

TALKING TO YOUR ELEMENTARY-AGE KIDS ABOUT PURIM

Guide for children ages 5-10

WHO THIS GUIDE IS FOR:
This is for parents of kids ages 5-10 who want to prepare them for what they might see or hear on Purim.

If this has crossed your mind, you're not the only one.

Some parents have said:

"My child is going to see adults acting weird, and I don't want them scared or confused. I want them to understand it's part of Purim without thinking drunk behavior is normal."

WHAT YOUR KID NEEDS TO HEAR

At this age, they need:

- **Context:** "On Purim, some adults drink wine as part of the mitzvah"
- **Reassurance:** "The adults are still safe, just acting different"
- **Permission to leave:** "If you feel uncomfortable, you can find me"
- **A safe adult:** "If you can't find me, go to [name]"

SAMPLE CONVERSATION STARTER

"On Purim, you might see grown-ups acting sillier than normal. Some adults drink wine or other drinks that change how they act for a little while. They might be louder, sleepier, or act a little funny. It's part of how they celebrate. Everyone is safe, and if anything feels weird or off to you, come find me."

LET'S ALL STAY SAFE THIS PURIM:

Here are some suggested guidelines to talk to your kids about

1. THEY CAN ALWAYS COME TO YOU

"If anything feels weird, uncomfortable, or scary – even if you're not sure why – come find me right away. You won't be in trouble."

2. THEY CAN SAY NO TO ANYONE

"If someone who's been drinking wants to pick you up, hug you, play rough, or talk to you and it doesn't feel right – you can say 'no thank you' and walk away. Even if it's someone you know. Your body is yours."

3. STAY WHERE PEOPLE CAN SEE YOU

"Stay in common areas where other people are around."

4. THEY DON'T HAVE TO BE POLITE IF SOMETHING FEELS WRONG

"If someone is acting in a way that makes you uncomfortable, you don't have to stay there to be nice. You can come and find me. I will never be mad at you for walking away, even in the middle of a conversation with an adult."

5. WHAT "TOO DRUNK" LOOKS LIKE

Keep it simple: "If someone is stumbling, talking in a way you can't understand, or seems really confused – keep your distance and come tell me."

6. WHERE TO GO IF THEY CAN'T FIND YOU

Who's your backup safe person if you're not immediately available?

Write their name: _____

Tell your kid: "If you need me and can't find me right away, go to [person]. They'll help you find me or help you themselves."

BEFORE PURIM, POINT OUT:

- Where you'll be during the seudah
- Who else is a safe person to go to
- Where they can go if they need a quiet break
- Remind them: Stay where you can see me or [safe person]

PRACTICE WITH THEM:

“What do you do if someone wants you to go in a room alone with them?”

“I say no and come tell you”

“What do you do if someone offers you a drink?”

“I say I’ll ask my parent”

“What do you do if [name] wants to pick you up and you don’t want to?”

“I say no thank you and walk away”

“What do you do if something feels weird?”

“I come find you right away”

AFTER PURIM CHECK-IN:

Ask your child:

- “Did anyone do or say anything that felt weird or uncomfortable?”
- “Did anything happen that you’re not sure if you should tell me?”