

SAFE ENVIRONMENT LESSON PLAN

Grade: Fourth Grade

All **bolded** portions of this lesson plan are mandatory and can be completed in one session. The unbolded sections are *not* mandatory but would be extremely valuable to use with your students if you are able to devote more time.

OBJECTIVES

The Fourth Grade student will:

1. **Describe situations that make them feel uncomfortable or unsafe.** (Review of Third Grade)
2. **Expand on NO, GO, TELL and articulate a detailed action plan to use when they are in an unsafe situation.**
3. **Identify up to five adults who they can trust and turn to in times of need and name their location in school/home/community.** (Review of Third Grade)
4. **Define and give examples of assertive behavior.**
5. **Describe ways that they use good judgment in decision making.** (Review of Third Grade)

MATERIALS NEEDED

Student needs

- Pencil

Teacher needs

- Chart paper
- Permanent marker
- NO, GO, TELL chart
- Assertive and aggressive word cards
- Assertive/Aggressive Venn diagram
- Assertive statements list
- Assessment materials
 - Assertive vs. Aggressive behavior Venn diagram (Resource A)
 - Using good judgment paragraph (Resource B)
 - Assertive phrases (Resource C)
 - Internet safety crossword puzzle (Resource D)

CONTENT

PART ONE ~ THERE ARE ADULTS WHO PROTECT US (~10 minutes)

Who can tell me who created us and loves us now and always? GOD! That's right! God created us and everything and everyone around us. One way that God shows his love for us is by putting adults in our lives to help and protect us.

Let's think about the people who help and protect us and where we can find them if we need help. Let's brainstorm some ideas of adults that we can trust. Can someone give me the name of an adult they can trust and where they can find this person? [Ask students to orally volunteer ideas for trusted adults including, but not limited to, firefighter, doctor, police

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officer, Mom and Dad, principal/teacher, priest/pastor. Follow up each answer with the student also mentioning the trusted adult's location.] These are examples of people we can trust to keep us safe and where we can find them. We should listen to them and follow their directions if we go to them and need help. They may tell us where to go or what to do when we feel unsafe. For example, if we ever had a fire at our house, a firefighter would tell us to get down low, get out of our house and go to a safe place, or they may take us to their fire house for safety. Each of you may have different adults that you trust in your life. It's a good idea to have about 5 adults you can trust at any specific time. Remember that you can always go to these trusted people if you feel scared, unsafe, uncomfortable, or need help.

PART TWO~ UNCOMFORTABLE SITUATIONS (~15 minutes)

Sometimes people do not respect our bodies and try to trick or hurt us. They use bad touches with us which make us feel uncomfortable. We know when we are not safe because our bodies feel uncomfortable. Our bodies feel uncomfortable when we are not safe and when we feel a bad touch. This is our body's way of saying "Something bad is going on." We should listen to our bodies when they tell us that something bad is going on.

Let's think about some situations that may make us feel uncomfortable. I will share one example and then I would like some others to share examples that they can think of. One situation that would make me uncomfortable is if I was going for a walk with my little brother and all of a sudden an older man approached us on the sidewalk and asked if we would like a present that was in his car. That would make me feel uncomfortable. Does anyone else have an example of a situation that would make them feel uncomfortable? [Take a few examples from students.]

Sometimes a person doesn't hurt us but they make us feel uncomfortable with a bad touch. A bad touch may be scary and you might be scared to tell someone, but it is important to tell someone you trust if someone gives you a bad touch. Any of the trusted adults that we listed earlier would be able to help you. When someone touches you in your private parts when they are not supposed to, it is never OK and it is never your fault. You can't get in trouble when you tell a trusted adult about a bad touch - even if someone told you to keep it a secret. The trusted adults God put in your life are here to protect you and need to know when you feel unsafe.

When we feel uncomfortable we listen to our bodies. God created us and loves us and made our bodies to have feelings. When we feel uncomfortable, it is our body's way of telling us, "This is not safe! Get out!" Anytime we feel unsafe, there are rules to help us.

PART THREE ~ NO, GO, TELL SAFETY RULES (~5 minutes)

We are going to review some rules of what to do if we feel uncomfortable. We follow these

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rules to get help and to stay safe. There are 3 special rules called NO, GO, TELL. [Display chart of the NO, GO, TELL plan.] Let's learn about this action plan:

1. **NO** – We say “NO, I don't like that!” in a big, loud voice and use our bodies to say “NO.” [Demonstrate standing up, saying “NO, I don't like that!” loudly and, at the same time, stepping back and putting your hands out in a front of you motioning to stop.] Let's remember that when we say “NO!” loudly, it is because we respect ourselves and want to stay safe. We have to respect ourselves and those around us. That means that sometimes our friends around us may say “NO!” when they don't like something that we are doing to them. Even if you don't mean to, you may upset someone with your touch. They have the right to say “NO!” if you bother them, and we need to respect their words and stop bothering them.
2. **GO** – After we yell, “NO, I don't like that!” and step backwards with our hands up, the next step is to GO away from the person. We want to get away from the person fast so we would run away to a safe place where we can tell someone we trust.
3. **TELL** – The last step is telling a trusted adult what happened. When we are in trouble and tell an adult what happened, we are doing the right thing. We are not tattling. We can go and tell Mom, Dad, Grandma, Grandpa, principal, fire fighter, coach, police officer, priest, or nurse. If someone touches your private parts, it is not your fault. It is important to not keep secrets about bad touches even if someone has made you promise not to tell. Bad touches are not safe for you or for anyone else. You need to tell a trusted adult if someone does a bad touch to you so that you can keep yourself safe and healthy. When you tell a trusted adult, they need to believe you and listen to you. If they don't believe you, go tell another adult. God gave you these adults to keep you safe and they need to know if someone has made you feel unsafe.

