

SAFE ENVIRONMENT CHILDREN'S CURRICULUM

Fourth Grade

Overview

This lesson guides fourth grade students to recognize their God-given dignity and the responsibility to keep themselves and others safe. Students will review and deepen their understanding of the NO, GO, TELL action plan, practice assertive ways to respond in unsafe situations, and identify trusted adults they can turn to for help. They will also explore everyday safety practices, such as the buddy system, home-alone rules, internet safety, and being cautious with strangers. Through Catholic teaching, the Golden Rule, and prayer, students are encouraged to use good judgment, treat others with respect, and live as children of God who act with courage, kindness, and responsibility.

Objectives

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

1. Describe situations that make them feel **uncomfortable or unsafe**. *(Review of Third Grade)*
2. Expand on **NO, GO, TELL** and explain a clear action plan to use when they are in an unsafe situation.
3. Identify up to **five trusted adults** they can turn to for help, and name where to find them in school, at home, or in the community. *(Review of Third Grade)*
4. Define **assertive behavior** and give examples.
5. Describe ways they use **good judgment** when making decisions. *(Review of Third Grade)*

Part One: There Are Adults Who Protect Us

God created us and loves us always. He shows His love in many ways—one of them is through the adults who protect and guide us.

Each of us has trusted adults in our lives. These 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, at 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 get outside to safety.

Each of us may have different trusted adults, but it's wise to have about five people you know you can count on. When you feel unsafe, uncomfortable, or unsure, remember – you don't have to handle it alone. God has placed trusted adults in your life to help protect you.

Part Two: Uncomfortable Situations

God made our bodies with dignity and value. He also gave us the gift of feelings—feelings that help protect us when something isn't right.

Sometimes people may try to trick us, hurt us, or touch us in ways that are not okay. When this happens, our bodies often send us a signal: we feel uncomfortable. That feeling is God's way of telling us, *"This is not safe."*

Think of situations that might make you uncomfortable. For example, if an older stranger asked you to come to their car for a gift, that would not feel safe. Can you think of other examples? (Invite a few answers.)

Not all uncomfortable situations involve being hurt. Sometimes someone might give a bad touch that makes us feel unsafe. It is never okay for someone to touch you in your private parts when they are not supposed to. And it is never your fault. If this happens, you must tell a trusted adult—even if someone told you to keep it a secret.

Trusted adults are there to help and protect you. They need to know when you are unsafe so they can take action. Remember: you cannot get in trouble for telling the truth about a bad touch.

Whenever we feel uncomfortable, we must listen to our bodies. That feeling is God's built-in alarm. It tells us: *"This is not safe—get away and get help."*

Part Three: NO, GO, TELL Safety Rules

When we feel unsafe or uncomfortable, God wants us to remember that our lives are valuable. Because we are His children, we must protect ourselves. One way we do this is by following three simple safety rules: **NO, GO, TELL.**

NO – We use our words and our bodies to say "No!" in a clear, strong way. We might say: *"No, I don't like that!"* We can step back and put our hands out to show we mean it. Saying "no" is not rude—it is a way of respecting ourselves and keeping our bodies safe. And when others say "no" to us, we must respect their boundaries too.

GO – After saying "no," the next step is to leave. We move away quickly and go to a safe place. We don't stay where we feel threatened. Our safety comes first.

TELL – The last step is to tell a trusted adult. This might be a parent, grandparent, teacher, coach, priest, or police officer. God places these people in our lives to protect us. If someone hurts us, touches us inappropriately, or makes us keep unsafe secrets, we must speak up. It is never our fault, and we can never get in trouble for telling the truth. If one adult doesn't listen, we keep telling until someone does.

God gave us the NO, GO, TELL plan so we can act with courage, protect our dignity, and stay safe.

Part Four: Assertive Sayings & Ways to Get Away

To stay safe, it's not enough to just know the **NO, GO, TELL** plan—we also need to be aware of God made each of us with dignity, and He calls us to protect that dignity by standing up for ourselves. One way we do this is by being **assertive**. Assertive does not mean being mean or aggressive. It means using a clear, firm voice and body language that shows confidence and self-respect.

Let's think about the difference:

- **Assertive** means standing tall, speaking firmly, and communicating what we truly mean. It shows we respect ourselves and others.
- **Aggressive** means trying to hurt, control, or disrespect others. It comes from weakness, not strength.

Being assertive helps us in unsafe or uncomfortable situations. If someone tries to hurt us, trick us, or touch us inappropriately, we can say:

- “No, this is not okay!”
- “Stop that right now!”
- “Leave me alone!”

Our words and our bodies work together. Standing tall, stepping back, and using a strong voice all reinforce the message: *I respect myself and I will protect myself.*

Let’s practice with a few examples:

1. If an older student tries to push into your bathroom stall, an assertive response would be: “Stop! This is private!”
2. If a family member touches you in a way that makes you uncomfortable, you could say: “No! I don’t like that. Stop!”
3. If an adult tries to undress you or touch you in your private parts, you can say: “No! Leave me alone!” and then go get help.

