

PARENT OVERVIEW OF SAFE ENVIRONMENT LESSON PLAN

Grade: Fourth Grade

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 they use good judgment in decision making. (Review of Third Grade)

OVERVIEW OF CONTENT

PART ONE ~ THERE ARE ADULTS WHO PROTECT US

This section of the lesson addresses ideas such as:

- God loves us and show His love for us by giving us adults who can help and protect us
- List trusted adults, what they do to protect us, and where we can find them if we need their help

PART TWO~ UNCOMFORTABLE SITUATIONS

This section of the lesson addresses ideas such as:

- Sometimes people do not respect our bodies and try and 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. 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.

PART THREE ~ NO, GO, TELL SAFETY RULES

This section of the lesson addresses ideas such as:

- We have special rules about what to do if someone gives us a bad touch or if we feel uncomfortable – NO, GO, TELL action plan
- Practice NO, GO, TELL and affirming that if we feel unsafe to go tell a trusted adult
- If you tell a trusted adult and they do not believe you, go tell someone else

PART FOUR ~ ASSERTIVE SAYINGS & WAYS TO GET AWAY

This section of the lesson addresses ideas such as:

- Defining what being assertive means
- Comparing and contrasting assertive and aggressive responses
- Listing some examples of assertive statements to use if you feel threatened, unsafe, or if someone is touching you inappropriately
- Listing other ways we can get away and alert people that something bad is happening and ways to get out of bad or dangerous situation

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PART FIVE~ BUDDY SYSTEM, HOME ALONE RULES, AND STRANGER DANGER

This section of the lesson addresses ideas such as:

- Buddy system – what it is, when we use it, how it keeps us safe
- Home alone rules - Special rules to remember if you are home alone
- Be cautious of strangers - Bad people don't always look mean or scary. Sometimes they may smile and act nice and friendly to try and trick you.
- Strangers can be people that you don't know or people that you don't know very well.
- Practice "What If" situations and show how we can stay safe
- List of trusted adults who you can turn to for
- Know who your safe trusted adults are, even before you need them, so that you are prepared

PART SIX ~ INTERNET SAFETY

This section of the lesson addresses ideas such as:

- Being cautious of strangers also includes strangers on websites, in chat rooms, through emails, or text messages.
- Internet safety rules
 - 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.
 - 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.
 - If anything on the internet makes you feel uncomfortable (something scary or naked pictures or gross images), tell a trusted adult.

PART SEVEN ~ GOLDEN RULE

This section of the lesson addresses ideas such as:

- 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.
- Golden Rule: Love God with all your heart, and love your neighbor as yourself.
- Sometimes you may see someone who is in danger, someone who needs help. 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.

ASSESSMENT MATERIALS

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.