

SAFE @ LAST

Empowering Schools

Protecting Children

FLIP BOOK



REVIEW PERSONAL SAFETY

Wanted touch that makes you feel happy and safe and is not secret

Not standing up for yourself

Standing up for yourself in a way that does not hurt others

Telling safe adults about a problem

Standing up for yourself by hurting others

A secret that isn't forever and can't hurt anyone

Unwanted touch to your private parts

A forever secret that can hurt someone

Unwanted touch that hurts and can make you feel hurt and angry

Adults you can go to for help

Word Bank

Uh Oh Touch

Safe Touch

Assertive

Passive

Safe Secret

Aggressive

Safe People

Ouch Touch

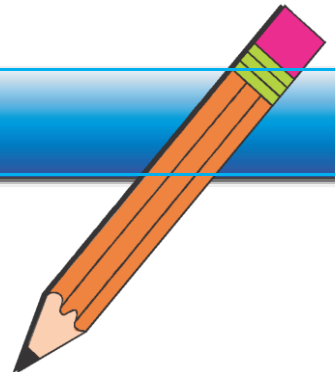
Disclosure

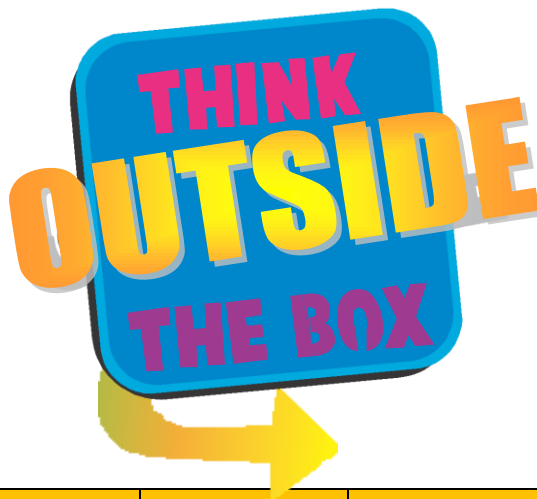
Unsafe Secret



led to the correct definition.

WORD BANK	DEFINITIONS
1. RESPECT	A. Secret word(s) known only by your family and certain safe people to be used in an emergency
2. SAFE PERSON	B. When a person is taken away against her/his will
3. FAMILY CODE WORDS	C. A grown-up who helps keep you safe and healthy and respects your personal boundaries
4. ABDUCTION	D. Four steps- Avoid, Surprise, Defend Yourself, and Run- to help lessen your chances of being abducted
5. STEPS TO PERSONAL SAFETY	E. Recognizing the rights and individual differences of others and treating them as you would like to be treated





Write an “R” next to the statement if you believe it is respectful or a “D” if you think it is disrespectful. Then write how each statement makes you feel.

Respectful	Disrespectful	Situation	How does that make you feel?
		Willing to accept another person's point of view	
		Being ignored by friends	
		Being listened to without interruption	
		Being pressured by violence	
		Pressuring someone with violence	
		Having your privacy invaded	
		Keeping an open mind about a big issue	
		Being gossiped about	
		Agreeing to disagree	
		Having your feelings considered	
		Convincing someone to do something they don't want to do	
		Making assumptions about someone	
		Being listened to	
		Being laughed at	
		Being excluded from decision making	
		Being interrupted	
		Being asked how you feel	

WHAT'S THE DIFFERENCE?

SAFE AND UNSAFE PEOPLE

Drag and drop the words and phrases below into the correct box. Some may fit in both boxes.

SAFE

UNSAFE

WORD BANK

- AN ADULT YOU KNOW
- KNOWS YOUR FAMILY CODE WORD
- ATTRACTIVE
- A STRANGER
- NICE
- ANY AGE
- HAS BEEN INTRODUCED TO YOU
- SOMEONE YOU KNOW
- KNOWS YOUR NAME
- DOES NOT RESPECT YOUR PERSONAL BOUNDARIES

what can **YOU** do?