But being assertive doesn’t stop with words. The second step of our plan is **GO**—getting away. Sometimes that means running to a safe place. Other times it might mean drawing attention by yelling, making noise, or going toward other people. If someone follows you, you can:

- Run to a store, restaurant, or house you know.
- Look for a police officer or trusted adult nearby.
- Go to a group of people and ask for help.
- Be loud and make a scene so others notice.

God gave us both courage and creativity to protect ourselves. Being assertive with our words and our actions shows that we value the life and dignity He has given us.

Part Five: Buddy System, Home Alone Rules, and Stranger Danger

Let’s talk about bullying—and how it’s different from simply being assertive.

Being assertive means standing up for yourself with confidence while respecting others. God gave us not only bodies to protect, but also minds to help us make safe choices. One way to stay safe is by using the **buddy system**. The buddy system means you never go anywhere alone—you always have a partner. At school we use it when going to the nurse or on a field trip. You should also use it when walking home, riding bikes, or playing at the park.

Think about a time when you used the buddy system. Maybe you went to the store with a friend, or played basketball with a sibling. How did it feel to have someone with you? Turn to the person next to you and share your example.

Even though it's best not to be alone, sometimes you may be at home without your parents for a short time. Here are some rules to follow if that happens:

- Always know how to reach your parents by phone.
- Keep important numbers nearby: 911, police, fire department, trusted neighbor.
- Keep the doors locked. Never let anyone in unless your parents told you it's okay.
- Your family can make a **secret password** so you know who is safe to let inside.
- If someone calls, don't tell them you're alone. Just say, "My mom or dad can't come to the phone right now. Can I take a message?"

Now let's talk about **strangers**. A stranger is anyone you don't know well, even if they seem friendly. Strangers who want to hurt children often pretend to be nice. They may offer gifts, rides, or try to keep a secret. If someone makes you feel uncomfortable, even if you've seen them before, trust your body's warning and get away.

Some safety rules around strangers:

- Always get permission from your parents or teacher before going anywhere.
- Pay attention to people and vehicles around you.
- Look ahead of time for trusted adults, like coaches or police officers, in case you need help.

God gave you a mind to make good choices. Using the buddy system, being careful when home alone, and being cautious around strangers are ways of protecting the gift of life and dignity that God gave you.

Part Six: Internet Safety

We just talked about the buddy system and being careful around strangers. The same rules apply when you are online or using a phone. People on the internet who you don't know in real life are strangers too.

If someone you don't know tries to message you on a game, in a chat room, by email, or on social media, do not talk to them. Do not give them any information. Do not meet up with them. Treat them the same as a stranger you might see on the street.

Here are some things you should **never share online**:

- Your full name
- Your address or school
- Your phone number
- Pictures of yourself
- Any other personal details

Sometimes strangers online may try to trick you by pretending to be nice or offering things you like. If this happens, follow your safety plan: **NO, GO, TELL**. Say no, get away, and tell a trusted adult.

If you ever see something online that makes you feel uncomfortable—like scary images, pictures of people with no clothes on, or hurtful messages—tell your parents, teacher, or another trusted adult right away.

Remember: God gave you the ability to make good choices. He also gave you parents, teachers, and other trusted adults to guide and protect you. If you ever feel unsafe online, reach out to them immediately.

Part Seven: Golden Rule

Being a defender means stepping in to help someone who's being bullied—just like the Good Samaritan. God calls us to love our neighbor. That means if you see someone who needs help, you should use good judgment and get a trusted adult right away. If someone is seriously hurt, you can always call 9-1-1 for help.

As Christians, we live by the Golden Rule: **Love God with all your heart, and love your neighbor as yourself.** But remember—loving your neighbor doesn't mean forgetting to be cautious. If a stranger asks for help, you should still use the rules we learned to keep yourself safe.

Let's think of an example: you see a younger child fall on the playground. You want to help, but you might be a stranger to that child. How can you help without scaring them?

- First, gently ask: "Are you ok?" or "Can I help you?"
- Second, let them know you can get an adult to help too.
- Third, treat them with kindness and gentleness, the way you would want to be treated if you were scared or hurt.

Sometimes, a friend might come to you and tell you that they are being hurt by someone. Maybe they say someone touched them in a way that is not ok and told them to keep it a secret. If this happens, the best way to love your neighbor is to help them tell a trusted adult right away. Remind them it's never ok for someone to hurt them and that they deserve to be safe.

God always listens to you, and He loves you. Let's end by thanking Him in prayer: "Lord, thank You for the gift of our lives. Keep us safe, and give us courage to protect ourselves and others. Amen."

Closing Prayer

God of love, you have made us in your image and created us to be holy.
We know that we are precious in your eyes.

Be with us today and every day and protect us.
Help us always to look out for our own safety and the safety of our family, friends,
and people who are afraid and may not know the right thing to do.