PART FOUR ~ ASSERTIVE PHRASES & WAYS TO GET AWAY (~10 minutes)

Let's go a little deeper into learning about this action plan. The first step we mentioned is saying “NO” in an assertive voice. Being assertive is different than being aggressive. Let's look at these two words. [Show the word cards for assertive and aggressive.] Assertive means saying something firmly and loudly. It means standing up for yourself, respecting yourself and your rights, communicating what you really mean, and being confident. It is not the same as being aggressive. Being aggressive means standing up for yourself in a way that hurts others, being firm but not respecting others. Lots of times when someone is aggressive, it is because they lack confidence and are trying to bring others down with their actions. Being aggressive is being intentionally hurtful for your own benefit. Let's compare and contrast assertive and aggressive behaviors. [Put up an empty Venn diagram to fill in together. If students are unfamiliar with this type of graphic organizer, explain that differences go in each circle and the space that overlaps is where you write similarities.] To begin, let's fill in the overlapping area with similarities between the meaning of the two words. [Sample answers for similarities include: firm, loud, involving more than one person,

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yelling or shouting.] Now let's look at each word and write how they are different. [Sample answers for assertive include: respecting yourself, standing up for yourself, communicating what you mean and feel, confident. Sample answers for aggressive include: hurting others, disrespectful, insecure or weak, bringing others down.] Let's remember that being assertive is helpful in situations when we are feeling unsafe, attacked, or uncomfortable.

We also know that there are many ways that we can communicate our feelings. If we are feeling threatened, unsafe, or if someone is touching us in an inappropriate way, we should always assertively, loudly, and firmly say, "NO! This is not OK." Let's practice some other statements that we could say assertively which would mean the same thing. [Put up the list of assertive statements and have students read them aloud with you. At the bottom of the list have students brainstorm additional ideas that they would say.] I am going to read you some situations, and I would like someone to tell me what would be an assertive response to each situation.

1. While you are in the school bathroom, an older student tries to push the stall door open.
2. You go to the movies with your uncle, and he tries to touch your leg during the movie.
3. You go to the pool with your friend, and his stepfather tries to help you take off your bathing suit.

Being assertive is more than just saying something firmly and loudly. Being assertive is also speaking with our bodies using body language and actions that reinforce our words. The way we use our bodies can speak very clearly about how we feel. Our second step in our action plan is to GO which means getting away from the unsafe situation. Sometimes running away is the best way to get away, but let's think about some other ways we can get away and alert people that something bad is happening. Let's discuss some of these otherways using an example situation where we would feel unsafe. We are walking home from soccer practice and we turn around and notice someone following us. We get that feeling in our stomachs that this is unsafe and begin to feel uncomfortable. You yell to the person behind you to "Get away and leave me alone!" The next step is to get away. Some things that we could do include: run, go to the nearest store or restaurant where you know someone, stop a police officer if one is close by, go to someone's house that you know, stop by a family or group of people that you see, be loud and draw attention to yourself, make a scene, or act crazy by jumping around and making noise. Any of these options would alert other people around you that something is wrong and could scare away the person following you.

PART FIVE~ BUDDY SYSTEM, HOME ALONE RULES, AND STRANGER DANGER (~10 minutes)

God made you with brains so you can think before acting and not get into an unsafe

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situation by mistake. One way you can stay safe is to use the buddy system. The buddy system means that you never go anywhere alone. You always have a partner with you. We use the buddy system at school when we go to the nurse's office or go on a fieldtrip. You should always have a buddy with you when you ride bikes, walk home from school or play on the basketball court. Don't take shortcuts through the woods, an empty lot, or on a back street. Think about a time when you used the buddy system. [Give the students a minute to think of an example in their own lives.] Now ask each person to share their experiences with a partner (where they were going, who was their buddy, how did they feel having someone else there with them). I will let you know when to switch and have the other person share. [Give the first student 3 minutes to share then ring a bell or tell the students to switch and let their partner share.] Ask if anyone would like to tell the whole class their example. [Have 2-3 volunteers share with the class.]

We just talked about how it is best to use the buddy system and not to go anywhere alone. While we know that it is best to not be alone, we understand that sometimes we are home by ourselves for a short period of time when Mom and Dad are gone. If you are home alone, there are some special rules to remember. Always know the phone number for your Mom or Dad so you can reach them if you need to. Also, have emergency numbers listed by your phone such as 9-1-1, police, trusted neighbor, fire department, etc. It is best to always keep the door locked and to not let anyone inside, even if you know the person, unless Mom and Dad did give you permission first. A good way to know who can come in is to make up a secret password that your Mom and Dad use when they return home. For someone to come inside your home while you are alone, a person must have the secret password. Also, if someone calls, do not say that you are alone or give out your name, phone number, or address. You can always say that your Mom or Dad is not available and offer to take a message. Ask if the students have other special ways you stay safe when they are home alone?

