

***Archdiocese of Boston
“Keeping Children Safe”
Personal Safety/Child Abuse Prevention Program***

Grade Five

Grade Five Lessons* Student Learning Objectives

Lesson 1: On My Own

1. Students will identify safety rules for being alone.
2. Students will describe how they would respond in hypothetical situations when they are alone.

Applying basic rules for personal safety. **

3. Students will define danger.
4. Students will apply the safety rules to recognizing and avoiding dangerous situations.
5. Students will describe how they will resist inappropriate attention.

Not taught in class:

Lesson 2: Keeping My Body Safe

6. Students will describe what to do to protect themselves in situations involving unwanted or inappropriate touch.
7. Students will state that most molestation situations involve an older person the child knows rather than a stranger.
8. Students will list the names and phone numbers of organizations and individuals who will help them if they need help.

*Adapted with permission from the Michigan Model for Comprehensive Health Education.

**Materials from Kids & Company: Safety-Education Program of the National Center for Missing and Exploited Children, has been integrated into this lesson.

Lesson 1: On My Own

1. Students will identify safety rules for being alone.
2. Students will describe how they would respond in hypothetical situations when they are alone.

Preparation

- Gather the needed materials.
- Duplicate enough copies of Student Worksheet, On My Own, so that each student will have one.
- Duplicate the Trick Alert Handout, one for each student.

Materials

- Situation Papers: What Would You Do?
- Poster can be made by teacher: 3 D's for Telling
- Safety Rules
- Student Worksheet: On My Own
- Trick Alert Handout

Time: 55-minute lesson

LESSON PROCEDURE

Introduction:

This week we will learn about our own personal safety.

Ask:

How many of you are allowed to walk to a friend's house alone? go to the store alone? go to the mall with friends? take the dog for a walk?

I can see that many of you may be alone at times. Sooner or later, each of us will find ourselves somewhere alone. In today's lesson we will focus on ways to stay safe when we are alone.

Activity 1: 15 minutes

Explore possible actions to take in hypothetical situations involving being alone.

1. Cut the Situation paper and give a student the top of the Situation paper. The teacher keeps the bottom portion. Instruct the student to read the Situation paper aloud, and the student asks the class what they would do in this situation. When all group members have responded, the teacher should read the suggestions that are made for how to stay safe.

Activity 2: 10 minutes

List safety rules for times when they are alone.

1. Write the heading “Out on My Own” on a poster, easel or chalkboard.
2. Tell the students:

Think about the hypothetical situations that we have already discussed in regard to being alone. Let’s make a list of safety rules for kids when they are on their own.

3. Call on students to list safety rules. Write their ideas on the chalkboard or whatever you have to use. Be sure to include the following:
 - Avoid isolated areas.
 - Make sure you have a way to make a phone call (personal cell phone, use of someone else’s phone, etc.)
 - Always go with a friend or friends.
 - Don’t ever go somewhere with anyone you don’t know.
 - Ask for help from a trusted adult if you need it.
 - People who can help are parents, store employees, police officers, neighbors, etc.
 - Let someone know where you are going to be and when you will be home.
 - Avoid someone who has a weapon or drugs.
 - Avoid anyone who acts like a bully or damages property.
 - Trust your feelings. If you are uncomfortable, get away.
4. Emphasize the 3 D’s for Telling (using a poster you made): If something is Dangerous, Destructive, or Disturbing, tell an adult.

Activity 3: 10 minutes

Compose a list of safety rules for their own use.

1. Distribute the Student-Family Worksheet, On My Own, to each student.
2. Instruct the students:

Take a few minutes to fill out your own plan for staying safe. Write down some safety rules you will follow for times when you are on your own. Also, jot down some of the people you could ask for help if you needed it.

- Encourage students to take their worksheets home to share with their families.

Applying basic rules for personal safety

Define danger.

1. Write Danger across the top of the chalkboard. Ask the students:

What do you think of when you hear this word?

- Definition: Danger – exposure or vulnerability to harm or evil; risk; peril

Now we are going to talk about some additional situations that you may encounter that may be dangerous and learn how to avoid them.

