

SAFE ENVIRONMENT CHILDREN’S CURRICULUM

Second Grade

Overview

This lesson helps second grade students recognize that God created them, loves them, and provides trusted adults to keep them safe. Students will review the NO, GO, TELL action plan, practice identifying up to five adults they can trust, and describe situations that may make them feel uncomfortable. They will also learn about the buddy system and stranger danger awareness as important safety tools. Through discussion, activities, and prayer, students are encouraged to listen to their bodies, make good choices, and remember that God is always with them.

Objectives

By the end of this lesson, the second grade student will be able to:

1. Describe situations that make them feel uncomfortable. *(Review of First Grade)*
2. Recite **NO, GO, TELL** as an action plan for staying safe. *(Review of First Grade)*
3. Identify up to five trusted adults they can turn to in times of need, and name where they can be found at home, school, or in the community. *(Review of First Grade)*
4. Explain the **buddy system** and practice **stranger danger awareness** as two important ways to stay safe.

Part One: There Are Adults Who Protect Us

God created us and loves us always. One way He shows His love is by giving us adults who help and protect us.

These trusted adults might be parents, teachers, principals, police officers, firefighters, or doctors. Trusted adults are people we can turn to when we feel scared, unsafe, or in need of help.

It’s important to know where to find these adults—at home, in school, or in the community. In an emergency, they may give us directions to keep us safe. For example, a firefighter might tell us to crawl low under smoke and go outside.

Each of us may have different trusted adults, but it’s wise to have about five people you know you can count on. Think about your own “hand of safety”—five trusted adults you can go to for help. God gave us these people so we never have to face hard or unsafe situations alone.

Part Two: Uncomfortable Situations

Sometimes people do not respect our bodies. They may try to trick us or use touches that are not good. When this happens, our bodies give us signals that something is wrong.

Uncomfortable can mean feeling yucky, icky, scared, nervous, or like you want to get away. Sometimes your stomach feels upset or your face shows worry. These feelings are your body’s way of saying, “This is not safe.”

We all have times when we've felt uncomfortable. It could be if someone stands too close, says something mean, or tries to touch us in a way we don't like. God gave us these feelings to protect us. If we listen to them, we can make good choices and stay safe.

When you feel uncomfortable, remember: it is your body's way of warning you. You can get away, say "No," and go to a trusted adult for help. God made you special, and it is never okay for someone to hurt you.

Part Three: NO, GO, TELL Safety Rules

Rules are important because they keep us safe. Just like rules at home, in the classroom, or on the playground, there are also rules to follow if someone makes us feel uncomfortable or tries to hurt us.

When our body tells us something is wrong, we can use three special rules called **NO, GO, TELL**.

1. **NO** – Say "NO! I don't like that!" in a big, strong voice. You can also use your body—step back and put your hands out to show you mean it. Saying "NO" shows respect for yourself. And remember, if a friend tells you "NO," you should respect them too and stop.
2. **GO** – After saying "NO," move away quickly. Go to a safe place, like another room, outside, or toward people you trust.
3. **TELL** – Find a trusted adult and tell them what happened. This is not tattling—it's being safe. You can tell Mom, Dad, Grandma, Grandpa, your teacher, principal, priest, police officer, nurse, or another adult you trust. If one adult doesn't listen, keep telling until someone does.

If someone ever touches your private parts, remember—it is never your fault. Don't keep it a secret, even if they told you not to tell. God gave you trusted adults to keep you safe, and they need to know when something is wrong.

Part Four: Buddy System and Stranger Danger

God made you with a smart brain so you can think before you act. One way to stay safe is by using the **buddy system**. The buddy system means you never go places alone—you always have a partner with you. At school, we use the buddy system when going to the nurse's office or on a field trip. You can also use it when you ride your bike, go for a walk, or play on the playground. Remember, if you are home, never open the door for someone you don't know, and never give out personal information on the phone.

Another way to stay safe is to be careful around **strangers**. Strangers can be people you don't know or people you don't know very well. Not all strangers look mean—sometimes they act very friendly or try to trick you by offering gifts, rides, or secrets. If a stranger ever makes you feel uncomfortable, listen to your body and move away quickly. Always tell a trusted adult right away.

God gave you the ability to pay attention and make good choices. Look around when you are in public places and notice who the safe adults are, like police officers, teachers, or coaches. That way, if you ever need help, you already know who to turn to.

Let's practice with some "What If" situations:

- What if someone at the mall asks you to follow them for ice cream?

- What if a person in a car says your mom sent them to pick you up?
- What if someone knocks on your door saying they have a delivery?
- What if an older kid or adult tries to touch your private parts and tells you it's a secret?
- What if another student comes into your bathroom stall at school?

In each situation, remember the **buddy system** and use **NO, GO, TELL** to stay safe. You can always turn to a trusted adult for help. God gave you these feelings in your body as His way of protecting you. He loves you, He listens to you, and He wants you to make safe and wise choices.

Closing Prayer

Dear God,

Thank You for loving us and for making each of our bodies special and unique. You are always with us, watching over us and keeping us safe. Help us to listen to our bodies when something feels wrong, and to remember that You have given us trusted people we can turn to for help. Bless our families, friends, and teachers, and guide us to make good choices each day.

We ask this through Jesus Christ, Your Son, our Lord. Amen.

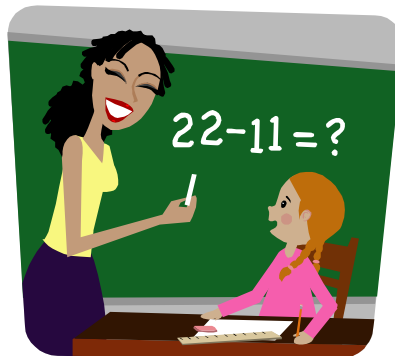
Amen.

NO

GO

TELL

Trusted Adults Pictures





Name _____

5 People I Can Trust

Trace  your hand. On each finger, write the name of one person you can trust.

Name _____

Buddy System

Trace  the sentence. Draw  a color
a picture of yourself using the buddy
system to stay safe.

**I can stay safe
with a buddy.**