

## K-Lesson One: Safe and Unsafe Requests:

### Introduction:

What does the word personal (yourself) mean? What does the word safety (keeping from harm) mean?

**Personal Safety:** What do the words personal safety mean (keeping yourself safe). Personal safety means protecting yourself from dangerous situations. When you are making decisions about your personal safety there are safety steps.

### A). Safety Steps:

There are three safety steps that you need to follow when you make decisions about your personal safety. ALL of the steps involve action and have to do with being able to say **NO** when you need to and mean it!

#### Step One:

- Say "NO" with your words, be firm with your voice.
- Let your body language show you mean it.
- Make eye contact with the person you are speaking to.
- **Roleplay**
  - Practice saying "NO" strongly and firmly to a partner.

#### Step Two:

- Turn and go! Leave the situation. Go quickly to a safe place.
- **Roleplay**
  - Brainstorm how to leave the situation.
  - Brainstorm safe places to go.

#### Step Three:

- Tell a trusted adult (Introduce this term: A trusted adult is someone who you can to for help. They will help protect you) as soon as possible.
- If the adult doesn't listen tell another trusted adult.
- Keep telling trusted adults until you get help.
- **Roleplay**
  - Practice repeating (from memory) the above three steps.

### B.) Safety Rules:

There are also three safety rules you need to follow when making decisions about your own personal safety: **trusting your instincts, being responsible and using common sense.**

#### Rule One:

##### Trusting Your Instincts

**Definition:** Listen to the warning signs you feel inside yourself.

- If you are in a situation where you feel safe, you probably are trusting your instincts.
- If you are in a situation that doesn't feel safe, you probably are not trusting your instincts.

## Rule Two:

### Being Responsible

**Definition:** You are able to make smart decisions.

- If you are in a situation where you feel you are making a smart decision, you probably are being responsible.
- If you are in a situation where someone is asking you to do something that doesn't feel like a good decision, you probably are not being responsible.

## Rule Three:

### Displaying common sense

**Definition:** The ability to make good judgments.

- If you are in a situation where you feel you are using good judgment, you probably are showing common sense.
- If you are in a situation that **doesn't** feel like you are using good judgment, then you probably are not showing common sense.

### Example:

Sometimes, you need to make the right or safe decision. You may think or feel this it is **not** okay to cooperate and you may want to say "**NO**". You have to make a decision by trusting your instincts, being responsible and using your common sense, about what to do.

### Discuss the following questions:

- What are some other kinds of safety we have already learned about? (playground, fire, bus...)
- Who is responsible for your safety? (you, your parents, teachers, babysitter...)
- What does personal safety mean? (keeping yourself safe)
- What steps do you follow to keep yourself safe? They involve action- ("No, Go, Tell")
- What safety rules do you follow to keep yourself from bad or dangerous situations? (Trust Your Instincts, Be Responsible, Use Common Sense)
- Who are trusted adults? (Definition: A trusted adult is someone you can go to for help. They are there to protect you).