- Ask him how he's feeling
- Be his buddy
- _____

How would this make you feel?

How would this make you feel?

Would you help stop the bullying? Yes No

Why did you pick this choice? _____

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203



Bullying

Online Bullying

Online or Cyber Bullying is bullying over technology or social media. It can be just as harmful as other types of bullying. In some cases, it can be even more harmful, because the hurtful material can spread quickly to a lot of people. You can recognize internet bullying the same way you recognize any other form of bullying. Internet bullying is also mean or hurtful behavior that keeps happening and is unfair and one-sided. Internet bullying can happen over social media, text message, in apps, in games, over email, on websites, or anywhere on the internet.

Bystanders can do a lot to stop cyber bullying. Unkind messages and inappropriate content in the app or on a website can be reported to the maker of the technology. Students can also use their Reporting skills to let an adult know that someone is being unsafe online. You can report online bullying to the same people to which you would report real-life bullying. Make sure you don't just stop at reporting it in the app or on the website. Letting a family member or adult at school know is very important. Just like with other forms of bullying, bystanders can make the problem bigger by doing nothing, by spreading mean messages or other materials, or by joining in. Bystanders also have a lot of power to help stop internet bullying. Take this pledge to be a Bystander that chooses to help stop bullying.

The Bystander Pledge

I promise to be a bystander who helps stop bullying.
When I see someone being bullied, I will help by:

(My signature)

(Adult's Signature)

(Date)

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

Bullying

BYSTANDER POWER

A bystander sees or knows about bullying happening to someone else.



A supportive bystander:

**Reports or helps
report bullying**



A supportive bystander:

**Stands up for
someone being
bullied**



A supportive bystander:

**Is respectful
and kind**



A supportive bystander:

**Includes
everyone**



secondSTEP

**District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203**



Internet Safety

The internet is a super cool place to hang out, learn about things, and talk with other people. There are so many things that you can do, so many apps you can download, and a ton of games that you can play. There are also a lot of things that can be unsafe or inappropriate. While you are online these are three big Internet Safety Rules that can help keep you safe.



Stay Smart:

- o Keep your information private! Never tell people online:
 - Your real name.
 - Where you live.
 - Your phone number or email address.
 - Your school.
 - Send anyone pictures of yourself.
 - Your private thoughts or feelings.
 - Anything that will help someone figure out who you are or where you live.

Be Aware:

- o You can never really tell who someone is online. They may be a stranger trying to trick you!
- o Never meet up with someone in real life that you met online without your parents.

Tell Someone:

- o Always report to a trusted adult if someone is being mean to you online, asking you for personal information, or is talking to you or sending you inappropriate things.
- o Ask an adult if you want to do a challenge you found out about online. They will help you know if it's safe.

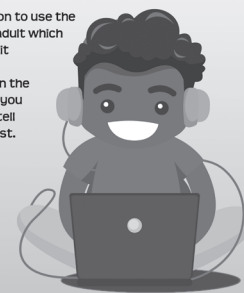
Take this pledge to become an expert on Internet Safety!

Internet Safety Pledge:

- I will never give someone else my real name, age, address, phone number, or other personal information to others online.
- I will use an alias while I am online – I won't use my real name.
- I will not click on inappropriate ads, websites, or play inappropriate games.
- I will tell an adult right away if I see anything inappropriate or scary on my screen.
- I will report cyber bullying and refuse to be a part of it.
- I will not send pictures or video of myself without asking an adult first.
- I will talk to my family about what I'm doing online.
- I will agree to never meet someone in real life who I met online without my parents.

Stay Safe Online

- 1 Keep your personal information safe
- 2 Protect your password
- 3 Remember that not everyone online is who they say they are
- 4 Never agree to meet up with anyone you have met online
- 5 Never open emails from people that you don't know
- 6 Check your privacy settings
- 7 If you use social networking sites, remember that it's not a game to add as many people as you can to look more popular!
- 8 Think carefully before uploading photos
- 9 Always ask permission to use the internet and ask an adult which websites you can visit
- 10 If you see anything on the internet that makes you feel uncomfortable, tell an adult that you trust.