Activity 4: 15 minutes

1. Using the Safety Rules as a guide, call on students to review the safety rules.
2. Introduce the Trick Identification Exercise.

Say:

People who want to hurt children often use tricks that cause children to be separated from others who would help protect them. I am going to describe various situations, and I want you to tell me if each situation is a trick and what danger might be present. If it is a trick, I also want you to tell me the safety rules that you would use to be safer.

Say:

You are walking home from school and it's raining. One of your father's friends stops and offers you a ride. He is alone in the car.

Is this a trick or not? Why do you think that?

After the discussion say:

This could be a trick. If you were to accept the ride, you would be by yourself in a car and no one would know where you were. You need to check first to see if it's OK with

your parents, your grandparents, your guardians, or another trusted adult. The offer trick is when someone offers you something that you want, to put you in a position where they can hurt you and no one else will be there to help you.

3. Say:

A neighbor tells you that he has a new puppy and wants to know if you would like to go into the house to play with it.

Is this a trick or not? Why do you think that?

After the discussion say:

This could be a trick. This is the animal trick. People who may want to trick children know how much fun you can have with a puppy or kitten. They would use your enjoyment of pets to trick you into going into a house alone where others may not be able to help protect you. What safety rule would you use to make sure this is not a trick that would hurt you?

Students should say:

- Check first
- Go with friends

4. Say:

You are playing in your yard. A man drives up in a car and asks you for directions to a nearby store. He says that you will have to come close to the car because he can't hear very well.

Is this a trick or not? Why do you think that?

After the discussion say:

Here we have a person asking for help, but to give help, you would have to get so close to the car that the person would be able to grab you. People who use this trick count on you to be helpful. When adults need help they should ask other adults. Only when your parents, your grandparents, your guardians, or another trusted adult in charge give their OK should you offer help to anyone. When you do, remember your other safety rules and go with friends, and if anything happens that makes you feel scared, uncomfortable, or confused, immediately get out of the situation and tell an adult you trust. Remember 'the help trick' could also involve a person who says something bad has happened like a fire or serious illness and then offers to take you home or to your parents, grandparents, or guardians. What safety rules could you apply to avoid being tricked?

(Check first, and tell an adult you trust.)

5. Say:

Someone tries to get you to open the door when your parents, grandparents, or guardians are not home. The person might wear a uniform or look like a repair person or say that he needs to make a telephone call or deliver a package.

What do you think, is this a trick or not? Why do you think that?

After the discussion say:

This is the open-the-door trick. Someone tries to get you to open the door when you are home by yourself. If this happens to you, do not open the door. You should use the telephone and call the emergency number that your parents, grandparents, or guardians tell you to use. If you don't have an emergency number, call a neighbor or friend and ask for their help. If the person at the door tries to open it and you feel scared, uncomfortable, or confused, call 9-1-1 or the appropriate emergency numbers in this area and tell the person who answers that you are home alone and need help. Then stay on the telephone and follow the operator's instructions. Being home alone puts a lot of responsibility on you. Before you have that responsibility you should talk with your parents, grandparents, or guardians about the rules for being home alone. One of the rules is to keep the door shut and locked when your parents, grandparents, or guardians are not home. Never open the door for anyone other than someone you know to be a trusted family friend and who your parents, grandparents, or guardians have said is OK to let into the house on that day.

6. Say:

Someone you first "met" online sends you an instant message offering to give you free tickets to a movie you really want to see. This person says he is leaving town so he has to give you the tickets right after school and wants you to meet his uncle at a store close to your house to get the tickets.

Is this a trick or not? Why do you think that?

After the discussion say:

This trick is the false-identity-online trick. The Internet is a fun way to talk with people from all over the world. If you stop and think about it, you only know the people you first meet online by what they tell you about themselves. They are not really our friends and should not be trusted like they are. There are people who use the Internet to try to get children to meet them in person. When children go to meet people offline they first met online, they are in danger of being harmed. You should never agree to meet someone in person you first met online without your parents', grandparents' or guardians' permission and then taking an adult you trust with you to the meeting and being sure the meeting is in a public place.

