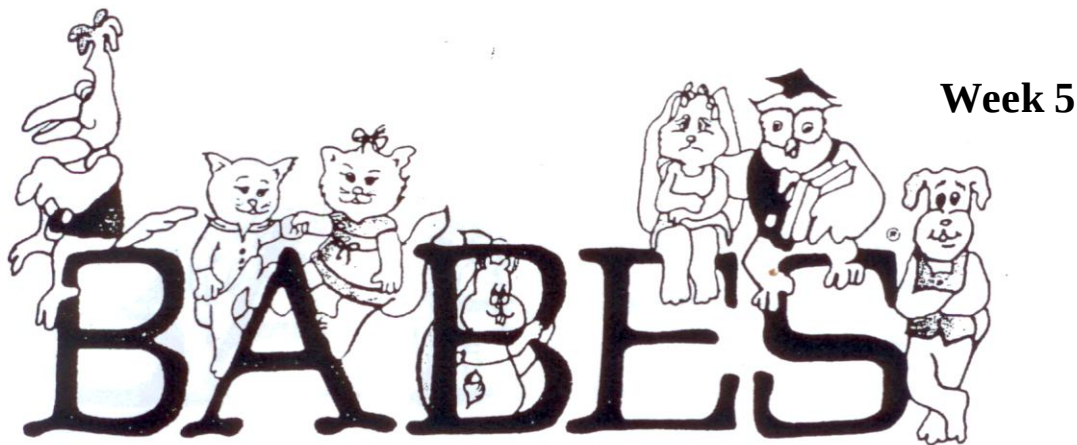




Donovan Dignity says asking for help is as easy as 1-2-3:

- Step 1:** Remember, it is smart and brave to ask for help.
- Step 2:** If you can't do something at first try, keep on trying.
- Step 3:** Dignity is important to everyone.

Dear Parent/Guardian:

In today's lesson, students learned that all people need help at one time or another, and that it does not have to be an unpleasant experience. If children learn early on that it is smart and brave to ask for help, then they will be more likely to ask for help with a serious problem if they are faced with one in the future. Children learned that taking a risk can be helpful and that sometimes feelings of low self-esteem can get in the way of seeking and accepting help.

You can reinforce the aspects of this lesson in the following ways:

- Have children draw places where people can go to get help.
- Have children make a list of people they can go to for help, including phone numbers, i.e., 9-1-1.
- Children can play charades and act out things they do to help themselves, (ex. comb hair, brush teeth) and things other people do to help (ex. doctor listening with stethoscope, fireman using hose, nurse fixing up a cut).
- Describe or show pictures of situations that children may encounter (ex. new child in class who is very shy, child who is sad because mom or dad is sick, child who cannot play a sport because of an injury, classmate who has forgotten lunch at home) and ask how they could help.

Turn Page Over



Student's Name:_____

BABES LESSON 5: ASKING FOR HELP

Dear Parents/Guardians:

This week your son/daughter learned about asking for help. Often children know that they need help, however, never get help because they are afraid to ask. With your encouragement, they can learn how to ask for help. It is important for children to know who are the safe people in their lives. We discussed in class that a safe person is someone who cares about me and whom I can trust. Please speak with your child about who the people are they can trust and go to for help. After your discussion help your son/daughter complete the assignment below.

ASSIGNMENT:

In the space below, have your child draw a large hand. On each finger write the name of a safe person and that person's phone number where they can be reached.