STEPS TO PERSONAL SAFETY

1. AVOID

2. SURPRISE

3. DEFEND YOURSELF

4. RUN AND TELL

**PEOPLE WHO ARE "STREET SMART" ARE
ALERT, WALK TALL, THINK AHEAD,
MAKE SMART DECISIONS, AND
FOLLOW THE 4 STEPS TO PERSONAL SAFETY**

SESSION 1 REVIEW



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1 1

- A. steps to personal safety B. avoid C. defend yourself
 D. respect E. surprise F. run and tell
 G. abduction H. safe person I. family code words

Unscramble the words and drag them from the word bank to the space provided.

Then type the letters from the numbered boxes in the boxes with the same number below.

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1 2 3 4 5 6

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7 8 9 10 11

SESSION 2



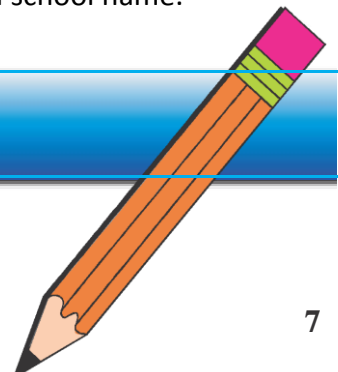
Draw a line from the word to the correct definition.

WORD BANK

- 1. AVOID**
- 2. SURPRISE**
- 3. GROOMER**
- 4. LURES**
- 5. PERSONAL INFORMATION**
- 6. PERSONAL SPACE**

DEFINITIONS

- A. Someone you may know who tries to befriend you by using money, gifts or time to build your trust for unsafe reasons.
- B. The second Step to Personal Safety that includes protecting your personal space and using your voice.
- C. The first Step to Personal Safety that includes being cautious of strangers and observant of your surroundings.
- D. Tricks that a stranger or groomer may use to mislead or trap you.
- E. The invisible boundary of at least an arm's length that surrounds your body and provides you with enough space for a quick getaway.
- F. Information about you, such as your name, address, phone number, e-mail address, and school name.



PERSONAL SAFETY STEP #1

AVOID

USE CONFIDENT AND OBSERVANT BODY LANGUAGE:

Always look people straight in the eyes.

Use a strong voice when you speak.

Stand tall. Walk
confidently.

BE CAUTIOUS AROUND STRANGERS AND AWARE OF YOUR SURROUNDINGS:

Don't play alone in a public place.

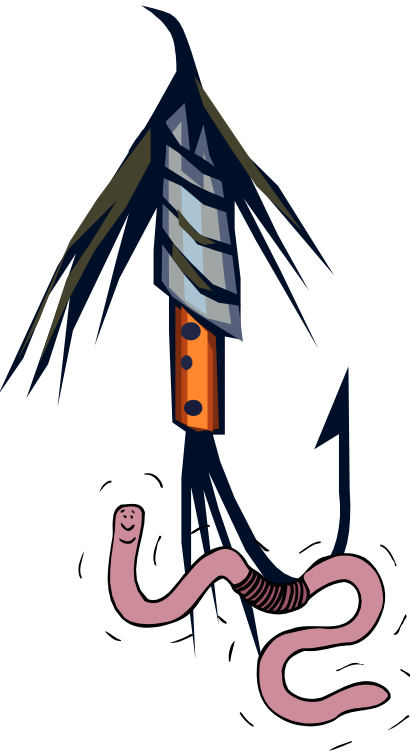
Stay alert.

**What should
you do?**

Read each scenario then write 1-2 sentences about what you would respond to each situation.

<i>Situation</i>	<i>What you should do</i>
You are at the park playing with your friend when a man you do not know walks toward you asking for your name and where you live. What should you do?	
An older lady you do not know offers to buy you an ice cream if you will sit with her while you eat it. What should you do?	
A teenager that you do not know cannot find his dog and asks for your help. What should you do?	