District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

Internet Safety

Ok, it seems like you are learning your way around Internet Safety. Put a **GREEN CIRCLE** around the things in this list that would be ok for you to tell someone online. **CROSS OUT** anything that you recognize would be unsafe to share and that you should keep private while you are online:

- Your name
- Where you live
- Your telephone number
- Your birthday
- Your height
- Your weight
- Pictures of you
- Parents' names
- Where your parents work
- What school you go to
- Teacher's name
- Things you like to do
- Things you don't like to do
- Your online alias
- Favorite color
- Favorite food
- Names of your friends
- Movies you like
- What you ate for lunch



Think you know your way around Internet Safety? Take this tricky quiz to see how much you know.

1. Elizabeth got a new app on her tablet and has been talking to a nice girl named Kara for a few days now. While they have been talking Kara has told Elizabeth where she lives, how old she is, and where she goes to school. Today Kara asks Elizabeth where she goes to school. Is it ok for Elizabeth to tell Kara? (Is there anything else that Elizabeth shouldn't tell Kara?) Write your answer here.

Answer: No, she should not give Kara any of her personal information. Kara might actually be someone pretending to be a friendly person when they are actually someone else. Remember to stay smart online and never give out personal information. Elizabeth should report to her parents that her friend is asking where she goes to school.

2. Matthew is on a math website and is talking to a friend he met on this website. This friend has been really nice and has offered to help Matthew on his homework. Is it okay for Matthew to give this online friend his phone number since it has to do with homework and he wants to get a good grade? What should Matthew do? Write your answer here.

Answer: No way! Remember the Internet Safety Rule: Be Aware. Sometimes people pretend to be helpful and nice online when they are actually just trying to get information about you or your family. It's totally ok to talk with this person online, but Matthew should never give out his personal information without asking the adults in his house first.

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203



Internet Safety

3. Sarah met a girl named Brittany online and has been talking to her for a few months now. Her parents know about this online friend and are ok with her talking to her online. Brittany says that she lives really close to Sarah and wants to meet up at the park close to her house. Is it ok for Sarah to go meet her at the park if she brings a couple of her friends along? Write your answer here.

Answer: This is a tricky one. Even though Sarah was going to go to the park with some friends to back her up, it is NEVER ok to meet up with someone in real life that you met online without an adult being with you. Sarah needs to remember the Internet Safety Rule: Tell Someone and report to her parents right away that someone wants to meet her in real life. It may be that this person is actually a nice person and Sarah's parents can help her meet up with this person in real life, but her parents need to know first and go with her to the meeting.

4. Shawna is getting a FaceTime call from someone. Shawna thinks that it's probably one of her friends at school. Is it ok for Shawna to accept the FaceTime call? Write your answer here.

Answer: Oh, you gotta be careful on this one. Sometimes people just randomly call or message people online. Shawna needs to remember the Internet Safety Rule: Be Aware and should REJECT the call until she can be sure that it is her friend from school. Her parents can talk with her friends' parents and set up a time that they can FaceTime with one another.

5. James is on one of his favorite websites when a message pops up and says that he just won a new iPad. All he has to do is enter his name, address, and phone number so they can send it to him. Is it ok for James to enter this information on the website? Write your answer here.

Answer: It's a trick! Get out quick! Things that you find on the internet are not always true. Often a website will try and get you to click on a link or a pop up ad by saying that you won something or that you can get a really cool thing for free or really cheap. These are ALWAYS fake! Remember the Internet Safety Rule: Stay Safe and never give out your personal information online without asking your parents first.

Tricky Challenges:

There are all kinds of cool and fun things you can find on the internet. Sometimes people challenge one another online to do something that is supposed to be funny, difficult, or exciting. Sometimes these "challenges" can be fun and awesome, but sometimes they can be dangerous. There have been "challenges" that encourage people to try and slip on banana peels, or eat a lot of candy Smarties, or eat laundry soap pods. These may not sound terrible at first, but they have actually made people get really sick or hurt and they have had to go to the hospital. By the time you read this, there will probably be a lot of new "challenges" online. Make sure to always check with an adult first to make sure something is safe before you do it. This will help you have fun online and stay safe!

You are an Internet Safety Pro now! The internet can be an awesome place, but remember the three rules Stay Safe, Be Aware, and Tell Someone so you can stay online and STAY SAFE!!

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

Personal Safety

Personal Information

You should know your parents' or guardians' full names, your home address, and at least one parent/guardian's phone number. This will help in case you get lost, don't have a cell phone, your phone's battery dies, or you can't contact your family. Write down the information below and then try to memorize it. Tell it back to your parent or guardian without looking so you can make sure you've got it memorized.