Always remember to be cautious of strangers. Bad people don't always look mean or scary. Sometimes they may smile and act nice and friendly to try to trick you. Don't be fooled! If you feel uncomfortable around this person, even if you have seen them before, listen to your body and get away. Always pay attention to the people and vehicles that are around you. Keep a look out for anything or anyone suspicious. Strangers can be people that you don't know or people that you don't know very well. Sometimes strangers that want to hurt you will pretend to know you to try to get close. They may try and giving a gift, offering a ride home or telling you a secret. Be cautious around strangers! Always get permission from a teacher or parent before you go anywhere. Also, know your safe trusted adults, even before you need them, so that you are prepared. For example, if you are going to a baseball game, look around to see if there are any police officers or coaches around, in case you need help.

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God wants you to make good choices to avoid an unsafe situation. Making a good choice, a choice that keeps you healthy and safe, is an example of using good judgment. This is using God's gift well.

PART SIX ~ INTERNET SAFETY (~5 minutes)

We have discussed the importance of the buddy system and being cautious around strangers. This also means that we should not talk to people online or on cell phones that we do not know. This includes people we don't know on Facebook/Instagram, in chat rooms, in emails, or text messages. If you use the computer and someone tries to become friends with you and chat or meet up, and you do not know this person, do not talk to them. Do not meet up with them. Do not give out any of your personal information. Treat this person as if they are a stranger in real life, and follow the action plan. Tell your parents or teachers or another trusted adult and stay away from them. Sometimes strangers will try to trick you to give them personal information over the computer. Don't ever give out your name, address, gender, phone number, pictures of yourself, or any other information to anyone on any website, even if it is a game or site you like. Talk to your parents or teachers and get their permission to use their contact information, if it is needed, and they think it is appropriate and safe. If anything on the internet makes you feel uncomfortable (something scary or naked pictures or gross images), tell a trusted adult. Always talk to your parents about what you see online, who you talk to, and any messages you get through email or on your phone.

God gave you the ability to make good choices and keep yourself safe. He put people in your life to love and protect you. If you ever feel unsafe, get in contact with those you trust right away.

PART SEVEN ~ GOLDEN RULE (~5 minutes)

God also wants you to love your neighbor. This means that if you see someone else who needs help, use good judgment and go tell someone you trust that there is someone who needs help. If the person in need of help is seriously injured, you can always call 9-1-1. As Christians, we should remember the Golden Rule: Love God with all your heart, and love your neighbor as yourself, realizing that we should still always be cautious of any strangers who we encounter who may need our help.

Sometimes, we may find someone in need that we want to help, and we are a stranger to them. For example, you may see a younger child hurt on the playground and want to help. Jesus calls us to help that child, but to the child, we are a stranger. What can we do to show that we are someone who can help and that we are safe (because they may have been taught to be cautious of strangers too!) We can do a few things to help someone when we are a stranger to them. First, we can approach the child and ask if they need help. We can say, "Are you ok?" or "Can I help you?" or "Can I get you anything?" That way the person in

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need can accept your offer of help without you pushing it on them. Second, you can tell them that you can help or offer to get help from an adult as well. Lastly, remember that this person in need may be scared, sad, hurt, or nervous. We all know what it feels like to be scared or hurt. When we are scared, sad, hurt, or nervous, we want someone to show that they care in a gentle way. Treat them gently and lovingly just as you would want to be treated when you are scared, sad, hurt, or nervous. As in all things, take time after you leave this person in need to ask God to watch over him or her and to protect/heal/support him or her. Also, thank God for giving you the ability to take care of someone in need.

God wants all of his children to be safe. Sometimes you may see someone who is in danger, someone who needs help. This person may be too scared or nervous to find a trusted adult to talk to. This person may come to you and tell you that they are scared because someone at home is touching them inappropriately. They may be scared to tell a trusted adult because the person hurting them told them it was a secret. If anyone comes to you and tells you that they are being hurt or tells you a secret about someone touching them, help this person by going with them to tell a trusted adult. Use the rules you have learned to stay safe to help others to stay safe. They need you to listen to them and remind them that someone hurting them is never OK.

Never forget that God loves you and is always listening to you. Let's pray together and thank God for the gift of our life and ask for His protection.

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.

Adapted from Diocese of Peoria & Diocese of Joliet

ASSESSMENT

Ask student to:

- Complete a Venn diagram comparing and contrasting assertive vs. aggressive behavior.
- Write a paragraph with steps on how to use good judgment in a particular situation (choice of 3 situations).
- Circle the examples of assertive phrases that could be used if in an unsafe situation.
- Unscramble the letters in each sentence to reveal the name of a trusted adult or their location.

TEACHER RESOURCE COVER PAGE

- NO, GO, TELL chart
- Assertive and aggressive word cards
- Assertive/Aggressive Venn diagram
- Assertive statements list

