

# We Help Ourselves Program (WHO)

*Dear Parents and Guardians,*

Your child saw the WHO program today, an age appropriate anti-victimization curriculum that has been adopted by McKinney ISD and shown in elementary schools across the district for many years. Per the Texas Education Code 38.004, elementary schools are required to provide child abuse antivictimization programs.

During the program, we discuss several ways children can be victimized by adults as well as peers, including situations with strangers and physical, sexual, and emotional abuse. While appropriate touching is addressed, the anatomical names for "private parts" are not used. In the program, "private parts" are simply defined as the areas that your bathing suit covers.

The major points covered are **Know, Do, and Tell:**

**KNOW-** Know the rules you and your family have decided on for safety. Think and talk about ways that kids can get hurt, and listen to your child's fears. Then, together, find ways your child could handle that situation to prevent it from happening or to get help afterward.

**DO-** Have a plan for assertive, positive action. WHO helps children to think ahead about what to expect, say, and do if confronted with a dangerous, scary, hurtful, confusing, or uncomfortable situation.

**TELL-** Ask for help. Discuss with your child who they would be comfortable sharing a problem with. List those people. Let them know that they do not have to handle a problem alone.

Fourth and fifth graders also read Julia Cook's *Cell Phoney* and learned the 6 rules of cell phone usage which are designed not only to keep them safe, but also to keep them from being tempted to hurt others. Try Julia Cook's *The Technology Tail*, a digital footprint story, for further reading.

I encourage you to talk to your child about the program they saw today. I've also included a sample [Technology Use Contract](#) that you are welcomed to use or adapt for your needs.

If you have any questions, please contact me at (469) 302-5437 or [cthompson@mckinneyisd.net](mailto:cthompson@mckinneyisd.net).

Sincerely,

*Christie Thompson*

School Counselor

Bennett Elementary School