DON'T GET CAUGHT: STRANGER AND GROOMER LURES



"You need to come in for some individual practice if you want to stay on the team."

"I'm lost. Can you give me directions to the store?"

"Do you want to go to a movie with me?"

"It's really raining hard! Let me give you a ride home."

"I'll pay you \$30.00 to mow my lawn."

"I can teach you how to perform skateboard tricks like me."

"It's all your fault! You made me do it!"

"You're so wonderful. You are really special to me."

"Can I take your picture for an ad in a magazine?"

"I'll buy you a soda if you come with me to get the money."

"If you tell, you'll be sorry."

"There's been an accident. Everyone's ok, but your mom told me to come pick you up."

WORD BANK

HELPING LURE
BRIBING LURE
BEING FAMOUS LURE
HAVING FUN LURE
GETTING A JOB LURE
COACHING LURE

EMERGENCY LURE
AFFECTION LURE
AUTHORITY LURE
HERO LURE
THREAT LURE
GUILT LURE

PERSONAL SAFETY STEP #2

SURPRISE

PROTECT YOUR PERSONAL SPACE:

Personal space of at least an arm's length allows enough room to run away if someone tries to hit, kick, or grab you. The more personal space, the better!

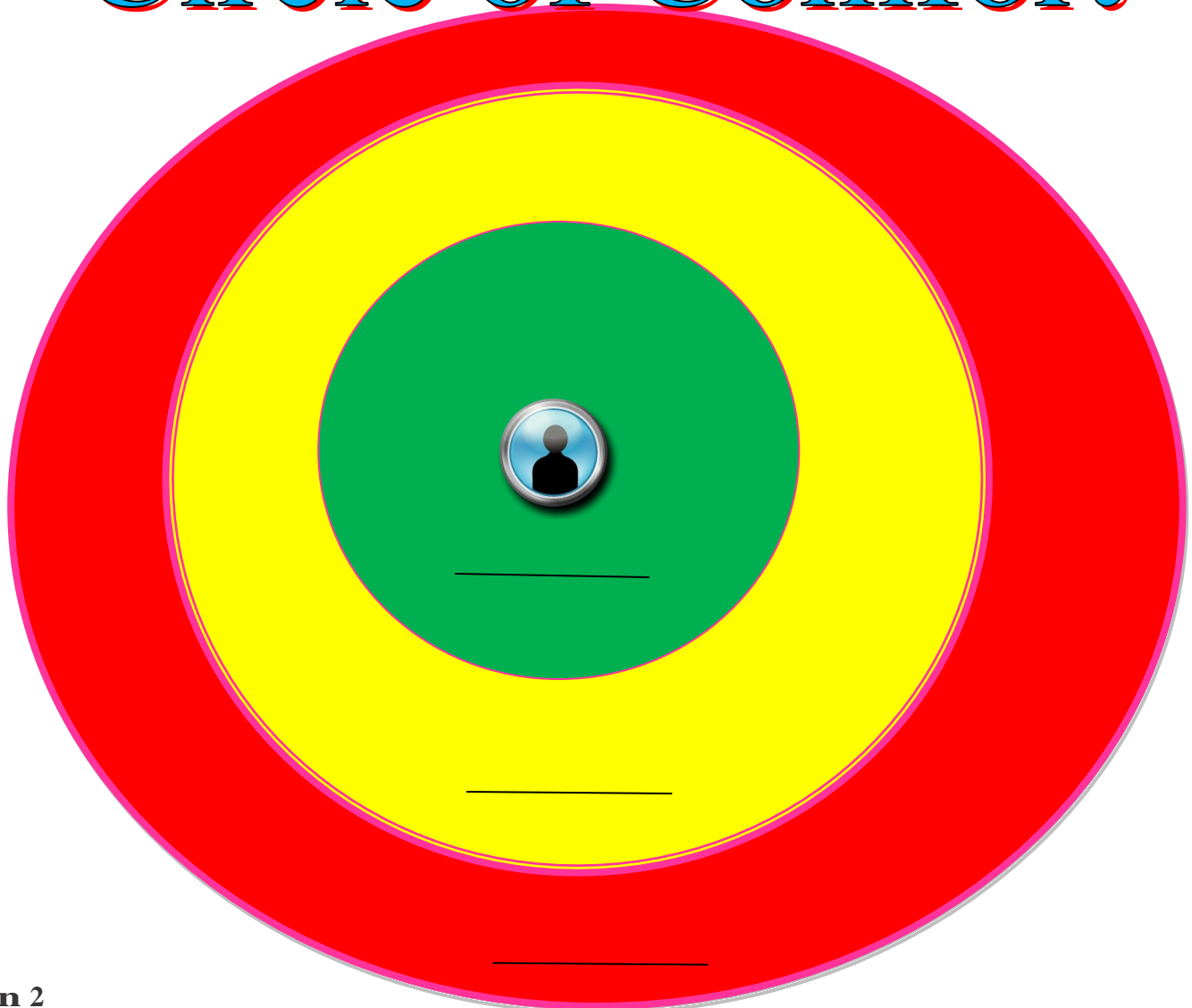
Protect your personal space by backing up if a stranger approaches.