NO

GO

TELL

assertive
assertive

aggressive
aggressive

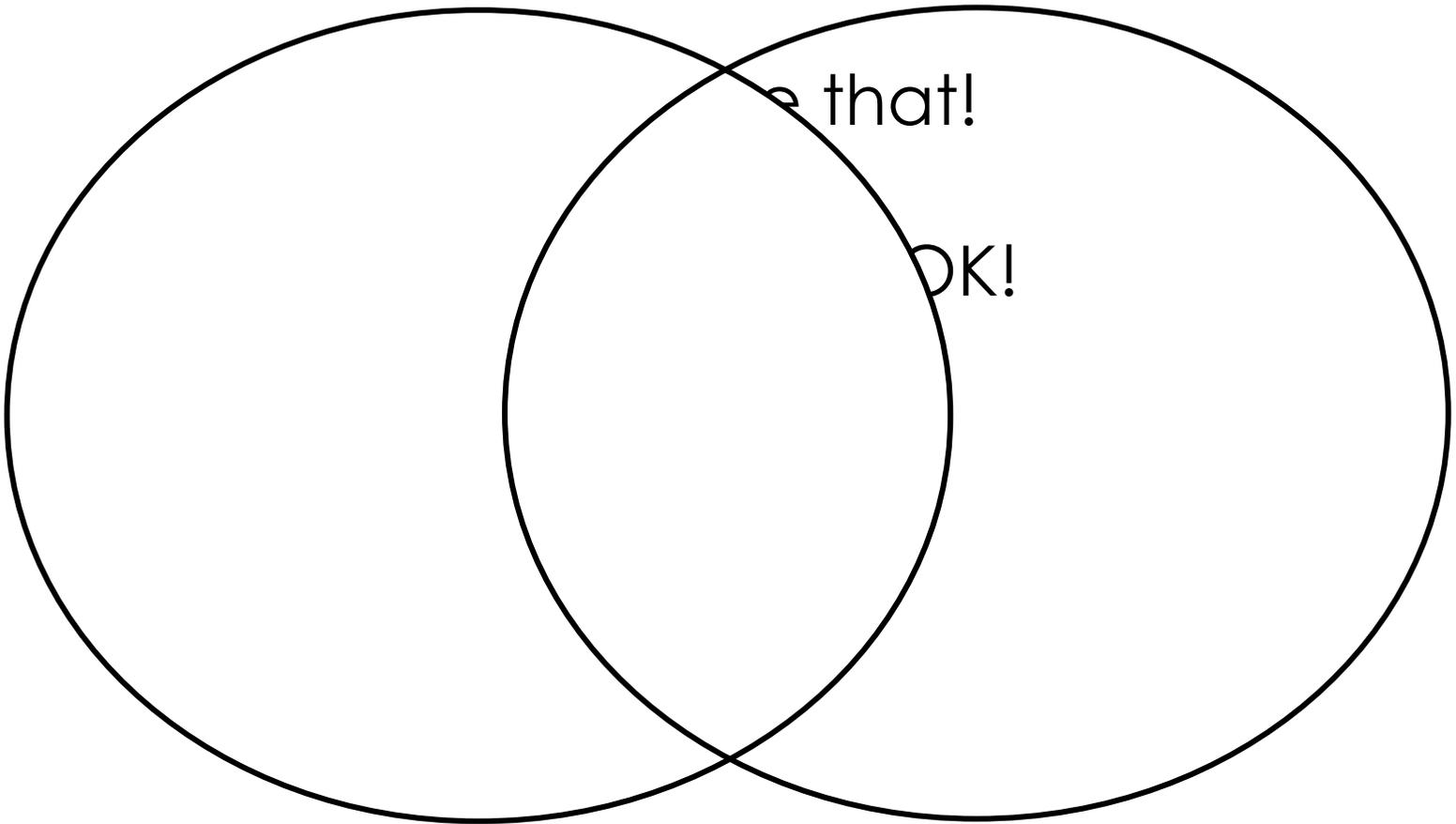
Assertive Statements

ASSERTIVE **AGGRESSIVE**

Get away and leave me alone!

... that!

OK!



ASSESSMENT RESOURCE COVER PAGE

- Assertive vs. Aggressive behavior Venn diagram (Resource A)
- Using good judgment paragraph (Resource B)
 - Assertive Phrases (Resource C)
- Internet Safety crossword puzzle (Resource D)