My Personal Information:

1. My full name: _____

2. My adult's full name: _____

3. My address: _____

4. My adult's phone number: _____

5. My Birthday: _____

6. Another adult's name, address, and phone number:

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

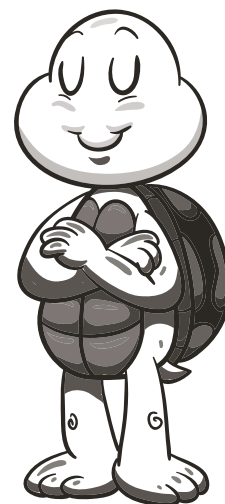


Staying at Home Alone

One aspect of growing up is being responsible enough to stay home alone. Some children find the idea of staying home alone to be very exciting, while some children become anxious just thinking about staying home alone. Take a few minutes to share your thoughts on what is exciting about staying home alone and what is scary.

What excites you about staying home alone:

What makes you nervous about staying home alone:



Here are some things to keep in mind when you get the chance to stay home alone:

- Know your trusted adults' phone number and how to contact them.
- Have a plan for what to do in case of an emergency (fire, tornado, if you become scared or get hurt).
- Promise to NEVER open the door for anyone without permission from your trusted adult.
- Only take phone calls from your trusted adult or if you have permission from your trusted adult.
- Talk with your trusted adult about what scares you and what excites you about staying home alone.
- Determine to be a person of integrity and always make the best behavior choices even when no adults are around.

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

Substance Abuse

Healthy Bodies Crew

Your body and brain are awesome! They let you do really cool things like run, climb, skip, jump, bike, eat good food, laugh, do math, read cool things, figure problems out, and love other people. It's important to keep your body healthy so that you can keep doing awesome things. There are a lot of things that you can do to keep your body healthy.

Healthy Body and Brain Word Search:

Hidden in this word search are 13 things that can help make your brain and body strong. Circle as many words as you can find!

1. Biking
2. Vegetables
3. Fruit
4. Reading
5. Mathematics
6. Swimming
7. Playing
8. Talking
9. Walking
10. Puzzles
11. Coloring
12. Jumping
13. Writing

Healthy Body and Brain Word Search



District Tip Line: 780-7777 (SSSS)

Anonymous Hotline: 1-877-626-8203

Substance Abuse

Extra Help for your Super Body:

Sometimes our bodies get an infection, a virus, or some kind of cold or flu that just makes us feel sick and lousy. When our bodies get sick, sometimes they need a bit of help to get better and to get back to doing fun things. A drug is something that's used to treat, cure, or prevent a disease or sickness. Many fun things, or medicines, are good for you when you need them and can help make your body stronger again. But there are many other drugs that are illegal or that can make you sick if you don't take them the right way. Here are three tips to help you stay safe around medicine and drugs:

1. Tell an adult that takes care of you if you are hurt or aren't feeling good.
 - The adult you live with or a grown up at your school can help get you medicine to help you feel better!
2. Kids aren't allowed to take medicine by themselves.
 - Adults know what kind of medicine and how much medicine to give you. If you take the wrong kind of medicine or too much it can actually hurt your body and brain. It can make you sick and even make it so you have to go to the hospital and see a doctor.
3. Only take medicine from a trusted adult.
 - Sometimes people can be tricky and try to give you the wrong kind of medicine or illegal drugs that actually will make your body and your brain sick and weak.

What are illegal drugs?

A Conversation about Drugs:

Zach Zebra and Geovanni Giraffe were recently overheard having this conversation about drugs:

Geovanni: Hey Zach! There are a lot of drugs (called medicine) that can help make your body feel stronger and better. There are also things called illegal drugs that can hurt your body and your brain. Usually these illegal drugs are things that you smoke, or drink (like alcohol), or put in a needle.

Zach: Wait are you talking about illegal, like police get involved illegal?

Geovanni: Sure enough.

Zach: Well, why in the world would somebody use illegal drugs if it hurts their brains and their bodies AND maybe even get in trouble with the police?

