



## December 2025: Winter Holiday Safety

### Teacher's Corner

The holiday season is exciting, but it can also be stressful. As educators, we give so much that we often forget our own needs.

This month, remember your well-being matters too. Small acts of self-care—pausing to breathe, enjoying a treat, or getting fresh air—help you stay balanced and model healthy habits for students.

Be gentle with yourself. Celebrate your wins and allow yourself to rest when needed. Your care and dedication make a daily difference.

Wishing you peace, balance, and joyful moments this holiday season.

### Safety Tips for Students

1. Keep Your Location Private: Don't share your address, travel plans, or that you're away.
2. Think Before You Post: If someone you don't know could see it, check with a safe adult first.
3. Be Careful with Online Friends: Only connect with people you know in real life—and ask a safe adult before accepting requests.
4. Don't Share Personal Info: Keep your name, number, school, and other details private.

#### Ask a Safe Adult

If something on line feels wrong or confusing, tell a Safe Adult right away!



**Remember!**  
If a student discloses, **STOP** and **contact DCS** immediately at **800-800-5556**

### GIVE AWAY!

Holly's House is doing a giveaway for a teacher goodie basket. To enter, send your answer to the question below to [mfloyd@hollyshouse.org](mailto:mfloyd@hollyshouse.org). Please include your school and the grade you teach. "What safety topic would you like to see the Holly's House cover in the next few months?" The deadline for entering the giveaway is December 22nd.





4th-6th




**BRAVE**  
BOUNDARIES  
*Activity*




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### Safe or Not Safe

#### How to Play:

1. Have students sit in a circle or at their desks.
  2. The teacher reads a scenario aloud.
  3. Students respond with words + actions:  
If it's "Safe!" → Students give a big **thumbs-up** and say "Safe!"  
If it's "Not Safe!" → Students **cross their arms in an X** in front of their chest and say "Not Safe!"
  4. Ask a few students to explain why they chose "Safe" or "Not Safe" to encourage discussion.
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#### Example Scenarios:

- You post a picture of your holiday decorations online but include your address. → **Arms in X** "Not Safe!"
  - A message pops up online saying you've won a free gift card and asks for your password. → **Arms in X** "Not Safe!"
  - You feel uncomfortable because a relative is yelling or asking you to do something that doesn't feel right. → **Arms in X** "Not Safe!"
  - You share a holiday picture of your pet without including your location. → **Thumbs up** "Safe!"
  - You tell a trusted adult if something online or at a family gathering makes you feel uneasy. → **Thumbs up** "Safe!"
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#### Wrap-Up Message:

Being safe during the holidays means thinking before you post online, protecting your personal information, and speaking up if someone makes you uncomfortable. Asking for help is always the right choice!