

## SAFE ENVIRONMENT LESSON PLAN

### Grade: Second Grade

All portions of this lesson plan can be completed in one session.

### OBJECTIVES

The Second Grade student will

1. Describe situations that make them feel uncomfortable. (Review of First Grade)
2. Recite NO, GO, TELL as an action plan for staying safe. (Review of First Grade)
3. Identify up to five adults who they can trust and turn to in times of need (Review of First Grade) and name their location in school/home/community.
4. Identify the "buddy system" and "stranger danger awareness" as two ways to stay safe.

### MATERIALS NEEDED

#### Student needs

- Crayons or markers
- Pencil

#### Teacher needs

- Chart paper
- Permanent marker
- Trusted adults pictures
- NO, GO, TELL chart
- Assessment materials
  - I can stay safe – buddy system (Resource A)
  - 5 people I can trust (Resource B)
  - Trusted adult matching (Resource C)
  - NO, GO, TELL (Resource D)

### CONTENT

#### **PART ONE ~ THERE ARE ADULTS WHO PROTECT US** (~15 minutes)

Who can tell me who created us and loves us now and always? *GOD* That's right! God created us and everything around us and everyone around us. One way that God shows his love for us is by giving us adults who help and protect us.

Let's think about the people in our lives who help and protect us. When I show you a picture of someone who protects us, I want you to raise your hand if you can name that person and what they do to protect us. [For each person, show the picture of the trusted adult, have a child name the person and say what that person does to keep us safe. Hang each picture up once it has been named. Do this for firefighter, doctor, police officer, mom and dad, principal/teacher, priest/pastor]. These are examples of people we can trust to keep us safe. We should listen to them and follow their directions if we go to them and need help.

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They may tell us where to go or what to do when we feel unsafe. For example, if we ever had a fire at our house, a firefighter would tell us to get down low, get out of our house and stand at a safe place, or they may take us to their fire house for safety. We just named 6 different people we can trust. I want everyone to put up one hand with 5 fingers closed in a fist. I want you to close your eyes and think about 5 people you can trust. When you think of someone you can trust, I want you to put up one finger. See if you can think of 5 people you can trust. [Give students time to complete this activity. Once you see most children have an open hand raised, ask for volunteers to share their examples].

Now that we have named these adults we can trust, let's think about where we can find these people if we need them. For each person, I want someone to name where we can find them and I will write it next to the picture. [Label each person with the name of their location as the students give answers]. Remember that you can always go to these trusted people if you feel scared, unsafe, uncomfortable, or need help.

### **PART TWO ~ UNCOMFORTABLE SITUATIONS** (~15 minutes)

Sometimes people do not respect our bodies and try to trick us or hurt us. They use bad touches with us and that makes us feel uncomfortable. We know when we are not safe because our bodies feel uncomfortable. Can anyone tell me what uncomfortable means? *Feels yucky or icky, scared, want to get away, stomach feels wiggly.* Our bodies feel uncomfortable when we are not safe and when we feel a bad touch. This is our body's way of saying "something bad is going on." We should listen to our bodies when they tell us something bad is going on. When I feel uncomfortable, my face may look like this. [Make a scared/nervous/sad face]. Who has ever felt uncomfortable before? [Have children raise their hands for the answer]. I have felt uncomfortable before. I felt uncomfortable when a strange man drove up next to me in the parking lot and asked if I needed a ride home. When did you feel uncomfortable? [Have students give their answers for when they have felt uncomfortable. After each response, affirm that yes, that is a situation that would make you feel uncomfortable]. Let's look at situations that may make us feel uncomfortable. I would like a volunteer to come up and point to a picture showing something that would make you feel uncomfortable. Tell us what is happening in the picture and why it makes you feel uncomfortable. [Have volunteers come up to point to the board with picture choices of those situations that make them feel uncomfortable].

When we feel uncomfortable we listen to our bodies. God made us and loves us and made our bodies to have feelings. When we feel uncomfortable, it is our body's way of telling us "this is not safe! Get out!" Anytime we feel unsafe, there are rules we can follow to help us.

