



# KNOW YOUR THREE INSTRUCTOR'S MANUAL

*“We can stop child abuse, but we have to be able to talk about it first. Some adults might not want to talk because they think it is not going to happen to the kids around them — but to avoid it, you have to have that conversation.”*

*Mia Hellman  
Class 2022 - Porter-Gaud School  
Co-founder, Know Your Three*

*“I’ve often thought about what education I could have been given that might have stopped the horrendous child abuse that happened at my high school thirty years ago. After extensive study with victims and experts in child abuse prevention, we have developed KnowYourThree to be that education - empowering children to know what abuse is and specifically who to go to until it stops.”*

*Stafford Green  
Class 1983 - Porter-Gaud School  
Co-founder, Know Your Three*



## LET'S GET STARTED!

- 1** This program contains everything you need for a ~30 minute class to help students in grades 3-8 identify their own list of three adults who can help keep them safe from child abuse.
- 2** We know your time as an educator is valuable, so we have built both a physical and a digital kit to help you get set up with minimal effort.
- 3** Access **KnowYourThree.com/content** for slides (with videos) available in all major digital formats — at no cost to you or your organization.



## Q&A

### **WHO ARE WE?**

We are a group of academic professionals, psychologists, middle & high school students, and business executives who are dedicated to Child Abuse Prevention Education (CAPE). Our team includes teachers, faculty & alumni of Porter-Gaud School, leading child education & trauma experts from top US-based child advocacy organizations, and award-winning experts in media creation & marketing.

### **WHAT IS THIS PROGRAM?**

This program contains everything you need for a 30 minute presentation of a critical empowerment message for Child Abuse Prevention for grades three through eight. The key message is *“Like adult zebras, there are adult people in your community who care for you and keep you safe from abuse. Know your three safe adults and go to them in an abuse situation.”* This positive program utilizes the natural instincts of zebras to aid the discussion and make it fun. KnowYourThree was successfully piloted in 2021 with four hundred children in South Carolina and Georgia.

### **WHY IS IT SO IMPORTANT?**

Research shows that most children do not tell anyone of an abuse situation - particularly sexual abuse. If they do, they will most likely mention it only to a peer. Often that peer is uncomfortable with the topic, no action is taken, and the abuse continues. The purpose of this initiative is to empower kids with the information they need to know what abuse is, and the importance of getting help from a safe adult whenever there is an unsafe situation for themselves or a friend.

### **IS THERE A COST?**

It's free! We are all volunteers, creating and distributing positive, innovative, educational content - at zero cost to organizations. CAPELAB donations and Porter-Gaud school resources pay for content production and distribution. All material is free to copy and use under Creative License (CC BY-NC-ND).

### **DOES THIS REPLACE MY ABUSE PREVENTION CURRICULUM?**

No, it enhances it. KnowYourThree amplifies a specific, critical message in an edutainment format. It's a great program for your Child Abuse Prevention month.



Access [KnowYourThree.com/content](https://www.knowyourthree.com/content) for slides

Hi everyone! I'm *(insert name)* and I'm here to talk about Child Abuse Prevention Month.

1



But first - Let me ask you a question. Why do zebras have stripes? Any ideas?

Raise your hand. *(wait for response)*

There are lots of theories. Let's look at some of them....

2



... One theory is it confuses biting flies.

Think of an airplane landing at the airport - the runway is very clear and marked. But what if there were many landing markings everywhere - like a zebra's stripes. And it all moved around!

The flies could get dazzled by those moving landing stripes and not land. This stops the biting...and this stops disease!

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*OPTIONAL ADD FOR #3*

*Ask:* How would you test this theory?

*Answer:* Scientists have tested this theory with dried animal skins. In the tests, they have found more biting flies land on solid colored hides than striped ones.



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When zebras pack together as a group, do predators get visually confused?

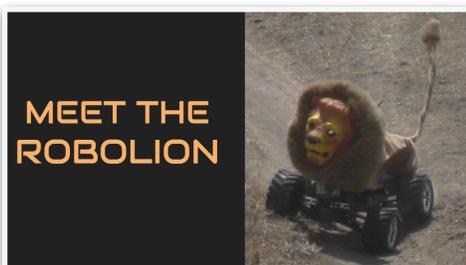
A lion might be dazzled by a big pile of criss-crossing lines, not knowing where one zebra ends and another begins. It's hard to pick out an individual zebra to attack.