Watch over us and help us each day that we might use good judgment
and make the right choices.

We ask this in the name of Jesus Christ, our Lord.
Amen.

NO

GO

TELL

Name _____



True or False Quiz

Circle TRUE or FALSE for each statement.

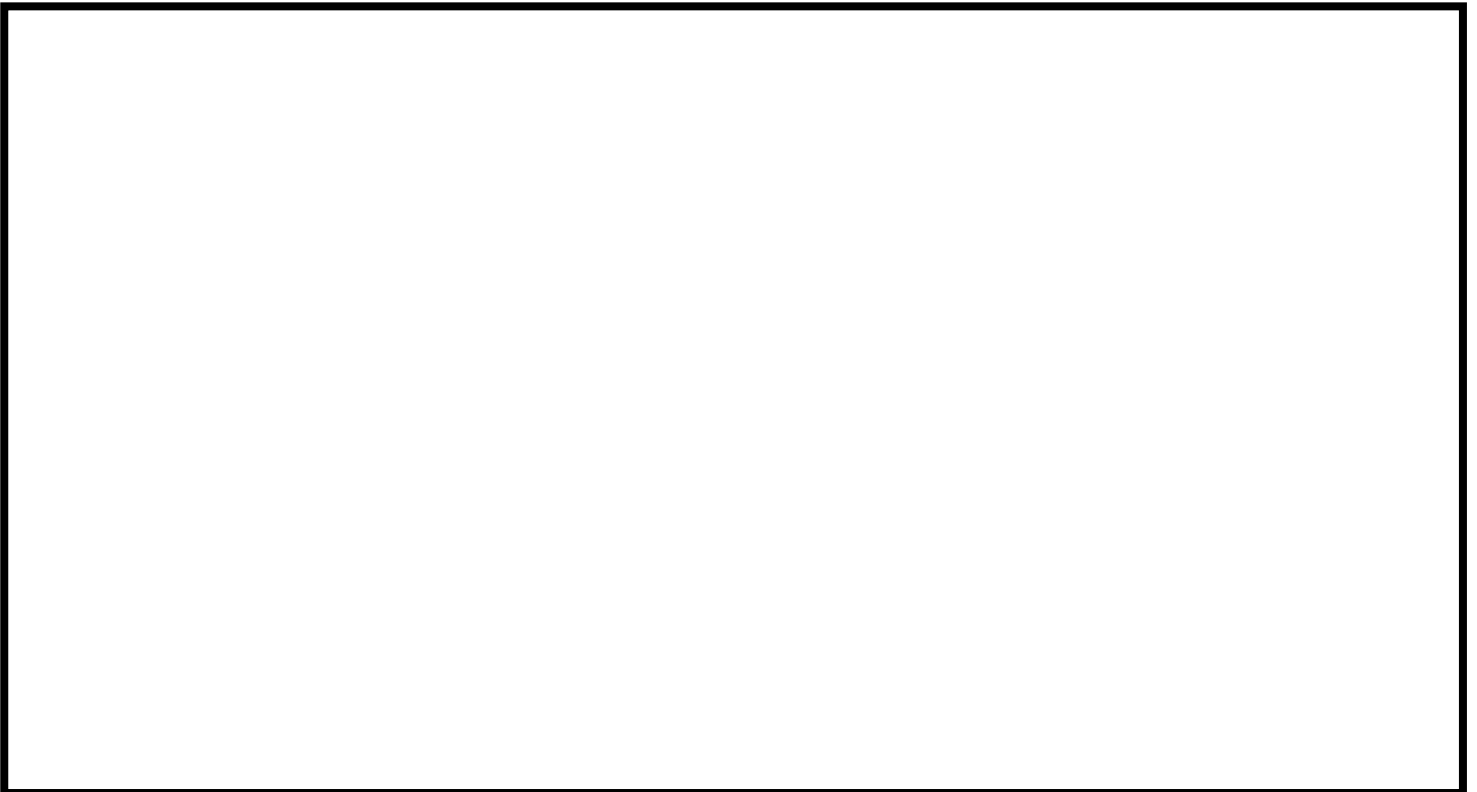
Being assertive means saying NO in a firm, loud voice.	TRUE or FALSE
Walking home alone is one way to stay safe.	TRUE or FALSE
If a stranger approaches you in a car and asks if you want a ride, you should get in their car.	TRUE or FALSE
It is a good thing to keep a secret if someone touches your bottom and tells you not to tell anyone.	TRUE or FALSE
God put people in our life that we can trust.	TRUE or FALSE
The buddy system means not going anywhere alone.	TRUE or FALSE
It is ok to tell a trusted adult about a bad touch.	TRUE or FALSE
Using good judgment means making good choices using your brain.	TRUE or FALSE

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.**



Name _____

Using Good Judgment paragraph

Describe a situation where you might feel uncomfortable. Write a paragraph about at least two things you can do to use good judgment and stay safe.
