

Keeping Kids Safe

Lesson Plan for Grades 2, 3, 4, & 5

Prayer

Dear Holy Spirit, guide me to listen with open ears, to share with a loving heart, and to understand that I am safe in your care. Amen.

Introduction

“October is Respect Life month. What does it mean to respect life?”

(Objective: understand that “I am unique and created by God. I deserve respect and give respect to others.”)

“Part of respecting life is caring for things that we treasure. We are treasured by God because we are gifts from God; God wants us to take care of ourselves, others, our family, our friends and all of God’s creation.”

Safety

(Objective: to give the children the opportunity to think about safety and hear what others have to say)

What does it mean to be safe? (When we are not in danger and when we are not afraid.)

What are some ways to be safe? (Examples: looking both ways when crossing the street, not jumping on your bed, wearing a seat belt, not playing with matches, wearing a helmet when riding a bicycle, not going on the computer without parent’s permission.)

Does your family have safety rules? What are they?

Does your family have internet safety rules? What are they?

“Another part of being safe is respecting our body and the bodies of others. No one except your parents and doctor should see or touch the parts of your body which are covered by your bathing suit. The parts of your body covered by your bathing suit are private. Private means that they belong to you and are not seen or touched by anyone else except your parents and doctor.”

Choices

“As we learn how to respect ourselves and others, we need to understand good choices and bad choices.”

“Does anyone have any examples of good choices?” (list them on the board/large sheet of paper) Examples (if the children need help): helping others, feeding the hungry, obeying our parents, being fair with others, telling the truth, being kind to others, etc.

“What do these things have in common?” (Answer: You feel good about yourself and you can share this with your parents)

“Can anyone name some bad choices?” (list them on the board/large sheet of paper) Examples (if the children need help): lying, being mean to others, taking what doesn’t belong to you, hurting others’ feelings, etc.

“What do these things have in common?” (Answer: you feel bad about yourself; they are done in secret; and you cannot share with your parents)

Secrets

“Who can name a good secret?” (Surprise party, a special trip, a Christmas present)

“A good secret is something that will be shared later.”

“Who can name a bad secret?”

(Answer: one that cannot be shared with a trusted adult. We may want to hide a mistake or something someone else did that was wrong. If someone has hurt us and tells us not to tell, it must be told to a trusted adult. We want to be happy and safe.)

The “What If” Game

(Create these scenes for the students and allow them to role play through each scene, practicing “STOP” or “NO!” and walking away)

- What if a friend wants to visit you when you are home alone? Your parents say you are not allowed to let anyone in the house.
- What if a stranger asks you to help him find his dog, cat, or other lost pet?
- What if a friend comes over and asks you to use the computer without asking your parents?
- What if you see someone pushing someone else on the playground?
- What if you see a friend picking on someone else?

The Great “Internet Quiz”

(Before class, hang 2 signs in the room, **NEVER** and **ALWAYS**. Read the question aloud and have the children stand near the sign that applies)

I should *NEVER* or *ALWAYS* ...

- Talk to a stranger online?
- Tell my parents if I see something online which scares or confuses me?
- Click on a website that I don’t know?
- Ask a trusted adult before I go on the computer?
- Open e-mail from strangers?
- Give out my address or phone number online?
- Tell someone which school I go to?

Trusted Adults

When someone does something wrong, I must tell someone I trust.

“Who are the trusted adults in your life besides your parents?” On the *Family Time* sheet, have the students write the names of three trusted adults.

“Take this sheet home and share your list of 3 trusted adults with your parents.”

Play “Jesus Says” (if time allows)

(Have the “Jesus Says” game cut up into mixed parts and have the teacher or students take turns calling out “Jesus Says” Rules: Play like “Simon Says” We pretend to do the actions. Sit down, if we pretend to do an action that Jesus didn’t say.)

“Jesus would not tell us to do something that would hurt others or ourselves.”

Closing Prayer

Thank you, Holy Spirit for all of creation, especially for the gift of my life. Thank you for giving me people who love me and in whom I can trust. Thank you for keeping me safe in your love. Amen.