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This is Dr. Rubenstein of Princeton University. He researches the social dynamics of zebras. He travels to Africa and performs experiments to answer questions such as:

- ◆ How do they get along?
- ◆ What alliances do they form with each other?
- ◆ What is their behavior?



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Dr. Rubenstein's team built a "Robolion" - a remote controlled, artificial lion robot.

*Ask:* How could the Robolion be used to observe zebra behavior?

The robolion is used to understand zebras' evasive actions to a danger. Let's test your answers by looking at the Robolion in action...



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*PLAY THE VIDEO*

Ask “How were the adult zebras reacting to the Robolion?” (*Get responses*)

You see the adult male zebras will observe the Robolion and assess risk for the herd. They protect the young zebras from danger.

With flying drones, computer modeling and Robolions, Dr. Rubenstein seeks to understand zebras’ evasive actions to a danger.

*Ask:* How else might adult zebras protect young zebras from danger? (*Get responses*)

Let’s test your answers by looking at another film created by a high school student based on Dr. Rubenstein’s observations.



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*PLAY THE VIDEO*

At the first sight of danger, the young zebras start to gallop away, followed by the mother zebras who help guide them to a safer place.

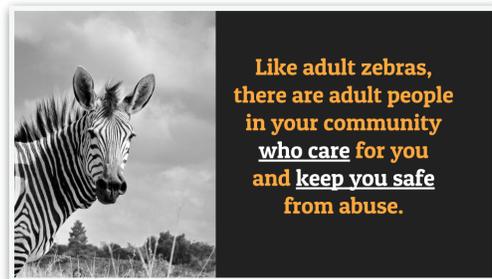
Other members of the herd follow. The father zebras follow last. This approach maximizes the protection of the younger zebras.

You see the adults work together to keep the lion far away from the young zebras. The safe adults block the danger.

*If asked, these videos are available to view again in the students section at [www.KnowYourThree.com](http://www.KnowYourThree.com).*



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Like us, zebras are social. Adults protect younger zebras from danger.



10  
People do that too.  
Like adult zebras, there are adult people in your community who care for you and keep you safe from abuse.



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These people in your community are called "safe adults."  
*Ask: Who in your community might be safe adults?*  
*Answers should be not be limited to family ... but include pastors, police officers, school teachers...*

## What does “abuse” mean?

*Anything covered by a bathing suit or underwear is a private, personal area.*

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What does “abuse” mean? Raise your hand. *(Get responses)*

Abuse means a lot of things, but in general it is when someone hurts us physically, bullies us... or touches our private parts or shows us their private parts. Abuse is against the rules and it can cause harm to you or to others.

## ABUSE IS NEVER OK

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Abuse is never ok. Abuse is a grown up problem. It is an adult’s job to handle the situation and make it stop.

**If you are being abused, find a safe, trusted adult and tell them about your situation.**

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If you are being abused, find a safe, trusted adult and tell them about your situation. No one should have to go through it alone.

Find protection from the adults who take care of you and that you trust.

...and if things don’t change, find *another* safe adult until they take action.



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*PLAY THE VIDEO*

#### Safe adults

- Do not abuse you
- Do not hurt you
- Believe in you
- Keep you safe
- Are over 18 years old

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#### Safe adults:

- ◆ Do not abuse you
- ◆ Do not hurt you
- ◆ Believe in you
- ◆ Keep you safe
- ◆ Are over 18 years old



Who are your  
three safe  
adults?

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**Exercise:** *Have each student write down three safe adults they can go to for an abuse situation.*

“Consider people who are not just in your family - but outside too.”

*Ask volunteers to name their three safe adults and how they know them. Give students examples of potential safe adults. Repeat: “Like adult zebras, there are adult people in your community who care for you and keep you safe from abuse.”*

*Afterwards: “The next time you see your safe adult, share what you've learned here today and tell them you named them one of your safe adults - someone you are comfortable to go to.”*



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### Summary

- ❖ Know your 3 safe adults and how to reach them.
- ❖ If you are in an abuse situation, get help from your safe adults.
- ❖ If a friend tells you they have been in an abuse situation, help them find their safe adult.

For more information - and to see the exciting Robolion video again - go to [www.knowyourthree.com](http://www.knowyourthree.com)



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*We ask one favor that will take 30 seconds:*

*Please, after your classes, leave a quick voicemail at +1 843-614-6892 with your name and school, the number of students you taught using this program, and any feedback you have. Thank you!*

*Alternatively, simply email [cape@portergaud.edu](mailto:cape@portergaud.edu)*