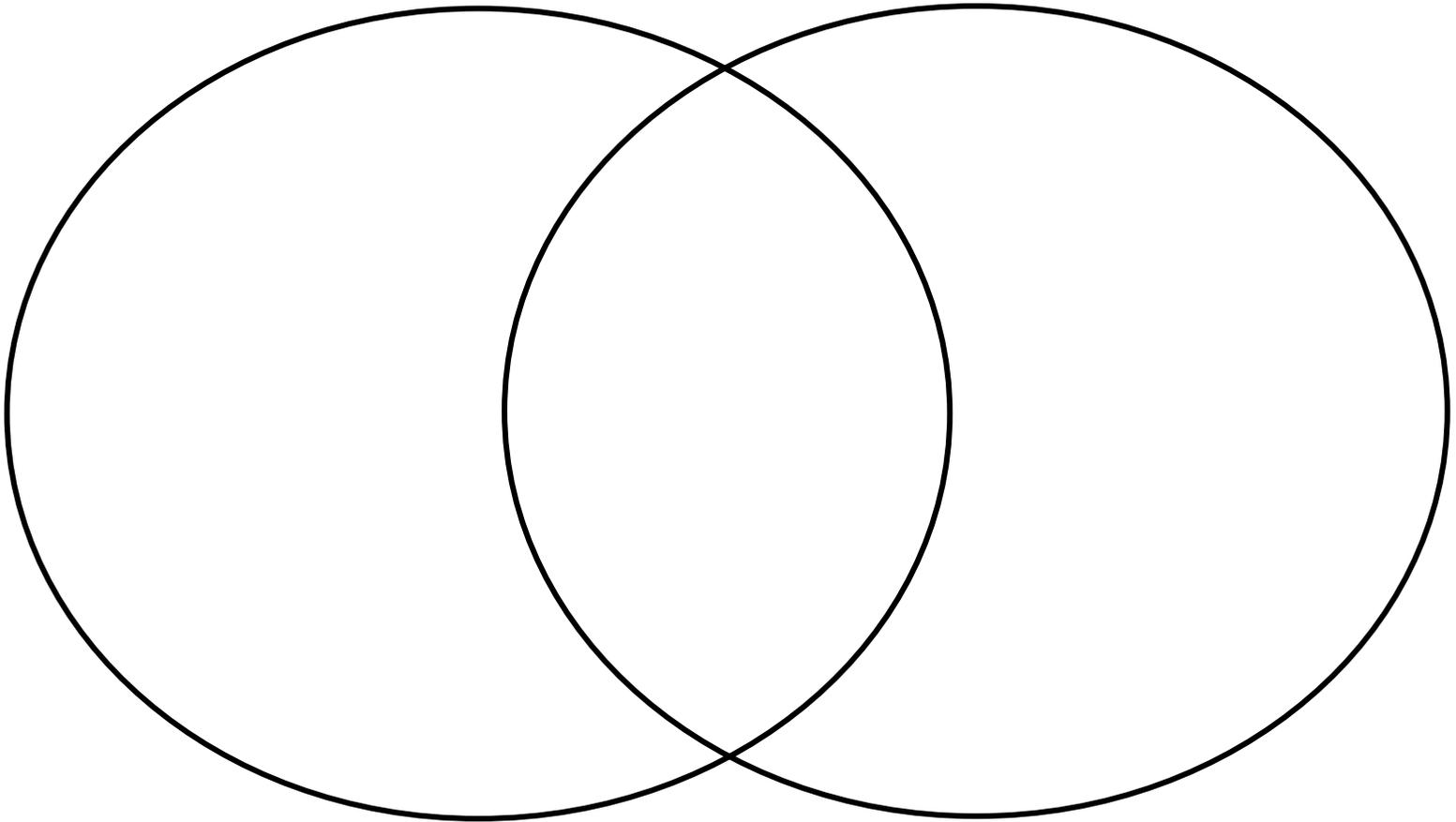
Name _____

Assertive vs. Aggressive

Using the words in the Word Bank, fill in the diagram comparing and contrasting the two words.

ASSERTIVE

AGGRESSIVE



Word Bank

respectful

disrespectful

“I don’t like that!”

pushing someone down

protects yourself

loud voice

communicates what you mean

hurtful to others

firm voice

more than one person

Name _____

True or False Quiz

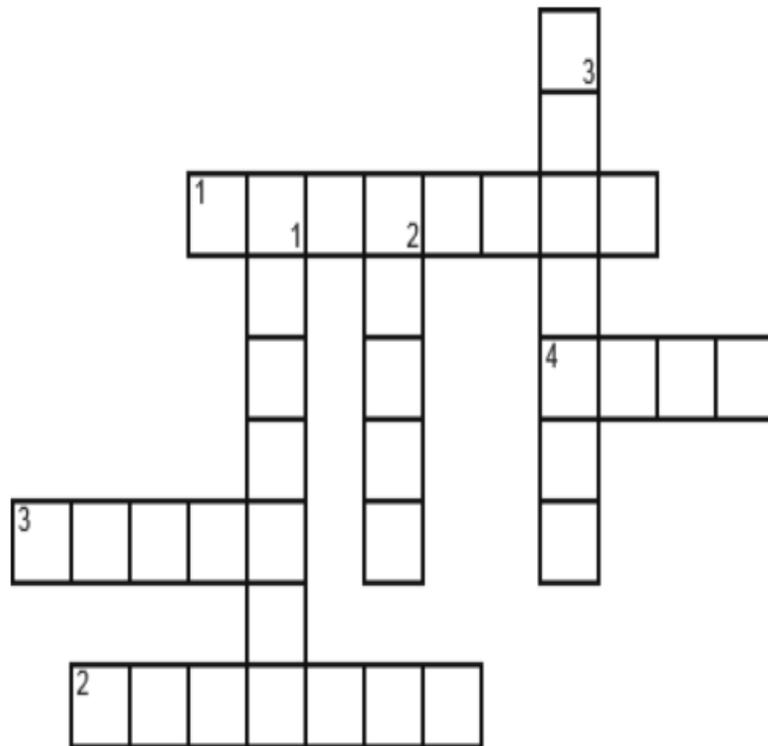
Circle TRUE or FALSE for each statement.

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 buttocks 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
If you tell an adult about a bad touch, it is tattling.	TRUE or FALSE
Using good judgment means making good choices using your brain.	TRUE or FALSE

Name _____

Internet Safety Crossword Puzzle

Use the clues below to fill in the correct answer about internet safety.



Across

1. The way that we should be around strangers
2. Place we visit on the computer which may contain inappropriate information.
3. True or false - everyone on the internet is who they say they are.
4. True or false - people pretend to be someone different online so they can lure and trick children.

Down

1. Do not give out your name or _____ to anyone on the internet.
2. Strangers may use chat rooms to try and _____ you into believing they are someone you know.
3. Tell a _____ adult if you see something inappropriate on the internet.

SAFE ENVIRONMENT
COLORING BOOK PAGES
ON PAGES TO FOLLOW

CAN BE USED AS
SUPPORT MATERIALS

YOU KNOW THAT **GOD** CREATED US. YOU ARE **TRULY SPECIAL** TO HIM. HE MADE YOU IN **HIS** IMAGE. HE MADE YOU A **PERSON!** **GOD** IS A PERSON. ANGELS ARE ALSO PERSONS.



YOU ARE MADE IN **GOD'S** IMAGE AS A PERSON. YOU ARE THE ONLY YOU THAT WILL EVER BE. THERE HAS NEVER BEEN ANYONE LIKE YOU. THERE NEVER WILL BE EITHER. ONLY YOU ARE YOU. HOW SPECIAL IS THAT? YOU ARE SPECIAL TO **HIM** TOO, AND **HE** LOVES YOU DEEPLY.