Name: _____

Family Time

- God has made you unique and special. You are created in God’s image and likeness. You deserve respect and you must give respect. Learn the proper names for your body parts and always show respect for your body.
- Your body is private and no one has the right to touch your body in a private place or to make you feel weird or uncomfortable. Parts of your body which are covered by a swimsuit are private.
- There is a difference between a secret and a surprise. No adult should require you to keep “secrets.” Adults who ask you to keep secrets from your parents, or say that you will be harmed or threatened in any other way are not trustworthy. Sometimes you will be told about a happy surprise or present and that is a good secret.
- Adults and older children sometimes trick you, so learn to say “NO” or “STOP” and run away and tell a trusted adult. For instance, no adult should ask you to get into the car with them, go to a private room with them, or to search for someone or something that is lost, such as a lost puppy. If you do not have permission from your parents or guardian, it is probably not right.
- Never get involved with playing harmful games, watching TV or movies or be on the internet when it is not good for you.
- Learn the difference between a true friendship and a false friendship. Someone who cares about you will not ask you to do things that are not right or good.
- Never be afraid to discuss your fears or questions with a trusted adult.

Who are my 3 trusted adults?

Game: "Jesus Says"

Game Instructions: Played like "Simon says." Before you begin explain to the children that they must be good listeners to play this game. Practice a few commands with them first.

Set up: Cut out each "card" and mix them up. Choose one and read aloud.

Jesus says:

*Put your hands on your head if you are children
of God.*

(pause)

ok take them down

Stomp your foot.

Put your hands in your pocket

Blow out a candle

Jesus Says: Feed the hungry

Jesus Says:

*You just made up with someone after an
argument. Shake hands.*

Stop someone from teasing another student

Make fun of someone for how they look or talk

*Don't let someone sit at your table at lunch
time.*

Jesus Says:

*Tell an adult that you saw someone being
bullied*

*Cover your eyes when you see somebody steal
something.*

Push someone on the playground

Jesus Says:

Make the Sign of the Cross

Jesus Says:

*Close your eyes so you
can feel how a blind man feels*

(pause)

Open your eyes

Pick on someone who is smaller than you.

Jesus Says:

*Invite a new student to play with you and your
friends.*

Call someone a bad name.

KNOW THE RULES...

GENERAL TIPS FOR PARENTS AND GUARDIANS TO HELP KEEP THEIR CHILDREN SAFER

While many parents and guardians feel they are faced with new and unprecedented challenges when trying to keep their children safer in today's fast-paced and increasingly global society, the [National Center for Missing & Exploited Children®](#) offers these commonsense, general safety tips to help families put these challenges into perspective.

