

## K-Lesson Two: Stranger Management

### Introduction:

In the last lesson we learned about personal safety. What does this term mean? (Keeping yourself safe). In this lesson we are going to learn who a stranger is.

### Define a stranger:

- \* A stranger is someone you have never met before and is someone you do not know.
- \* It may also be someone you "sort of" know. You may have seen the person before but you don't know anything about him or her. (Stress that... a stranger can be a man OR a woman).

Most strangers are nice but some are not. It is better to be safe. Do not talk to strangers without your parents there. If you need help and you're not sure about someone, trust your instincts! Find another adult you **think** you can trust.

**Kindergarten:** Read The Berenstain Bears Learn About Strangers by Stan and Jan Berenstain

### Define a dangerous situation:

A situation may be dangerous or risky if it makes you feel scared or uncomfortable and you know you need help. In these situations you need to follow your safety rules by **trusting your instincts, being responsible**, and **using common sense**. You also need to **follow your safety steps** (these involve action)...

### Identify/Learn Safety Steps

#### First Step:

- Say "NO" with words **and** your body.
- Say "NO" strongly and firmly.
- Make eye contact to show you mean it.
- Be firm with your voice and body language.
- **Roleplay**
  - Practice saying "No" strongly and firmly to a partner.

#### Second Step:

- Leave the situation. **Yell "NO" and "GO"** quickly to a safe place.
- **Roleplay**
  - Brainstorm how you would leave the situation.
  - Brainstorm safe places that you know about.

#### Third Step:

- Tell an adult you can trust (trusted adult: Someone you can go to for help. Someone that will help protect you) as soon as possible.
- If the adult does not listen tell another trusted adult.
- Keep telling trusted adults until you get the help you need.

### **Examples of risky/dangerous situations (less examples for K):**

- If a stranger/adult asks for help and you feel uncomfortable about it, it could be a dangerous situation.
- Think about how your belly feels? Is it confused? Are you unsure if this is a safe request?
- If a stranger asks you for directions or offers you gifts like candy/toys/puppy/kitten this is a dangerous situation.
- If an adult you do not know tells you there is an emergency, this is a dangerous situation. Do not go with them. Wait until someone you know offers you help.
- Some families have a safe word to go with an adult in an emergency situation (i.e- A word like "banana" or a made up word like "zipwiggle").
- Remember not to stand next to an adult that you are unsure of. If there is a stranger on the playground tell an adult.
- Remember not to answer the phone or open the door if your trusted adult is not near you.

### **Describe/review a safe place in the community where someone can help you with a dangerous situation.**

- a neighbor's house (that you and your parents have agreed upon)
- Davis school
- police station/9-1-1
- fire station
- public store

### **What can you do?**

- Know what a dangerous situation is.
- Trust your feelings or instincts, be responsible and use common sense.
- Yell "**NO**" in a dangerous situation, run away. "**GO**" to a safe place and "**TELL**" an adult.
- Tell a trusted adult. If the trusted adult does not believe you keep telling other adults until you find one who will get you the help that you need.

**Activity:** Have students role-play as a class how they would tell a parent/trusted adult about these risky/dangerous situations.

### **Role-play situations:less examples for K (Again... stress that a stranger can be a man OR a woman)**

- A stranger comes up to you with a picture of her lost pet. It is a very cute dog. She asks you for help. She starts to cry and you feel badly. What do you do?
- A teenager walks up to you and says, "I have some toys that I don't want anymore". He wants to know if you would like them. The stranger says he lives down the street. He says if you come with him you can have whatever you want. What do you do?