

SAFE ENVIRONMENT LESSON PLAN

Grade: Third Grade

All portions of this lesson plan can be completed in one session.

OBJECTIVES

The Third Grade student will

1. Describe situations that make them feel uncomfortable. (Review of Second Grade)
2. Recite NO, GO, TELL as an action plan for staying safe. (Review of Second Grade)
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 Second Grade)
4. Identify the "buddy system," home alone rules, and "stranger danger awareness" as two ways to stay safe. (Review of Second Grade – buddy system and stranger danger awareness)
5. Describe ways they use good judgment in decision making.

MATERIALS NEEDED

Student needs

- Crayons or markers
- Pencil

Teacher needs

- Chart paper
- Permanent marker
- Trusted adult pictures
- NO, GO, TELL chart
- Assessment materials
 - 5 people I can trust (Resource A)
 - Uncomfortable situation paragraph (Resource B)
 - True or false quiz (Resource C)

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 around us and everyone around us. One way that God shows his love for us is by giving us adults who help and protect us.

Let's think about the people in our lives who help and protect us. When I show you a picture of someone who protects us, I want you to raise your hand if you can name that person and what they do to protect us. [For each person, show the picture of the trusted adult, have a child name the person and say what that person does to keep us safe. Hang each picture up once it has been named. Do this for firefighter, doctor, police officer, mom and dad, principal/teacher, priest/pastor.] These are examples of people we can trust to keep us safe. We should listen to them and follow their directions if we go to them and need help.

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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 stand at a safe place, or they may take us to their fire house for safety. We just named 6 different people we can trust. I want everyone to put up one hand with 5 fingers closed in a fist. I want you to close your eyes and think of 5 people you can trust. When you think of someone you can trust, I want you to put up one finger. See if you can think about 5 people you can trust. [Give students time to complete this activity. Once you see that most children have an open hand raised, ask for volunteers to share their examples].

Now that we have named these adults we can trust, let's think about where we can find these people if we need them. For each person, I want someone to name how we can find them and I will write it next to the picture. [Label each person with the name of their location as the students give answers]. Remember that you can always go to these trusted people if you feel scared, unsafe, uncomfortable, or need help.

PART TWO ~ UNCOMFORTABLE SITUATIONS (~10 minutes)

Sometimes people do not respect our bodies and try to trick us or hurt us. They use bad touches with us and that makes us feel uncomfortable. We know when we are not safe because our bodies feel uncomfortable. Can anyone tell me what uncomfortable means? *Feels yucky or icky, scared, want to get away, stomach feels wiggly.* 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 something bad is going on. When I feel uncomfortable, it may make my face look like this. [Make a scared/nervous/sad face]. Who has ever felt uncomfortable before? [Have children raise their hands for the answer]. I have felt uncomfortable before. I felt uncomfortable when a strange man drove up next to me in the parking lot and asked if I needed a ride home. When did you feel uncomfortable? [Have students give their answers for when they have felt uncomfortable. After each response, affirm that yes, that is a situation that would make you feel uncomfortable.] Let's look at situations that may make us feel uncomfortable. I would like a volunteer to come up and point to a picture showing something that would make them feel uncomfortable. Tell us what is happening in the picture and why it makes you feel uncomfortable. [Have volunteers come up to point to the board with picture choices of situations that make them feel uncomfortable].

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, like the people we made a list of. 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 someone 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 keep

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you safe, and they need to know when you feel unsafe.

When we feel uncomfortable, we listen to our bodies. God made 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 we can follow to help us.

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

We are going to now review some rules of what to do if we feel uncomfortable. We follow these rules to get us help and keep us safe. There are 3 special rules called NO, GO, TELL.

[Display chart of the NO, GO, TELL plan. Have the students repeat NO, GO, TELL after you].

Let's learn these three special rules:

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 them 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 an adult who we trust what happened. When we are in trouble and go to tell a trusted 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. God gave us these adults to keep you safe, and they need to know if someone made you feel unsafe. If someone touches your private parts, it is not your fault. It is important to not keep secrets about bad touches even if someone 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.