- 1. Make sure you know where each of your children is at all times.** Know your children's friends and be clear with your children about the places and homes they may visit. Make it a rule for your children to check in with you when they arrive at or depart from a particular location and when there is a change in plans. You should also let them know when you're running late or if your plans have changed to show the rule is for safety purposes and not being used to "check up" on them.
- 2. Never leave children unattended in a vehicle, whether it is running or not.** Children should never be left unsupervised or allowed to spend time alone or with others in vehicles as the potential dangers to their safety outweigh any perceived convenience or "fun." Remind children to **never** hitchhike, approach a vehicle or engage in a conversation with anyone within a vehicle they do not know and trust, or go anywhere with anyone without first getting your permission.
- 3. Be involved in your children's activities.** As an active participant you'll have a better opportunity to observe how the adults in charge interact with your children. If you are concerned about anyone's behavior, take it up with the sponsoring organization.
- 4. Listen to your children.** Pay attention if they tell you they don't want to be with someone or go somewhere. This may be an indication of more than a personality conflict or lack of interest in the activity or event.
- 5. Notice when anyone shows one or all of your children a great deal of attention or begins giving them gifts. Take the time to talk to your children** about the person and find out why the person is acting in this way.
- 6. Teach your children they have the right to say NO** to any unwelcome, uncomfortable, or confusing touch or actions by others and get out of those situations as quickly as possible. If avoidance is not an option, children should be taught to kick, scream, and resist. When in such a situation, teach them to loudly yell, "This person is not my father/mother/guardian," and then immediately tell you if this happens. Reassure them you're there to help and it is okay to tell you anything.
- 7. Be sensitive to any changes in your children's behavior or attitude.** Encourage open communication and learn how to be an active listener. Look and listen to small cues and clues indicating something may be troubling your children, because children are not always comfortable disclosing disturbing events or feelings. This may be because they are concerned about your reaction to their problems. If your children do confide problems to you, strive to remain calm, noncritical, and nonjudgmental. Listen compassionately to their concern, and work **with them** to get the help they need to resolve the problem.
- 8. Be sure to screen babysitters and caregivers.** Many states now have a public registry allowing parents and guardians to check out individuals for prior criminal records and sex offenses. Check out references with other families who have used the caregiver or babysitter. Once you have chosen the caregiver, drop in unexpectedly to see how your children are doing. Ask your children how the experience with the caregiver was, and carefully listen to the responses.
- 9. Practice basic safety skills with your children.** Make an outing to a mall or park a "teachable" experience in which your children practice checking with you, using pay telephones, going to the restroom with a friend, and locating the adults who may be able to help if they need assistance. Remember, allowing your children to wear clothing or carry items in public on which their name is displayed may bring about unwelcome attention from inappropriate people looking for a way to start a conversation with your children.
- 10. Remember there is no substitute for your attention and supervision.** Being available and taking time to really know and listen to your children helps build feelings of safety and security.





About CHILD SAFETY

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OJJDP Office of Juvenile Justice
and Delinquency Prevention
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What are the most important things parents and guardians should know when talking to their children about this issue?

- Don't forget your older children. Children 11-17 are equally at risk of being victimized. At the same time you are giving your older children more freedom, make sure they understand the important safety rules as well.
- When you speak to your children, do so in a calm, nonthreatening manner. Children do not need to be frightened to get the point across. Fear may actually work at cross-purposes to the safety message, because fear can be paralyzing to a child.
- Speak openly about safety issues. Children will be less likely to come to you if the issue is enshrouded in secrecy. If they feel you are comfortable discussing the subject matter, they may be more forthcoming to you.
- Do not confuse children with the concept of "strangers." Children do not have the same understanding of who a stranger is as an adult might. The "stranger-danger" message is not effective as danger to children is much greater from someone they or you know than from a "stranger."
- Practice what you talk about. You may think your children understand your message, but until they are able to incorporate it into their daily lives, it may not be clearly understood. Find opportunities to practice "what if" scenarios.
- Teach your children it is more important to get out of a threatening situation than it is to be polite. They also need to know it is okay to tell you what happened and they won't be a tattletale.

What are the most important things parents and guardians should tell their children about this issue?

- Children should always **check first** with you or another trusted adult before going anywhere, accepting anything, or getting into a vehicle with anyone. This applies to older children as well.
- Children should not go out alone and should always **take a friend** with them when they go places or play outside.
- It's okay to say **no** if someone tries to touch them or treats them in a way to make them feel scared, uncomfortable, or confused and get out of the situation as quickly as possible.
- Children need to know they may **tell** you or another trusted adult if they feel scared, uncomfortable, or confused.
- Children need to know there will always be someone to help them and they have the right to be safe.

What is the biggest myth surrounding this issue?

The biggest myth is dangers to children come from strangers. In the majority of cases the perpetrator is someone the parents/guardian or child knows, and that person may be in a position of trust or responsibility to the family.

What advice would you offer parents and guardians who want to talk to their children about this issue?

Parents and guardians should choose opportunities or "teachable" moments to reinforce safety skills. If an incident occurs in your community, and your children ask you about it, speak frankly but with reassurance. Explain to your children you want to discuss the safety rules with them so they will know what to do if they are ever confronted with a difficult situation. Make sure you have "safety nets" in place so your children know there is **always** someone available to help them.

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