ANOTHER GIFT YOU GOT FROM GOD IS THE ABILITY TO MAKE YOUR OWN CHOICES. IT'S CALLED **FREE WILL**. EVERYONE HAS IT, BUT **NOT** EVERYONE USES IT THE WAY HE OR SHE SHOULD. SOME PEOPLE CHOOSE TO ONLY PLEASE THEMSELVES, TO BE **SELFISH**.

YOU HAVE **FREE WILL**. WILL YOU CHOOSE TO **LOVE** OR BE **SELFISH**. WILL YOU DO WHAT YOU KNOW IS **RIGHT**, OR LET SOMEONE ELSE BE **SELFISH**. YOU GET TO CHOOSE.

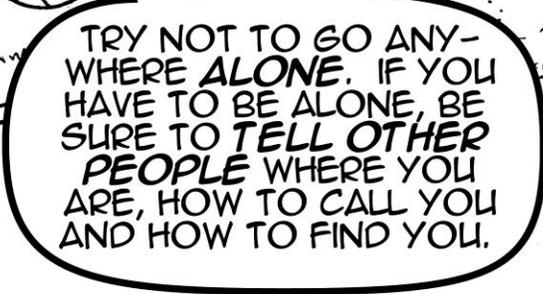
SOMETIMES, BEING SELFISH CAN BE **MEAN** TOO. THAT IS **NOT** BEING LOVING OR GOD-LIKE. OFTEN, SOMEONE BEING SELFISH CAN MAKE IT **UNSAFE** FOR YOU AND OTHERS.



WHEN BULLIES **HIT** OTHERS TO GET WHAT THEY WANT, THEY **NOT ONLY** HURT OTHERS, BUT **THEMSELVES** AS WELL. THEY ARE MAKING THEMSELVES LESS GOD-LIKE.

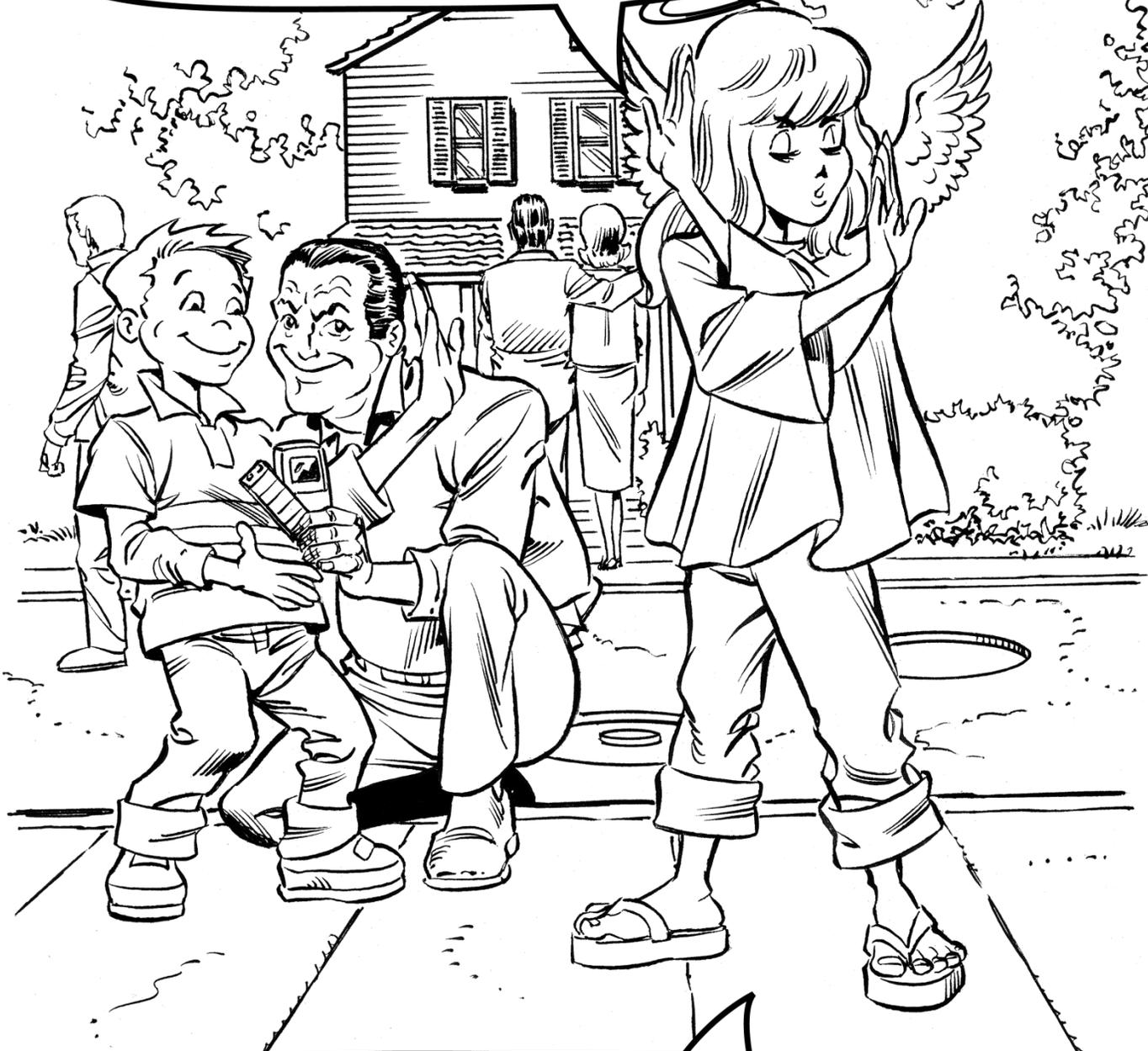


WHEN IT COMES TO **SAFETY**,
YOU ARE **ALWAYS** SAFER IN
A GROUP YOU KNOW, LIKE YOUR
FAMILY, FRIENDS OR CLASS.



