

Grade 1- Lesson One: Safe and Unsafe Requests: (expanded from K)

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 (Review 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.

Example:

There may be a time when someone asks you to do something for them. It may be a person you have met only a few times or someone you know very well. You may be asked to say okay and help. You will have to make a decision to help or not. Listening to your senses and feelings is called trusting your instincts.

Your senses and feelings will tell you that it is "okay" and that it is safe. Trusting your instincts is an important safety rule. If your belly feels "sickish" you are probably unsafe.

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.

Example:

In a situation you may feel mad, sad, scared or confused. You may think/feel it is not okay to help and you may want to say "NO." You have to make a responsible decision about what to do. Make a responsible decision by thinking about how your stomach feels. Does your stomach feel sick or upset? Are you unsure? Be sure to make a responsible decision using rules you have learned from your parents and teachers.

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, using 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).

Discuss why the following situations may be confusing for students:

What might make these situations hard to say "No" to? Are you scared or intimidated?

- A person asks you to do something but s/he is much bigger than you.
- An adult offers to give you money or promises gifts.
- An adult makes a request that feels okay at first, but this safe feeling changes as you find out more about the request. (What should you do?)

What should you do regarding each situation (listed above)? Think about... :

What choices do you feel you have in these situations?

What decisions do you think are best in these situations?

If you need help who can you go to?

What should you do if the person you ask for help does not help you or believe you?

Watch Lil' Iguana's Be Smart Stay Safe DVD.

Lil' Iguana is a fun loving ten year old iguana who believes that a safe and happy childhood lasts a lifetime. Being the oldest in his group of friends, Lil 'Iguana has taken on the responsibility of looking out for others. He is always safe, friendly, polite and willing to lend a helping hand to anyone in need.

Discuss the following questions after the video:

- What does personal safety mean? (protecting yourself from risky or dangerous situations and looking out for your own safety).
- Who is responsible for your safety? (you, your parents, your teachers etc.).
- What safety rules do you already know? (fire safety, bus safety etc.).