Closure: 5 minutes

- Summarize the tricks. Say:

We have looked at several kinds of tricks that are often used by people who want to hurt children. They are not always tricks but, until you have your parents, your grandparents, your guardians, or another trusted adult give you the go-ahead, you need to treat each of these as if it might be a situation that can be dangerous. You can use your safety rules to protect yourself from danger and be safer.

- Ask:

What are some safety rules you can use to protect yourself from dangerous situations?

You could make a poster of the following or just state it:

- Don't ever go somewhere with anyone you don't know.
 - Ask for help from a trusted adult if you need it.
 - People who can help are parents, store employees, police officers, neighbors, etc.
 - Let someone know where you are going and what you will be doing.
-

ON MY OWN

These are the safety rules I plan to follow whenever I am out on my own:

I can ask these people for help if I need it:



Situation Card # 1

Bully

You are standing in line to buy tickets for a movie.
An older kid walks up and asks if he may cut in front of you.
When you say no, he calls you names and pushes you around.

What would you do?

Suggestions:

- Do not call him names or push him.
- Without saying what you plan to do, leave the line and go to the theater box office or lobby.
- Find a theater employee – a ticket seller, a ticket taker, an usher, or a manager.
- Explain to the theater employee what has happened and describe the person who pushed you.
- If the theater employee does nothing, you can either go to the end of the line or use a telephone. Call home, explain the situation to your parents, and make arrangements to leave the theater without buying a ticket or seeing the movie.

Situation Card # 2

Inappropriate Touching

You are sitting in a darkened theater watching a movie.
The man in the chair next to yours puts his hand in your lap.

What would you do?

Suggestions:

- Tell him firmly to remove his hand.
- Leave your seat and go to the lobby.
- Find an usher or other theater employee and explain what has happened.
- If the theater employee does nothing, use a telephone to call home, explain the situation to your parents, and make arrangements to leave the theater without seeing the rest of the movie.

Situation Card # 3

Older Sister Doesn't Show Up

You are waiting outside of school for an older sister to pick you up at school. She is 45 minutes late and it seems like almost everyone has gone home.

What would you do?

Suggestions:

- Go to the school office and explain your situation.
- Use a cell phone or the school phone to call a parent, relative or trusted neighbor for help.
- Stay with a trusted adult in the school until you are picked up.
- Do not leave the safety of the school premises.

Situation Card # 4

Followed by a Stranger

While walking home from school, you notice that you are being followed by a stranger. Something about him makes you feel very uncomfortable.

What would you do?

Suggestions:

- Look for the nearest house that has signs that an adult is home –an open garage or kids playing out front.
- Tell the adult that someone is following you and ask him or her to call the police or 911.
- Give the officer a description of the stranger. Include age, height, weight, and color of hair and eyes. Also mention any unusual articles of clothing you may have noticed.

Trick Alert Handout

Here are 5 kinds of tricks often used by people who hurt children. The goal of these tricks is to get you to a place where other people would not be there to help you. By learning about these tricks and using your safety rules, you can be safer.

- The **offer trick** is when someone offers you something that you want. It might be candy, a toy, money, food, a ride, or a trip to someplace fun.
- The **animal trick** is when someone tells you that he has a puppy or kitten or some other cute animal. He asks you to go with him to see or play with the animal.
- The **help trick** is when someone older asks you for help or offers to help you. The person may ask for directions; to use your telephone; or for help looking for a lost pet, child, or money. The person could say something bad has happened like a fire or serious illness and then offer to take you home or to your parents, grandparents, or guardians. A person may also ask you to carry something or help open a door.
- The **open-the-door trick** is when someone tries to get you to open the door when your parents, grandparents, or guardians are not home. The person might wear a uniform and look like a repairperson or say that he needs to make a telephone call or deliver a package.
- The **false-identity-online trick** is when someone you first “met” online tricks you into sharing personal information or agreeing to meet in person by pretending to be someone your age interested in the same things you are.

Anytime anyone tries to use any of these tricks on you, remember your safety rules of

- Check first
- Go with friends

- It's my body