USE YOUR VOICE:

Ask direct questions, like "What do you want?" or make statements like "Don't come any closer!"

If the person doesn't stop, yell: "Help! This is man/ woman is not my parent!" or "He/she is trying to kidnap me!"

Circle of Comfort

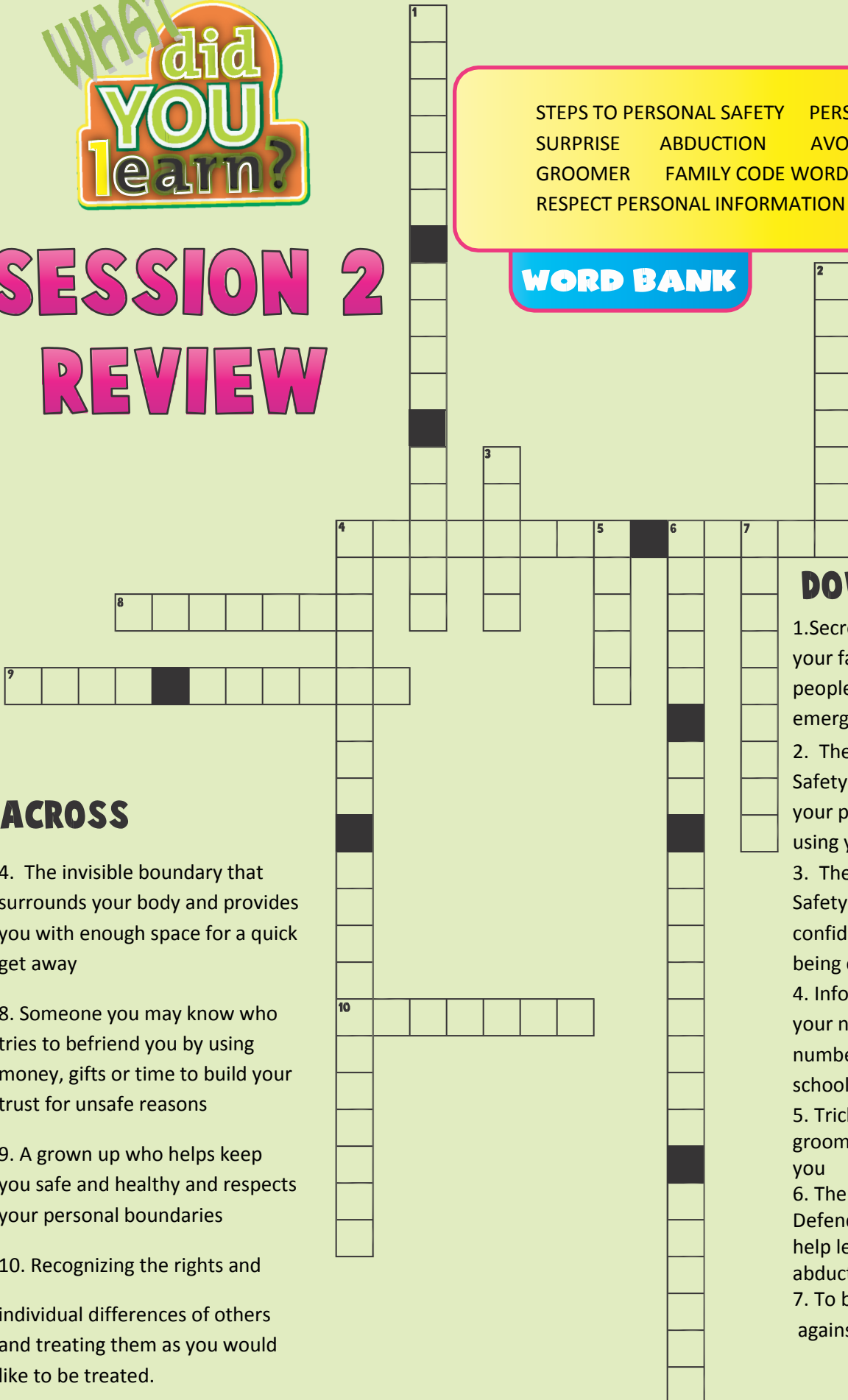




SESSION 2 REVIEW

STEPS TO PERSONAL SAFETY PERSONAL SPACE
SURPRISE ABDUCTION AVOID
GROOMER FAMILY CODE WORDS LURES
RESPECT PERSONAL INFORMATION SAFE PERSON

WORD BANK



ACROSS

4. The invisible boundary that surrounds your body and provides you with enough space for a quick get away
8. Someone you may know who tries to befriend you by using money, gifts or time to build your trust for unsafe reasons
9. A grown up who helps keep you safe and healthy and respects your personal boundaries
10. Recognizing the rights and individual differences of others and treating them as you would like to be treated.

DOWN

1. Secret password known only by your family and certain safe people to be used in an emergency
2. The second Step to Personal Safety that includes protecting your personal boundaries and using your voice
