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# Long Beach Schools



## **Lesson Plan**

**3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Grade**

**Child Protection Program**

## **Objectives:**

1. Our families and trusted adults and teachers work together to help us grow.
2. Safe touch makes a person feel loved and cared for. Unsafe and unwanted touch makes a person feel uncomfortable and unhappy. Unsafe and unwanted touch must be avoided and immediately reported to a parent or trusted adult.
3. We show respect for ourselves and others by how we talk and how we act and interact. Inappropriate language, jokes, and actions are not acceptable. The privacy of our bodies may never be violated by anyone of any age.
4. We identify good and bad choices and determine how they affect us and others. Sometimes other people make bad choices that affect us, so we must tell and get help.
5. Adults and even children sometimes engage in actions or behaviors that are wrong. The harmful consequences of these actions and behaviors can damage our bodies, our minds, and our spirits.
6. They must be avoided or reported to a trusted adult.
7. Games and play activities with friends should be fun and enjoyable. Some play and games can be wrong and very harmful and must be reported to a trusted adult.
8. We must learn who is a good friend and who is not. When people misuse our friendship by asking us to do something wrong, they are not our friends. It is painful to be mistreated or misused by someone we think is a friend. We must report any misuse or mistreatment to a trusted adult.
9. Even though the world is not always a safe place, my parents and other trusted adults will keep me safe. While there are people who make bad choices and who harm others, there are good and loving people to help me.
10. My parents and family members and other trusted adults will listen to me and help me. I will make a list of three trusted adults I can talk to with any problem. My parents and I will make this list together.

# Lesson Plan

## Step 1:

-Ask the children what they think it means to be safe. What are some things we do to be safe?

- Talk about what we have heard lately on the television about children, abductions, and children being hurt. Talk about how that makes them feel. Ask them what are some of the safety rules their parents have given them. Help the class realize that these are family safety rules because our safety and the safety of others in our family are something very important.

## Step 2:

-To do what we must do, requires making good choices. The choices we make affect not only us but other people as well.

-Play the "Simon Says" game (see Simon says page). Talk about how it takes courage to make good choices. Talk about how sometimes when we make the wrong choice or mistake or someone else makes a bad choice or mistake we want to keep it a secret.

-Secrets can be good when we are trying to surprise someone in a good way. When we keep something secret because we want to hide a mistake or something we have done wrong that is a bad secret. Also, when we keep a secret about someone else doing something wrong, that is a bad secret. There should always be someone you can tell a secret to. When something that has been done to you, hurts you, you have to report it to a trusted adult.

## Step 3:

-There are things we know that will help us to always do our best to keep safe. Give out the "Keeping Safe Shield".

- Read through the list of things on the shield and talk about these things one by one.

-When you get to the last item on the shield, explain that God wants us to be the best we can be so he gives grownups in our lives that love us and help us. Even though the world is not a safe place, parents and adults you can trust will keep us safe. While there are people who make bad choices and who harm others, there are good and loving people to help us.

-Help them to identify these people. They are to talk with their parents to identify three trusted adults (other than their parents) whom they can go to with a problem.

Step 4:

-Finally, review the list of objectives and discuss any issues or understandings you feel were missed or need to be reinforced based upon the questions from the children and consistent with the understanding of the maturity level of your students.

## Simon Says Game

**(Hint: Simon always says to do the right thing) Please feel free to add your own commands!**

Simon Says: Raise your right hand if you want to help your teacher in class.	Shake your head "NO" when your dad asks you to do something.	Stick out your tongue	Simon Says: Hop on one foot if you should tell a trusted adult if someone hurts you.
Make a fist.	Simon Says: Touch your toes if you like being a good friend to someone	Simon Says: Put your hands over your ears so you can't hear some gossip.	Make an ugly face at your classmate
Simon Says: Put your hand behind your back to remind you to never take what doesn't belong	Whisper in your partner's ear a secret you aren't supposed to tell	Simon Says: Give someone a pat on the back for something good he or she did.	Touch your toes
Cross your fingers and tell a lie	Hop on one foot.	Simon Says: Pat your head.	Simon Says: Clap if you learned something today.

\_\_\_\_\_’s **Safety Shield**

**I must receive and give respect in the ways I talk and act  
and in the ways others treat me.**

**I learn the difference between true friendship and false  
friendship.**

**My body is private and must be respected.**

**I learn the difference between good play and bad play**

**I learn the difference between safe touch and unsafe  
touch**

**Secrets are not good. Secrets can separate us from others  
and can harm us.**

**People make good choices and bad choices and I learn  
how to tell the difference.**

**When someone does something wrong, I must tell  
someone I trust.**

**My parents and I name three people I can go to for help  
besides my parents:**

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