Geovanni: That's a great question! Sometimes they do it because they want to fit in with friends or because they think it will make them cool. Other times, people do it because they want to escape from a stressful or difficult time in their lives, and they think drugs will help them forget about their problems and hard feelings. Many drugs may give people a high when they first take it and they might feel like things are better, but when the drugs wear off, they feel more sick and have even more problems than they did before they took the drugs. It's important for you to know that abusing drugs doesn't solve your problems or make things better. They actually make your life worse. A better way to handle your problems is to talk to a grown-up you trust and ask for help.

Zach: Well I think that's a no brainer. It sounds a lot healthier for my brain and my body to talk about my problems and feelings. There is NO WAY I would ever use drugs!!

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

Substance Abuse

E-CIGARETTES

E-Cigarettes are products that produce an aerosolized mixture containing flavored liquids and nicotine that is inhaled by the user. E-Cigarettes can resemble traditional tobacco products like cigarettes, cigars, pipes, or common gadgets like flashlights, flash drives, or pens. These products have grown rapidly, particularly among youth and young adults. Youth use of e-cigarettes is a significant public health concern.

E-cigarettes are the MOST POPULAR tobacco product used by adolescents.



- E-cigarettes are marketed as a safe alternative to smoking, but they aren't.
- When smoking E-cigarettes, nicotine is present - a highly addictive drug
- Nicotine can harm the developing adolescent brain, as it continues to develop until a person reaches their mid-twenties.
- E-cigarettes can deliver higher levels of nicotine than traditional cigarettes
- E-cigarette use causes: poor impulsive control, poor decision-making, emotional/behavior struggles & nicotine addiction

Data provided by the American Academy of Pediatrics

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

Substance Abuse

Team Up against Drugs!

It is important to have someone that you can talk to if someone wants you to use drugs. You might be worried that you will get in trouble or that you might get someone else – even one of your friends in trouble. If someone is using drugs or tries to get you to use drugs, it's your job to tell an adult right away. You could be saving their life. You would be a total All Star for helping them out!! We are all working together to help people stay safe from illegal drugs that can hurt people and families so badly.

So if a friend should tell you,
"Be cool and take a puff."
Say, "No thanks. It's not for me."
"I'm smart. I don't need that stuff!"

Follow the instructions to find some fun and healthy things to do.

- Cross out all the U's
- Cross out all the B's
- Cross out all the D's
- Cross out all the O's

Use the remaining letters and write them in order in the blanks below.

D P O L A B Y U

B O T A B L U K

U S O W D I B M

S U B I N O G O

Can you think of some other fun and healthy things to do?



District Tip Line: 780-7777 (SSSS)

Anonymous Hotline: 1-877-626-8203



Substance Abuse

How to say No:

There might be a time when your friends or somebody you are close to tries to get you to use drugs or alcohol. It can be hard to say “No” sometimes, especially if a friend, family member, or someone that you trust asks you to do something that you shouldn’t do. They can try and make you feel bad for not doing what they ask you to do, or for not being cool enough, or even saying that they won’t continue to be friends with you. A true friend would never ask you to do something that would hurt your brain or body. Here are some quick tips for how you can say no to drugs!

- No way! That stuff hurts your brain.
- I want to get stronger not weaker.
- I have other ways to feel good. I don’t need that stuff.
- Doing drugs hurts your body, I don’t want to hurt myself.
- I’m not allowed to do drugs.
- No sorry, I’m allergic to drugs.
- Let’s do something else instead. I’m not into drugs.
- Sorry, I can’t stay. I need to help my parents with something at home.

Practice one or two of these with your parent or guardian. Just like you know what number to dial in an emergency, practice this so you know what you will say if someone offers you drugs or alcohol.

Tricky People:

Tricky people are out there. These people might seem really nice and extra friendly. They might even offer you free candy or a special soda drink, but Watch Out! They could be trying to trick you into drinking alcohol, or taking illegal drugs. Your parents or guardians can help you know if that person is a tricky person or if they are safe. Don’t let those tricky people fool you!

Take the Pledge!

I pledge to grow up Safe, Healthy, and Drug Free.

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

Transportation Safety

Getting to School Safely:

Every day hundreds of children make their way to our Olathe schools. Some children ride in cars, daycare vans and busses, while some children ride bicycles or even walk. It is important to understand basic safety guidelines for each of these ways of going to and from school. Let's take a look at each mode of transportation and work together on some general safety rules.