3. The first Step to Personal Safety that includes using confident body language and being cautious around strangers
4. Information about you, such as your name, address, phone number, email address, and school name
5. Tricks that a stranger or groomer uses to befriend or trap you
6. The 4 Steps: Avoid, Surprise, Defend Yourself, and Run - to help lessen your chances of being abducted
7. To be taken away by someone against your will

SESSION 3



WORD BANK

DEFINITIONS

1. DISCLOSURE

A. A secret that can never be told.

2. DEFEND YOURSELF

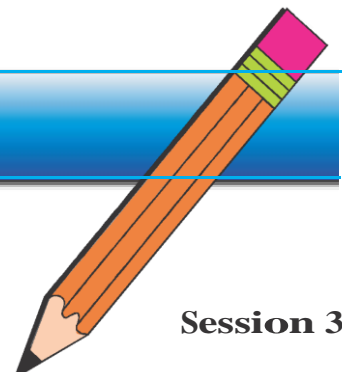
B. The third Step to Personal Safety that includes using your voice and stunning a potential attacker

3. UNSAFE SECRET

C. Telling Safe Adults about a problem

4. EMERGENCY

D. Something that needs immediate attention and may require calling 911



PERSONAL SAFETY STEP #3

DEFEND YOURSELF

KEEP USING YOUR VOICE:

- Even if you are grabbed, keep screaming as you did for Personal Safety Step #3 (Surprise).
- Shout: "Let go of me! Help! is is not my parent! Someone help me!" and keep yelling.