TRY NOT TO GO ANY-
WHERE **ALONE**. IF YOU
HAVE TO BE ALONE, BE
SURE TO **TELL OTHER**
PEOPLE WHERE YOU
ARE, HOW TO CALL YOU
AND HOW TO FIND YOU.

YOU SHOULD NEVER KEEP **SECRETS** FROM YOUR PARENTS. SELFISH PEOPLE TRY TO **TRICK** KIDS SOMETIMES. THEY SAY THINGS LIKE "THIS IS JUST BETWEEN YOU AND ME. NO ONE ELSE HAS TO KNOW." IF THIS HAPPENS, **REMEMBER** ABOUT NOT KEEPING SECRETS FROM YOUR PARENTS.



WELL OKAY, YOU CAN KEEP YOUR PARENT'S CHRISTMAS AND BIRTHDAY PRESENTS A SECRET, BUT YOU SHOULDN'T KEEP ANY OTHER SECRETS.



THE INTERNET CAN BE A LOT OF FUN. YOU CAN CHAT WITH FRIENDS, DO HOMEWORK, OR LISTEN TO MUSIC. BUT IT CAN BE **DANGEROUS** TOO. YOU NEVER KNOW **WHO ELSE** IS OUT THERE.

Will you be my friend?

REMEMBER THAT EVERYONE HAS FREE WILL. SOME PEOPLE LIE, A LOT. THEY EVEN PRETEND TO BE OTHER PEOPLE TO TRICK KIDS. YOU SHOULD **NEVER** TELL ANYONE ONLINE WHERE YOU LIVE OR HOW TO CALL YOU.

AND **NEVER** AGREE TO MEET ANYONE YOU CHAT WITH ONLINE. IF IT IS A FRIEND OR SOMEONE YOU KNOW, **CALL THEM** BEFORE MEETING THEM.