Car riders:

Did you know that it is a legal requirement for children to be secured in cars? In the state of Kansas children ages 4 through 7 are to ride in a booster seat and children 8 years old and above must be protected by a seatbelt.

Walkers:

If you are lucky enough to live close to your elementary school, you might walk to and from school. Walking to school is a great responsibility and shows others just how mature you are becoming. Here are a few points to keep in mind when walking to and from school:

- Always use sidewalks.
- Understand how to cross the street.
 - Always use the crosswalk.
 - Look both directions before stepping foot on the street (look left, look right and look left again.)
- Always stay with your group or walking buddy.
- Plan out your walking route with your trusted adults and always stick with that route.
- Be aware of traffic and never run into the street.
- Always follow the directions of the crossing guard or safety patrol.
- Be aware of strangers and NEVER approach a stranger or a stranger's vehicle.
- Use self-control and be responsible.

Bus Riders:

Many children ride the bus to school every day, but even if you don't, you will ride the bus on field trips, so it is very important that everyone understand bus safety. In our school district all students are expected to:

- Follow all driver instructions.
- Pay attention to surroundings.
- Be safe.
- Be respectful of others.
- Stay seated.
- Report bullying to the bus driver.



District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203



Transportation Safety

Bicycle Riders/Scooter Riders:

Riding a bike or scooter to school is a privilege. Make sure you understand bike/scooter safety.

- Wear a properly fitted helmet.
- Adjust your bicycle to fit your body size.
- Check your bicycle regularly.
- Wear bright colors that make you visible.
- Control your bicycle by riding with at least one hand on the handlebars and use a backpack or carrier to carry items.
- Watch for and avoid hazards such as potholes, broken glass, rocks, puddles and others on the road.
- Be predictable, ride in a straight line and avoid sudden movements.
- Always look before turning.
- Watch for vehicles coming out of or turning into driveways.
- Stop at corners to look for cars.
- Make sure drivers see you before crossing the street.
- Alert others that you are near by saying, "Excuse me," or "Passing on your left."
- Understand that motorized scooters are not considered typical scooters and should not be used by students as transportation to and from school.



Other Safety Smarts Tips:

On your way to and from school, never be too friendly with strangers. Tricky People may ask you to help look for a lost pet and lead you to areas where you might end up alone. This should give you an Uh-Oh feeling.

Never go with a stranger or approach a stranger's car. Tricky People may try to ask you for directions and want you to get into their car. Never get into the car of someone without permission from your trusted adult.

Always stick with your family's plan for getting to and from school. Taking an alternate route may cause your trusted adults to panic if they cannot find you and could potentially put you in the wrong place at the wrong time.

Never walk in dark or unsafe areas. Always use sidewalks and well lit walkways.

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

Tricky People

“Tricky” People:

Most adults are safe, but some adults may not be safe. Some adults may even try and “trick” you. “Tricky” people may do or say things that make you feel nervous, worried, sad, angry, or gives you an “uh-oh” feeling. You cannot tell who may not be safe just by how they look. “Tricky” people may not look scary.

Circle the boxes that sound “tricky” or may break a personal safety rule.

An adult that you do not know stops their car to ask you for directions.

An adult asks you to do something to break a family rule or safety rule.

An adult tells you to keep a secret, even from your trusted adult.

An adult that you do not know smiles and says hello to you.

An adult that you do not know holds the door for you.

An adult tries to tickle, touch, hug, or wrestle with you when you do not want them to.



District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203



Tricky People

Ways to Stay Safe:

- **ALWAYS** check with your adult before you go anywhere (**Always ask first rule**) . If you have a phone, call or text them if you change locations or go to a different house.
- Think of a code word with your family so that if someone says that you need to go with them, you can ask the code word. If they do not know it, do not go with them. Do not ride with someone you don't know and do not go up to a stranger's car even if they call you over.
- Do not take anything from or go anywhere with someone unless you have checked with your adult.
- Try not to go places by yourself. Take a buddy when you walk to school, go to the park, or to the store and avoid places that are not safe. Stay away from isolated places where people can't see you if you need help. Do not go into the woods by yourself or walk alone at night.
- Make a lot of noise if a "tricky" person tries to hurt you or take you somewhere. You can yell, "Help" or "This is not my mom" or "This is not my dad," as loud as you can. GO BANANAS!!
- Talk to your trusted adults about "uh oh" feelings and why we have them. These are called your instincts and they are very important to keeping you safe.
- There is a difference between surprises and secrets. Surprises are only secrets for a little while and then everyone knows the secret. Secrets are things you are never supposed to tell anyone about. No adult should ask you to keep a secret that you can never tell anyone, especially if the secret makes you feel scared or nervous.
- Unsafe and Unwanted touches: You can tell someone "NO" and tell a trusted adult if someone tries to touch you and you do not want it and/or it makes you feel scared or nervous, even if it is an adult.
- The private parts of your body are the parts covered by a swimming suit. These should be kept covered around other people. Touching rule: A person should never touch your private body parts except to keep you healthy.