PART FOUR ~ BUDDY SYSTEM, HOME ALONE RULES, AND STRANGER DANGER (~15 minutes)

God also made you with brains so you can think before you act and not get yourself into an unsafe 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

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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, on an empty lot, or on a back street. Think about a time when you used the buddy system. [Give them a minute to think of an example in their own lives]. Now we are going to share our experiences with a partner. Turn to the person next to you and tell them about that time (where were you going, who was your buddy, how did you feel having someone else there with you). 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]. Would anyone like to tell the whole class the example they shared with their partner? [Take 2-3 volunteers who 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 know that sometimes we are home by ourselves for a short period of time when mom and dad are not home. There are some special rules to remember if you are home alone. 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 safest for you to always keep the door locked and to not let anyone inside, even if you know the person. A good way to know who can come in is to make up a secret password that your mom and dad use when they come back home. If someone is allowed to come in the house while you are alone, that person has to have the secret password. Also, if someone calls the house, don't tell anyone that you are alone or give out your name, phone number, or address. You can always tell them that your Mom or Dad is not available right now and ask to take a message. Do any of you have other special ways you stay safe when you are home alone? [See if students have other suggestions on ways they use within their own families to stay safe when home alone].

Another thing to remember is that you should be cautious of strangers. Bad people don't always look mean or scary. Sometimes they may smile and act nice and friendly in order to try to trick you. Don't be tricked! 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 that they know you and try to get close to you. They may try to give you a gift or give you a ride home or tell you a secret. Be cautious around strangers! Always get permission from a teacher or parent before you go anywhere. Also, know who your safe trusted adults are, 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

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help.

PART FIVE ~ INTERNET SAFETY (~5 minutes)

****If you feel that your students do not have much exposure to these internet dangers, this section can be omitted****

We just talked about the buddy system and never going anywhere alone. We also mentioned being cautious around strangers. This means that we also should not talk to people that we don't know online or on cell phones. This includes strangers on websites, in chat rooms, through 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. Tell your parents or teachers or another trusted adult and stay away from them. Make sure your parents know the name of that website and then do not go back to that website. 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 or 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.

PART SIX ~ ROLE PLAYING (FOR BUDDY SYSTEM, HOME ALONE RULES, AND STRANGER DANGER) (~15 minutes)

Now that we have learned the buddy system, home alone rules, and stranger danger awareness, let's talk about what we can do in different situations to use good judgment, be assertive, and stay safe. [For each example, read it out loud and have a student come up in front of class to say and act out what they would do. Each time reinforce using good judgment aka buddy system/don't talk to strangers (proactive) and assertive NO, GO, TELL (reactive)].

- Your older brother tickles you hard and it makes you cry. He thinks it is funny, but you don't.
- You are playing at a park close to your house. An older woman asks if you have seen her lost dog. When you say no, she asks if you can come with her to find it.
- Your grandpa holds you on his lap and squeezes you tight. When you ask to get down, he won't let you.
- Your mom's friend from the pool helped you take your wet bathing suit off and stopped to feel your buttocks. It made you feel scared and uncomfortable.

In each of these situations, we listen to our bodies when they tell us something is wrong and go and find help. We have tools we can use to help us in uncomfortable situations. We practiced running to tell a trusted adult. Let's discuss other ways that we can get in touch

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with a trusted adult. What are some ways you can get the attention of a trusted adult? [Brainstorm a list orally such as call on the phone, text, run to a house next door, write a note, make a scene in public.]

God gave you the ability to make good choices and keep yourself safe. He put people in your life who love you and who you can trust. 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 which means that if you see someone else needing help, use good judgment and go tell someone you trust. Remember the Golden Rule: Love God with all your heart, and love your neighbor as yourself. 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 go 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 they could not tell. 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 also help them stay safe. They need you to listen to them and remind them that someone hurting them is never OK, that they deserve to be treated right, and that you will help them find help.

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 on us and those that come to us for help.

CLOSING PRAYER

God of love, you have made us in your image and created us good. 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 of doing the right thing. 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

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ASSESSMENT

Ask student to

- Make a list of 5 people they can trust.
- Write a paragraph about an uncomfortable situation and what they did to stay safe.
- Answer all questions correctly on true or false quiz.

TEACHER RESOURCE COVER PAGE

- Trusted Adults pictures
 - NO, GO, TELL chart

Trusted Adults Pictures



NO

GO

TELL

ASSESSMENT RESOURCE COVER PAGE

- 5 people I can trust list
(Resource A)
- Uncomfortable situation
paragraph (Resource B)
 - True or False Quiz
(Resource C)

Name _____

5 People I Can Trust list

Make a list of five people that you can trust if you feel unsafe.

1. _____

2. _____

3. _____

4. _____

5. _____

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

SAFE ENVIRONMENT
COLORING BOOK PAGES
ON PAGES TO FOLLOW

CAN BE USED AS
SUPPORT MATERIALS



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.



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.

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.