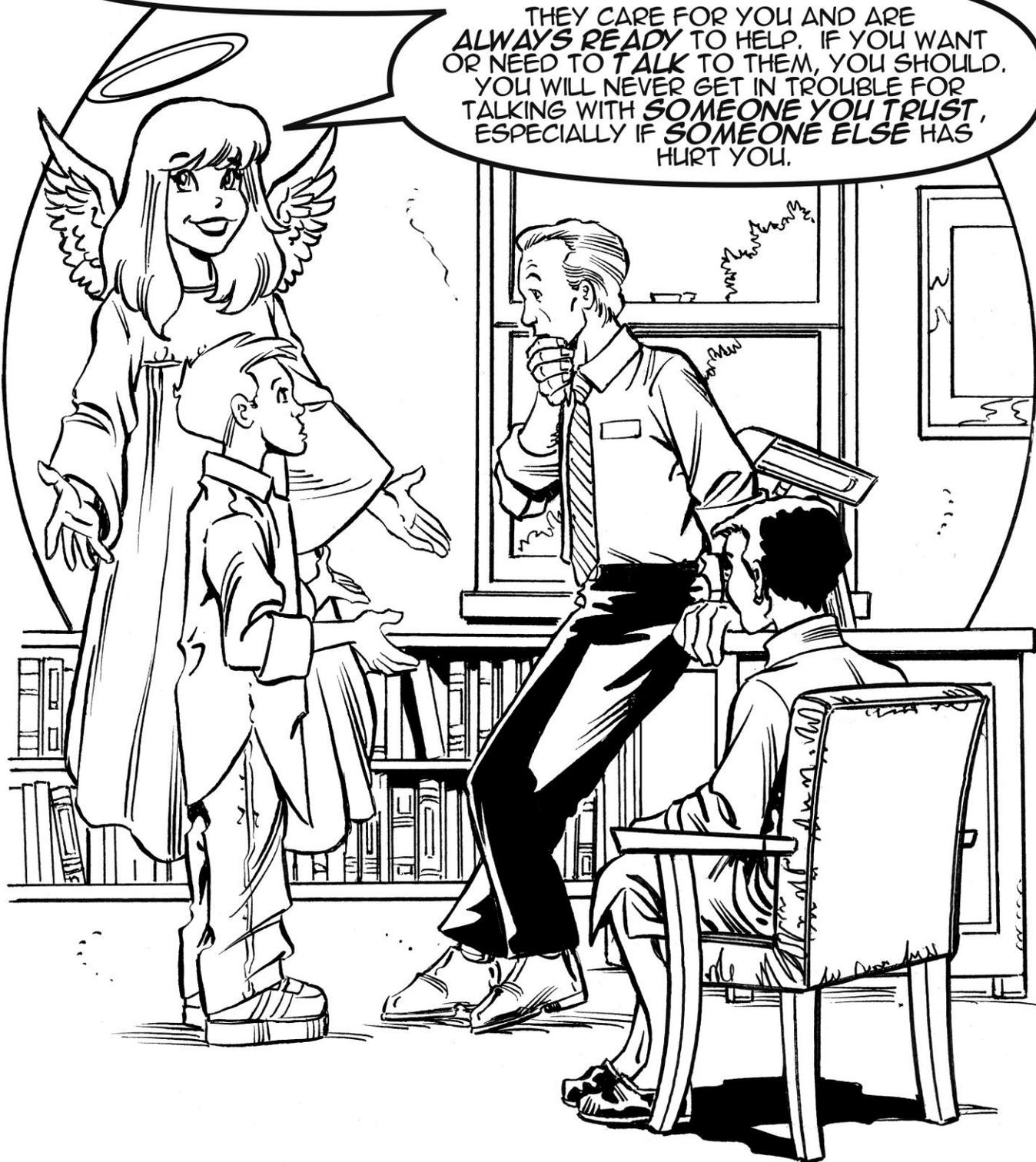
DAILY STAR
KIDNAPPINGS CONTINUED

CHILD TAKEN FROM MALL

ALL CHILD MISSING

GOD GAVE ALL GROWN-UPS A **SPECIAL JOB**. THEY ARE SUPPOSED TO HELP CHILDREN GROW UP. MANY ADULTS DEVOTE THEIR LIVES TO THIS CALLING. AND I KNOW THAT THERE ARE SOME ADULTS THAT YOU ESPECIALLY LOVE OR TRUST. YOU SHOULD **NEVER BE AFRAID TO TALK TO THEM**.

THEY CARE FOR YOU AND ARE **ALWAYS READY** TO HELP. IF YOU WANT OR NEED TO **TALK** TO THEM, YOU SHOULD. YOU WILL NEVER GET IN TROUBLE FOR TALKING WITH **SOMEONE YOU TRUST**, ESPECIALLY IF **SOMEONE ELSE** HAS HURT YOU.





WHO CAN YOU TALK TO WHEN SOMETHING GOES WRONG? BECAUSE SOME PEOPLE CHOOSE TO BE SELFISH, BAD THINGS CAN HAPPEN TO YOU.

ONE WAY **GOD** ANSWERS PRAYERS IS BY SENDING **SPECIAL PEOPLE** INTO YOUR LIFE TO REMIND YOU THAT **HE** IS WITH YOU. IF SOMETHING BAD HAPPENS AND YOU TELL **THESE** PEOPLE, THEY CAN HELP YOU AND SHOW YOU TRUE **GOD-LIKE LOVE**. THERE IS ALWAYS **MORE THAN ONE** OF THESE SPECIAL PEOPLE, SO IF SOMEONE YOU TRUSTED HURTS YOU, **TELL SOMEONE ELSE YOU TRUST**.



THE AWESOME ANGEL'S FRIEND FIND

T C C U Y S N T Q D P A D B P
L S S R S S N S N P O V B V A
Y L E R O T C O D H L N S R R
D B T I U O I H C L I O N O E
N N L E R A Q A A H C S O L N
O B E W A P O P N I E R C E T
J L P I H C I K A Y O N A S N
T I Q Q R C H L F S F M E N Q
N E B X N F W E I C F O D U R
V G P I K O T S R L I X H O O
K H R V R K T S Z O C L P C N
Q P E K O E E H E Q E D N Q K
Y Q E K R Q X Y C B R E U U A
C R S T N E R A P D N A R G N
N U R S E B R O T H E R W V P

I WANT TO HELP YOU **FIND** SOME OF THE PEOPLE THAT **GOD** SENDS INTO YOUR LIFE TO HELP YOU. THESE ARE PEOPLE YOU CAN **TRUST**, SO **DON'T BE AFRAID** TO TALK TO THEM. IF YOU'RE **NERVOUS** ABOUT TALKING TO JUST ONE PERSON, YOU CAN TALK TO TWO AT ONCE! SEE IF YOU CAN FIND THE NAMES HIDDEN IN THE PUZZLE.

BEST FRIEND
PARENT
COUNSELOR
SOCIAL WORKER
NURSE

BROTHER
GRANDPARENTS
DEACON
POLICE OFFICER
TEACHER
NUN

COACH
PRINCIPAL
DOCTOR
PRIEST
SISTER



THE AWESOME ANGEL'S FRIEND FIND

T C C U Y S N T Q D P A D B P
L S S R S S N S N P O V B V A
Y L E R O T C O D H L N S R R
D B T I U O I H C L I O N O E
N N L E R A Q A A H C S O L N
O B E W A P O P N I E R C E T
J L P I H C I K A Y O N A S N
T I Q Q R C H L F S F M E N Q
N E B X N F W E I C F O D U R
V G P I K O T S R L I X H O O
K H R V R K T S Z O C L P C N
Q P E K O E E H E Q E D N Q K
Y Q E K R Q X Y C B R E U U A
C R S T N E R A P D N A R G N
N U R S E B R O T H E R W V P

I WANT TO HELP YOU **FIND** SOME OF THE PEOPLE THAT **GOD** SENDS INTO YOUR LIFE TO HELP YOU. THESE ARE PEOPLE YOU CAN **TRUST**, SO **DON'T BE AFRAID** TO TALK TO THEM. IF YOU'RE **NERVOUS** ABOUT TALKING TO JUST ONE PERSON, YOU CAN TALK TO TWO AT ONCE! SEE IF YOU CAN FIND THE NAMES HIDDEN IN THE PUZZLE.

BEST FRIEND
PARENT
COUNSELOR
SOCIAL WORKER
NURSE

BROTHER
GRANDPARENTS
DEACON
POLICE OFFICER
TEACHER
NUN

COACH
PRINCIPAL
DOCTOR
PRIEST
SISTER