

Long Beach Schools



Lesson Plan

Kindergarten thru 2nd Grade

Child Protection Program

*Materials adapted from the Catholic Diocese of Biloxi Safe Environment Program

Objectives:

1. Safe touch makes a person feel loved and cared for. Unsafe and unwanted touch makes a person feel uncomfortable and unhappy.
2. 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. Each person must show special respect for the private areas of our bodies. Areas of the body covered by bathing suits are private.
4. Good choices help us to be happy and bad choices on our part or on the part of others can cause great unhappiness. We must make good choices even if others are making bad choices.
5. Small children, older children, and adults can do things or behave in ways that are wrong. We avoid and report bad or wrong behaviors to be safe.
6. Secrets are not good and can harm us. We must tell secrets to a trusted adult. Good games and play are fun for each person and bad play is not play, it is wrong.
7. We learn to tell good friends from bad friends. Some friends love and help us. Other friends are not truly friends. Good friends do not ask us to do bad things or things that harm us.
8. I am surrounded by people that love and will help me be safe. My parents and family members and trusted adults in my life help to keep me safe. If anyone ever harms me in any way, I will find help.
9. My parents, family members and trusted adults will listen to me and help me. I will make a list of three adults I can go to with any problem in addition to my parents and family members.

Lesson Plan

Step 1:

-Invite the children to talk about and identify some of the safety signs they see posted in your room. If you have pictures or posters of safety signs (stop signs, etc). Show them to the children and discuss how each one helps us to be safe.

- Tell the children that today we will make some safety signs and a safety poster to help them keep safe.

Step 2:

-Tell the children that we are going to play a game, but first we must make the game pieces.

-Using the handout of blank circles, have the children color one red and the other one green. You may have the children cut out the circles out of red or green construction paper if you choose. The children may then either glue the red and green circles onto opposite sides of a Popsicle stick or they can simply hold the circles, one in each hand (for younger children, simply holding the circle might be the best option).

-When the children are ready, list a number of safety situations familiar to the children (see the page: POSSIBLE SUGGESTIONS) and have the children hold up the "Stop" (red circle) or "Go" (green circle) to identify safe or unsafe situations.

Step 3:

-Next have the children cut out the circles with the hands inside. Again, you can either have the children glue the circles on a wooden stick or you can have the children hold one in each hand.

- Explain to the children that the sign with the heart in the hand is the "Good Touch" sign. The circle with the hand and a line through it is like the international sign for "NO". This is the "bad touch" sign. Once again play the safety game using examples of good touch and bad touch (see the page: POSSIBLE SUGGESTIONS). It would be a good idea to have the children repeat this game occasionally throughout the year just as a reminder for them.

Step 4:

- Tell the children that we are going to make a safety poster to keep them safe. Pass out the posters to each child (page that says: Signs that help me to be safe). Point out that there are several

signs on the poster we would like them to remember. First, the heart is a reminder that we are all special. Have the children print their names in the heart.

-On this sheet, point to the sign that says, "No Secrets". Explain to the children that secrets can harm us, so we always tell our parents, a family member, or another trusted adult.

-Help the children locate the boy and girl figures on the poster. Explain the parts of the bodies covered by a bathing suit are private and may not be touched by others (*with the obvious exceptions of hygiene and medical procedures*).

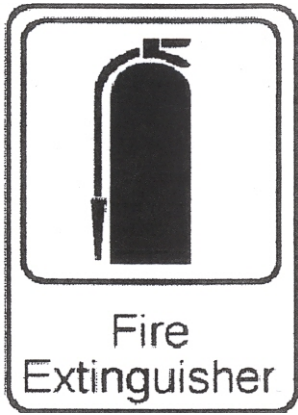
- The children should be encouraged to color the picture of the child depicted to resemble themselves.

Step 5:

-There three lines at the bottom of the poster. This is homework for their parents. Explain to the children that they are to take their posters home and their family members will choose three trusted adults they can talk to besides or in addition to their parents if they ever have a problem. Their parents will print the names of the other trusted adults on the poster.

Step 6:

-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.



POSSIBLE SUGGESTIONS

Safe and Unsafe situations

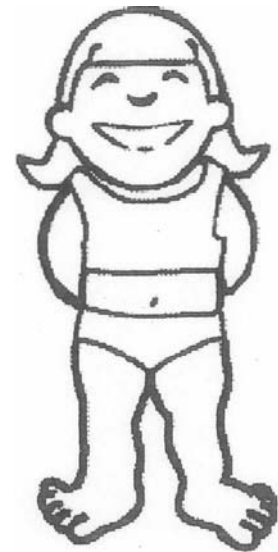
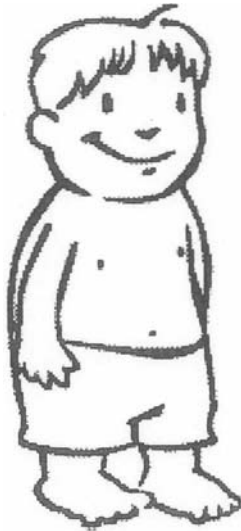
- Look both ways before crossing a street (green)
- Run out in front of the school bus (red)
- Chase a ball into the street without waiting (red)
- Help a friend carry books up the stairs so they don't fall (green)
- Waiting for a signal light to show "WALK" (green)
- Getting out of the car without looking for traffic (red)
- Waiting for the school traffic guard to tell you to cross the street (green)
- Crossing a street at the middle of the block (red)
- Running on the playground and knocking someone down (red)
- Holding an adult's hand when in a busy parking lot (green)

Good Touch/Bad Touch

- Shaking hands with a friend (good)
- Hitting a classmate (bad)
- Hugging people we love (good)
- Biting someone (bad)
- Kissing someone we love on the cheek (good)
- Helping someone up who has fallen down (good)
- Pulling at someone's clothes just to be funny (bad)
- Poking someone in the eye (bad)
- Holding someone's hand to help them when they are hurt (good)

10.

Signs that help me be safe



My bathing suit covers private parts of my bod



Good touch is OK.



Bad touch is not OK.



Secrets can harm me. I tell my parents.

Three other people who can help me are:

1. _____
2. _____
3. _____

12.

