

# Grade 5 & 6 KEEPING CHILDREN SAFE

## LESSON: ON MY OWN

### Lesson Plan for Catechists

This Lesson should take around 30 minutes. There should be time for each child to add to the discussion. If you run out of time, send the worksheet home to be completed there.

#### **Introduction:**

*This week we will begin several lessons that are about our 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 alone somewhere. In today's lesson we will focus on ways to stay safe when we are alone.*

**Divide the class.** Depending on class size, divide the group into teams or into partners.

**Give each group several Situation Cards.** Instruct the students to read the card, and ask what they could do in this situation. They then should turn the card over to read the suggestions that are made for how to stay safe. They should work on this for several minutes. Check to make sure that all group members are participating.

**Discuss** this activity by asking the following questions:

- *If you were able to think of something safe to do for the situations, show me a thumbs-up sign.*
- *What ideas do you have for keeping safe?*
- *What information is most helpful?*
- *What do you need to do to prepare to be alone?*

**Say:**

*Let's make a list of safety rules for kids when they are on their own.*

Try to elicit the following or similar responses:

- 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 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.

**Emphasize** the 3 D's for telling: If something is **Dangerous, Destructive or Disturbing**, tell an adult.

**Distribute** the Student-Family Worksheet, On My Own. If time permits, have them fill out their own plan for staying safe. Instruct them to write down some safety rules they will follow when they are on their own. Also, write down some of the people you could ask for help if you needed it.

**Summarize** by asking:

*What are some safety rules you will use?*

*Who are some people you could ask for help?*

*Take the worksheet home with you and talk about the safety rules with your family*

## GRADE 5 SAFETY LESSON 2

Today we will continue to think of ways you can keep yourself safe in different kinds of situations. What are the ‘three “D’s” we should be aware of?

**Dangerous, Destructive, Disturbing**

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. I also want you to tell me the safety rules that you would use to be safer.*

Show the trick card: 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?*

Discuss. Make sure to always acknowledge and validate the children’s responses.

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, grandparents, 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 could hurt you and no one else will be there to help you.*

Make sure the children realize that this may not be a trick at all, but a genuine good will offer of help. But, it is always better to be safe. Grownups will understand this.

Show the next trick card: 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.

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

(NB – the children should know the answer to this ( ask permission first from whoever is in charge of you) because it has come up in earlier years.

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

Show the next trick card: 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.

*Ask: 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 the person in charge of you gives their OK should you offer help to anyone. When you do, remember your other safety rules and go with a friend, 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. What safety rules could you apply to avoid being tricked?*

( Check first, and tell an adult you trust)

Ask students to summarize what they have learned up to this point.

Show the next trick card Someone tries to get you to open the door when your parents 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.

Say: *What do you think, is this a trick or not? Why do you say 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 your parents tell you to use. If you don't have an emergency number (like your mother's cell phone), 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 number in the 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 to your parents about the rules for being home alone. One of the rules is to keep the door shut and locked when your parents are not home. Never open the door for anyone other than someone who your parents have said is OK.*

Show the trick card: 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.

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

After the discussion, say:

*This trick is the **false-identity 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 treated 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 that they first 'met' online, they are in danger of being harmed. You should never agree to meet someone in person that you first 'met' online without your parents' permission and then taking an adult with you to the meeting and being sure the meeting is in a public place.*

Pass out the Trick alert Handout.

Say: *Now we are going to briefly talk about inappropriate touching. What is inappropriate touch? ( look for answers such as touching private parts of the body) If someone touches you in a way that you feel is inappropriate, what 3 things should you do ( Say No; get away; tell a trusted adult) Do you know that in many situations where children are touched inappropriately, the person touching the child is known by the child? This can put a child in an awkward and uncomfortable situation.*

*Always remember that if you are being touched inappropriately, **it is never your fault.***

Ask the following discussion questions:

*What are some ways an adult may use to get a child to cooperate? (affection, bribes, threats, friendship, gifts, etc)*

*Is it ever okay for a child to say 'no' to an adult ( Yes, it is okay for a child to say 'no' to an adult who is touching them inappropriately. It might be hard to do, so you need to have courage)*

List people who can help with situations involving unwanted touch.

Distribute the Student worksheet: Where I Can Get Help.

Tell the students:

*It is very important to tell someone if you have a problem with unwanted touch so that you can get help. Most of the people you know are kind, caring people who would like to help you if you have a problem. Fill out your worksheet with the names and phone numbers of the people you could ask for help.*

*Say: Over the past few times we have been talking about ways to keep ourselves safe when we are on our own. We have discussed tricks that may be used to get us into unsafe situations. We have also talked about how to respond to inappropriate touch by adults. I hope you will always remember to follow the safety rules.*

*There are many adults who care about you and want you to be safe. If you need help in an unsafe situation when you are on your own or feel that you are being touch inappropriately, always tell a caring adult.*

*Remember that God has given us a heart for our feelings and a brain to figure out what to do about our feelings. If we have uncomfortable or unsafe feelings, we need to use the gift of our brain to find a way to feel safe again.*