

ASKING FOR HELP

WISE was back to talk about asking for help!

There are many times when people need to ask for help when they are little and even when they are grown up. We learned that we can always ask an adult for help when we are unsure about something, including if someone makes us feel uncomfortable or touches us in ways that are confusing. Sometimes we like touching and sometimes we don't. We should always ask people before we touch them and people should always ask us before they touch us. It is okay to say "no" to touching, and people should respect our no. Touching is never a secret, and if we are ever confused or feel unsafe about a touch, we can ask an adult who we trust for help.

We practiced asking for help with other things like feeling scared or wanting a snack, and we went around the circle and all named an adult who we could ask for help at school and at home. Also, we read *Miles Is The Boss Of His Body* by Abbie Schiller.

You can help WISE reinforce these important messages!

Looking for more ways to support young people in your life? Check out WISE's Prevention booklet located on our website.

BOOKS

For kids:

Uncle Willy's Tickles
by Marci Aboff

For caregivers:

*Mayday: Asking
for Help in Times of Need*
by Nora Laver

ACTIVITIES

When you have to help your child with something, explain to them why.
"We need to hold hands to cross the street to keep you safe."

When your child is frustrated, name the feeling and ask,
"What can I do to help?"

Listen for when your child asks for help, and thank them for asking.