### **PART THREE ~ NO, GO, TELL SAFETY RULES** (~5 minutes)

We are going to now review some rules of what to do if we feel uncomfortable. Before we

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start, can someone tell me why we have rules? We have rules in our homes, in our classroom, on the playground – why do we have rules? *To keep us safe, so no one gets hurt, to protect us.* We have special rules about what to do if someone gives us a bad touch or if we feel uncomfortable. When we feel uncomfortable, that is our body telling us that we need to get help. We follow these rules to get us help and keep us safe. There are 3 special rules called NO, GO, TELL. [Display chart of the NO, GO, TELL plan. Have the students repeat NO, GO, TELL after you.] Let's learn these three special rules:

1. **NO** – We say “NO, I don't like that!” in a big, loud voice and use our bodies to say “NO”. [Demonstrate standing up, saying “NO, I don't like that” loudly and, at the same time, stepping back and putting your hands out in a front of you motioning to stop. Let's remember that when we say “NO!” loudly, it is because we respect ourselves and want to stay safe. We have to respect ourselves and those around us. That means that sometimes our friends around us may say “NO!” when they don't like something that we are doing to them. Even if you don't mean to, you may upset someone with your touch. They have the right to say “NO!” if you bother them, and we need to respect them and stop bothering them.
2. **GO** – After we yell “NO, I don't like that” and step backwards with our hands up, the next step is to GO away from the person. We want to get away from the person fast so we would run away to a safe place where we can tell someone we trust.
3. **TELL** – The last step is telling an adult who we trust what happened. When we are in trouble and go to tell a trusted adult what happened, we are doing the right thing. We are not tattling. We can go and tell Mom, Dad, Grandma, Grandpa, principal, fire fighter, coach, police officer, priest, or nurse. God gave us these adults to keep you safe, and they need to know if someone made you feel unsafe. If someone touches your private parts, it is not your fault. It is important to not keep secrets about bad touches, even if someone made you promise not to tell. Bad touches are not safe for you or for anyone else. You need to tell a trusted adult if someone does a bad touch to you so that you can keep yourself safe and healthy. When you tell a trusted adult, they need to believe you and listen to you. If they don't believe you, go tell another adult.

### **PART FOUR ~ BUDDY SYSTEM AND STRANGER DANGER** (~20 minutes)

God also made you with brains so you can think before you act and not get yourself into an unsafe situation by mistake. One way you can stay safe is to use the buddy system. The buddy system means that you never go anywhere alone. You always have a partner with you. We use the buddy system at school when we go to the nurse's office or go on a fieldtrip. You should always have a buddy with you when you ride bikes, go for a walk or play on the playground. If you are home, don't open the door for anyone or give out any information over the phone to a stranger. Don't take shortcuts through the woods, on an empty lot, or on a back street.

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Another thing to remember is that you should be cautious of strangers. Bad people don't always look mean or scary. Sometimes they may smile and act nice and friendly in order to try and trick you. Don't be tricked! If you feel uncomfortable around this person, even if you have seen them before, listen to your body and get away. Always pay attention to the people and vehicles that are around you. Keep a lookout for anything or anyone suspicious. Strangers can be people that you don't know or people that you don't know very well. Sometimes strangers that want to hurt you will pretend that they know you and try to get close to you. They may try to give you a gift or give you a ride home or tell you a secret. Be cautious around strangers! Always get permission from a teacher or parent before you go anywhere. Also, know who your safe trusted adults are, even before you need them, so that you are prepared. For example, if you are going to a baseball game, look around to see if there are any police officers or coaches around, in case you need help.

Let's practice some "What If" situations and show how we can stay safe. [For each example, read it out loud and have a student come up in front of class and say and act out what they would do. Each time reinforce buddy system/don't talk to strangers (proactive) and NO, GO, TELL (reactive)].

- What If...You are at the mall with your Mom. While she is ordering your dinner, you are sitting at a table in the food court. A man comes up to your table while you are waiting and asks if you want some ice cream that he has at his table. He asks you to follow him.
- What If...You are at the park. A woman drives up in a car close by to where you are walking. She rolls down her window and says that your Mom is running late from work and that your Mom sent her to come and pick you up. She said she will drive you home.
- What If... You are at home in your apartment and someone knocks on the door. They say to open the door because you have a special delivery.
- What If... Your older brother's friend is over at your house. He tries to touch you in your private parts and tells you to keep it a secret.
- What If... You are in the bathroom at school. While you are in the stall, another student comes into your stall and tries to watch you go to the bathroom.

Remember who we can always turn to for help. [List orally the names of trusted adults]. If your body is feeling uncomfortable, listen to it and go tell one of these trusted adults. God made our bodies with these feelings so we can stay safe. God loves you and wants the best for you. God is always listening to you. He gave you a body which can think, feel, and make good choices.

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### CLOSING PRAYER

Dear God, thank you for loving us. Thank you for making my body special, like no one else's. You always hear me and watch over me. Help me to listen to my body so I can stay safe. Thank you for giving me people who I can trust. Be with me today and always. We ask this through your son, Jesus, our Lord. Amen.