STUN:

- Never attempt to strike anyone unless they grab you. Your best defense is to RUN away as fast as you can and tell a Safe Person.
- Use the following steps ONLY if you have already been grabbed. Your goal is to stun the person into letting go of you so you can use Personal Safety Step #4 and RUN to get help.

WAYS TO STUN AN ATTACKER:

FACE AND FINGERS:

HEAD BUTT... When grabbed from behind, throw your head back and hit the person's head with yours

EYE ATTACK... Force your thumbs or fingers into the person's eyes.

FACE SCRATCH... Use nails to scratch the person's face.

NOSE STRIKE... Use the bottom of your palm or the side of your head to strike the person's nose in an upward direction as hard as you can.

FOCUS ON FINGERS... Try to bend back or bite the fingers and thumbs that are holding you.

BODY:

JOINT STRIKE... Ick, punch, or bite the knee, wrist, elbow, or ankle.

GROIN STRIKE... Crouch or kick the groin, then pull away your arm or leg.

*Once you are grabbed and you make a decision to get away, you should do anything you can to make the person let go. This can include stomping on feet, biting, scratching, punching, kicking, screaming and more... there is no wrong answer, as long as you can get away and run!

IT MAY BE DIFFICULT TO STRIKE AT AN ADULT- YOUR WHOLE LIFE, YOU'VE BEEN TOLD TO OBEY THEM! IT'S OKAY TO DO IT- IN FACT, IT'S THE RIGHT THING TO DO. IF SOMEONE HAS GRABBED YOU AND YOU FEEL IN DANGER, DON'T HOLD BACK. FIGHT AS HARD AS YOU CAN TO GET AWAY!

REMEMBER:

YOUR GOAL IS TO HAVE THEM LET GO OR LOOSEN THEIR GRIP SO YOU CAN RUN. DON'T STOP RUNNING UNTIL YOU GET TO A SAFE PERSON OR SAFER PLACE TO GET HELP.

PERSONAL SAFETY STEP #4

RUN & TELL

RUN:

- When you sense danger or feel uncomfortable, run to get help from any Safe Person.
- When you've had to do either Step #2 (Surprise) or #3 (Stun), RUN AND KEEP RUNNING to a Safe Person and TELL them what happened.
- If running from a car, run in the opposite direction from the way the car is moving.
- Don't feel bad about running away from a dangerous situation - it's the best way to protect yourself!

TELL:

- Tell someone on your **SAFE PEOPLE LIST** what happened.
- Keep telling until someone listens.
- Call 911 in an emergency.

WHO WAS INVOLVED?
WHAT HAPPENED?
WHEN DID IT HAPPEN?
WHERE WERE YOU WHEN IT HAPPENED?
WRITE IT DOWN!

Never keep an unsafe touch a secret.

Always tell a safe person.

YOUR BODY BELONGS TO YOU!

No one has the rights to touch
your private body parts!

DISCLOSURE

GETTING HELP

There may be other instances where you will need to use the W's of disclosure and get help from a Safe Person. You can always tell, even if you promised to keep a secret. A secret about touching is an unsafe secret and should be told.

IT'S AGAINST THE LAW

FOR ANY ADULT TO TOUCH YOUR PRIVATE BODY PARTS OTHER THAN TO KEEP YOU HEALTHY.

IT'S AGAINST THE LAW

FOR ANY ADULT TO SHOW YOU OR MAKE YOU TOUCH HIS/HER PRIVATE BODY PARTS.

REMEMBER:

**IT'S NEVER YOUR FAULT
AND YOU NEVER HAVE TO
FACE IT ALONE!**

SESSION 3 REVIEW



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Unscramble each of the clue words.

Copy the letters in the numbered cells to other cells with the same number.

Created by Puzzlemaker at DiscoverySchool.com