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

Tricky People



Talk to your trusted adults about “uh oh” feelings and why we have them. These are called your instincts and they are very important to keeping you safe.

Safe Spots: These are places you can go to if you think you might be in danger. These might be friends’ houses, stores, libraries, fire stations, etc. That way if you ever need to get away and get help fast, you know exactly where to go. My safe spots are:

- 1.
- 2.
- 3.

What do you do and say if someone tries to trick you or hurt you? This includes adults asking for help, or offering you something, or trying to get you to go somewhere with them. It also includes what to do if an adult tried to get you to spend time alone with them or touches you in an inappropriate or uncomfortable way.

Write a short response:

Think of a code word with your family so that if someone says that you need to go with them, you can ask the code word. If they do not know it, do not go with them. Do not ride with someone you don’t know and do not go up to a stranger’s car even if they call you over.

Our family’s code word is:

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203



Vandalism

What is vandalism?

Have you ever heard the word 'vandalism'? Vandalism is when someone intentionally destroys or damages public or private property. Vandalism is hurtful to our school community. Vandalism goes against our Olathe Schools Code of Conduct. Vandalism is illegal.

breaking
headphones

littering
bathroom
floors

destroying
bulletin
boards

drawing on
desks

eraser marks
on walls

writing on
bathroom
stalls

urinating on
floors

writing in
books

destroying
fidgets

picking on
desk edges

tearing
nametags

plugging
sinks

marking
on teacher
supplies

ruining
student work

District Tip Line: 780-7777 (SSSS)

Anonymous Hotline: 1-877-626-8203

Vandalism

Using the 3 R's (Recognize, Report, and Refuse) can help prevent vandalism and keep our schools clean and safe.

Recognize

Report

Refuse



What would you do?

Situation: You walk into the bathroom at your school and notice a student writing on the walls with marker. **What would you do?**

Situation: When riding the bus for a field trip, you see another student cut the back of the seats with something sharp. **What would you do?**

Note: Students that participate in vandalism could be experiencing negative emotions or pressures that a trusted adult could help with. If you see someone vandalizing, please report to an adult.

District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203



District Tip Line: 780-7777 (SSSS)
Anonymous Hotline: 1-877-626-8203

Notification Statement of Non-discrimination:

The Olathe Public Schools prohibit discrimination on the basis of race, color, ethnicity, national origin, sex, disability, age, religion, sexual orientation or gender identity in its programs, activities or employment, and provides equal access to the Boy Scouts and other designated youth groups to its facilities as required by: Title IX of the Education Amendments of 1972, Title VI and Title VII of the Civil Rights Act of 1964, the Age Discrimination Act of 1975, the Americans with Disabilities Act (ADA), the Individuals with Disabilities Education Act, Section 504 of the Rehabilitation Act of 1973, the Equal Access Act of 1984 and other relevant state and federal laws as amended. Inquiries regarding compliance with applicable civil rights statutes related to race, ethnicity, gender, age discrimination, sexual orientation, gender identity or equal access may be directed to Staff Counsel, 14160 S. Black Bob Road, Olathe, KS 66063-2000, phone 913-780-7000. All inquiries regarding compliance with applicable statutes regarding Section 504 of the Rehabilitation Act and the Individuals with Disabilities Education Act and the Americans with Disabilities Act may be directed to the Assistant Superintendent of Support Services, 14160 S. Black Bob Rd. Olathe, KS 66063-2000, phone (913) 780-7000. Interested persons including those with impaired vision or hearing, can also obtain information as to the existence and location of services, activities and facilities that are accessible to and usable by disabled persons by calling the Assistant Superintendent of Support Services. (03/19)