*Adapted from Diocese of Peoria & Diocese of Joliet*

### ASSESSMENT

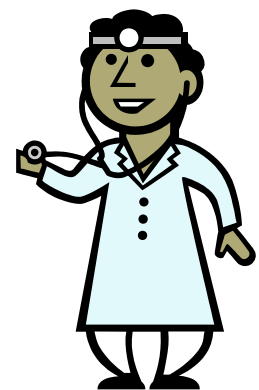
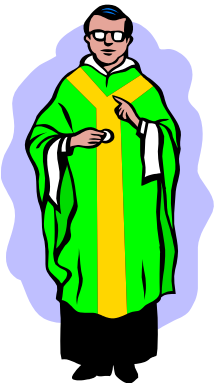
#### Ask student to

- Draw a picture to illustrate the buddy system.
- Label hand tracing with names of 5 trusted adults.
- Match trusted adults to location where you can find them.
- Write NO, GO, TELL next to pictures that make you feel uncomfortable.

# TEACHER RESOURCE COVER PAGE

- Trusted Adults Pictures
  - NO, GO, TELL chart

# Trusted Adults Pictures



**NO**

**GO**

**TELL**





# ASSESSMENT RESOURCE COVER PAGE

- I can stay safe – Buddy system (Resource A)
  - 5 people I can trust (Resource B)
- Where I Find Trusted Adults matching (Resource C)
- NO, GO, TELL (Resource D)

Name \_\_\_\_\_

## Buddy System


Trace  the sentence. Draw  and color a picture of yourself using the buddy system to stay safe.

**I can stay safe with a  
buddy.**




Name \_\_\_\_\_

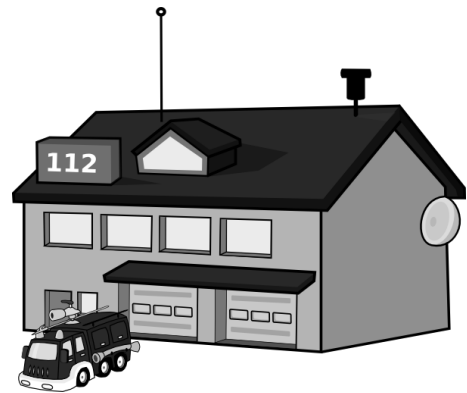
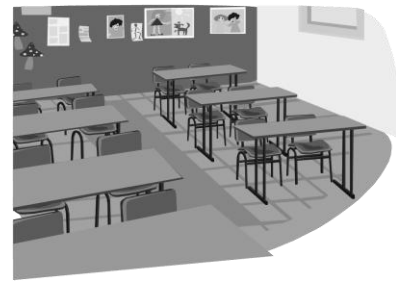
## 5 People I Can Trust

Trace  your hand. On each finger, write the name of one person you can trust.

Name \_\_\_\_\_


## Where I Find Trusted Adults

Draw  a line from each trusted adult to the location where you would find that person.



Name \_\_\_\_\_

## Uncomfortable Situations

Write  NO, GO, TELL next to the pictures of situations that make you feel uncomfortable.



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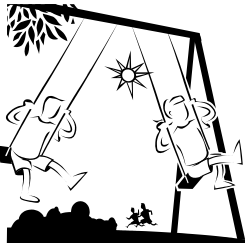
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SAFE ENVIRONMENT  
COLORING BOOK PAGES  
ON PAGES TO FOLLOW

