



Personal Safety

Grade/Category: 3-5, GO Save Lives

Title: Personal Safety

Objective: Students will demonstrate the ability to set boundaries and use communication skills to seek help when needed to stay safe.

Bible Verse: Be strong and courageous. The Lord your God goes with you. Deuteronomy 31:6

Supplies:

1. 'I Deserve to be Safe' Work Sheet
2. Poster Supplies – poster board, markers, pencils, rulers

Procedures:

1. Review the 'I Deserve to be Safe' Worksheet
2. Practice dangerous scenarios with the students. An unknown adult asks for help; you find yourself separated from your group; you are home alone... Get tips and ideas from <http://www.kidsmartz.org/ParentTips>
3. Brainstorm ways to share a difficult secret with a trusted adult – whisper it, write it, have a stuffed animal tell it, ask for help to tell...
4. Create a safety poster from one of the 'Be Safe' guidelines

Vocabulary: personal safety

Extensions:

- Visit a police station to chat about personal safety
- Internet safety – <http://www.netsmartzkids.org/>
- Self-Defense training
- Create a family password that identifies a person authorized by Mom or Dad
- Identify safe places in your community – near the playground, on the route to school

Further Resources:

Some Secrets Should Never Be Kept, Jayneen Sanders and Craig Smith

No More Secrets for Me, Oralee Wachter and Jane Aaron

No Means No!, Jayneen Sanders

Not in Room 204, Shannon Riggs and Jaime Zollars

www.kidpower.org