CAN BE USED AS  
SUPPORT MATERIALS

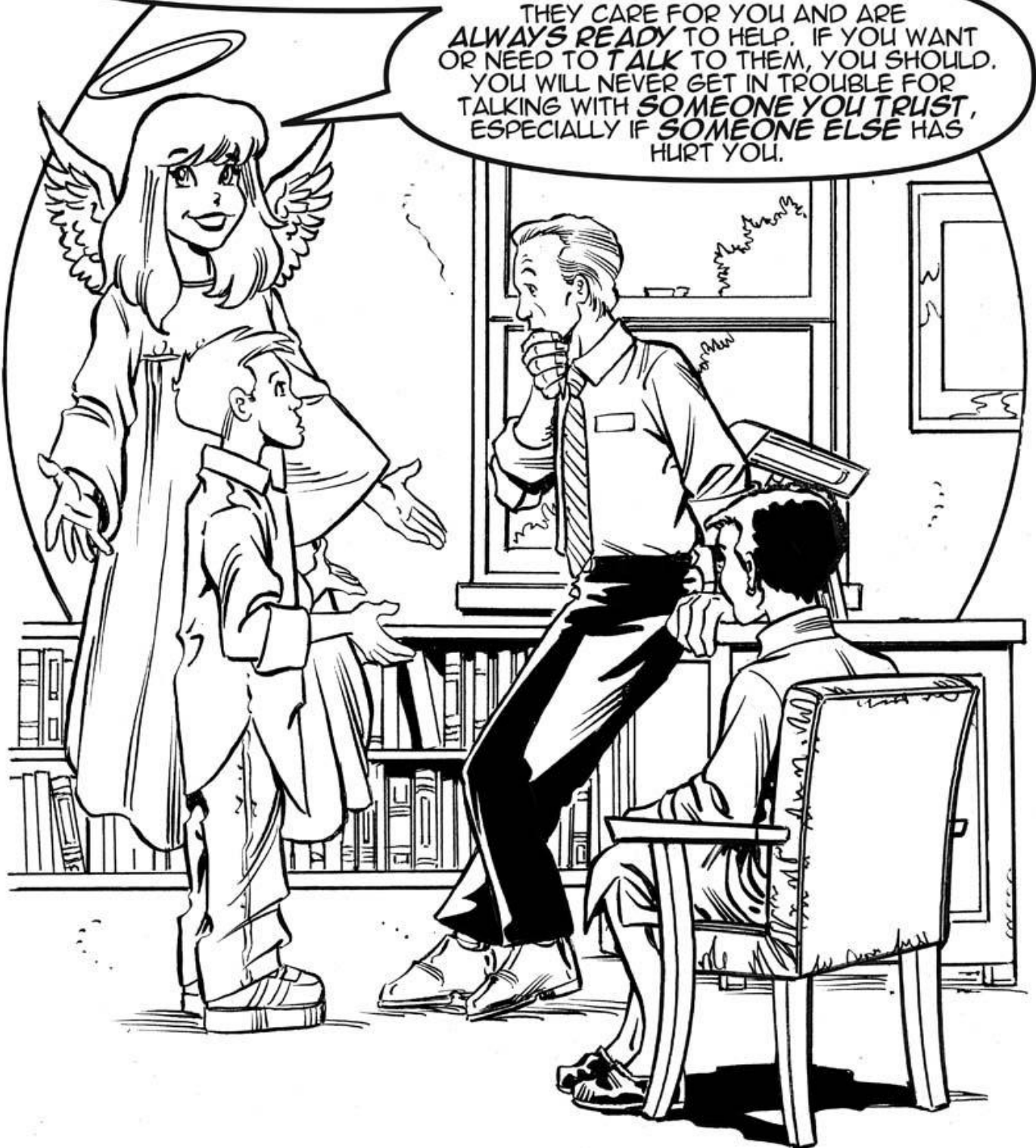


WHO CAN YOU TALK TO WHEN SOMETHING GOES WRONG? BECAUSE SOME PEOPLE CHOOSE TO BE SELFISH, BAD THINGS CAN HAPPEN TO YOU.

ONE WAY **GOD** ANSWERS PRAYERS IS BY SENDING **SPECIAL PEOPLE** INTO YOUR LIFE TO REMIND YOU THAT **HE** IS WITH YOU. IF SOMETHING BAD HAPPENS AND YOU TELL **THESE** PEOPLE, THEY CAN HELP YOU AND SHOW YOU TRUE **GOD-LIKE LOVE**. THERE IS ALWAYS **MORE THAN ONE** OF THESE SPECIAL PEOPLE, SO IF SOMEONE YOU TRUSTED HURTS YOU, **TELL SOMEONE ELSE YOU TRUST.**

GOD GAVE ALL GROWN-UPS A **SPECIAL JOB**. THEY ARE SUPPOSED TO HELP CHILDREN GROW UP. MANY ADULTS DEVOTE THEIR LIVES TO THIS CALLING. AND I KNOW THAT THERE ARE SOME ADULTS THAT YOU ESPECIALLY LOVE OR TRUST. YOU SHOULD **NEVER BE AFRAID TO TALK TO THEM**.

THEY CARE FOR YOU AND ARE **ALWAYS READY** TO HELP. IF YOU WANT OR NEED TO **TALK** TO THEM, YOU SHOULD. YOU WILL NEVER GET IN TROUBLE FOR TALKING WITH **SOMEONE YOU TRUST**, ESPECIALLY IF **SOMEONE ELSE** HAS HURT YOU.







WHEN IT COMES TO **SAFETY**,  
YOU ARE **ALWAYS** SAFER IN  
A GROUP YOU KNOW, LIKE YOUR  
**FAMILY, FRIENDS OR CLASS.**

TRY NOT TO GO ANY-  
WHERE **ALONE**. IF YOU  
HAVE TO BE ALONE, BE  
SURE TO **TELL OTHER**  
**PEOPLE** WHERE YOU  
ARE, HOW TO CALL YOU  
AND HOW TO FIND YOU.