

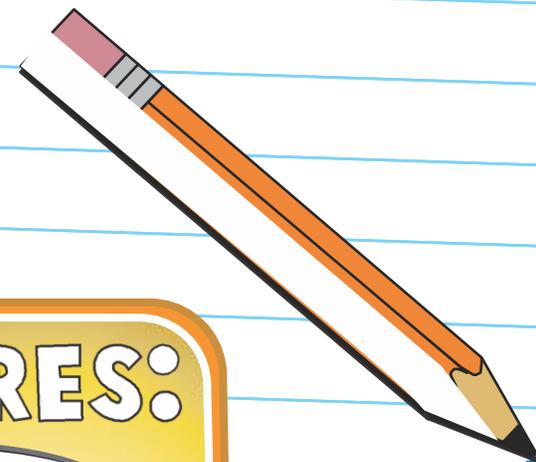
SAFE @ LAST

Empowering Schools

Protecting Children



FALL BOOK



FEATURES:

CREATIVE
COMIC

AND *think*
FAST
REVIEW

PLUS

what can
YOU do? AND

DETAIL
DETECT



SESSION 1



Draw a line from the word to the correct definition.

WORD BANK

DEFINITIONS

1. RESPECT

2. BOUNDARIES

3. SAFE PEOPLE

4. CHOICE

5. CONSEQUENCE

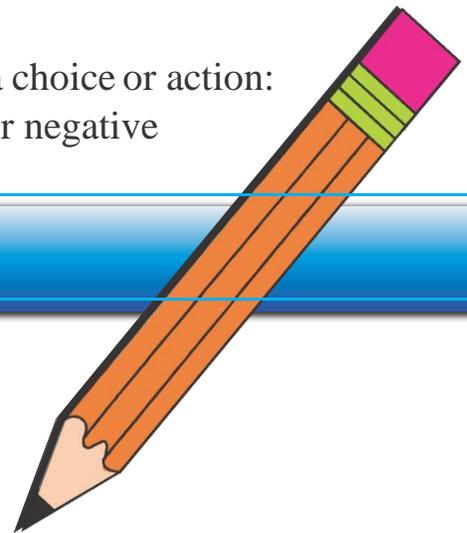
A. Rules that help to keep everyone safe

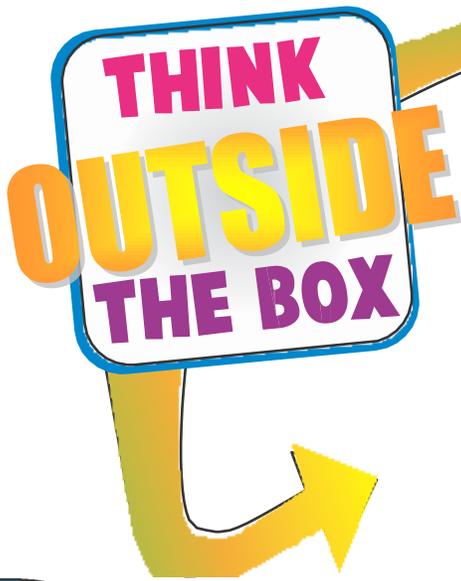
B. When you have to pick one thing over another

C. Grown-ups who keep you safe and healthy and respect your personal boundaries

D. Treating others as you want to be treated

E. The results of a choice or action:
can be positive or negative





R-E-S-P-E-C-T:

WHAT IT MEANS TO ME

After discussing the meaning of respect in class, use words or phrases that start with the given letters to fill in the blanks. Describe what respect means to you.

R
E
S
P
E
C
T

WORD BANK

Self-respect rights expectations caring
Everyone politeness treating others fairly

WHAT ARE BOUNDARIES?

Fill in the blanks below.

1.

**BOUNDARIES
HELP KEEP YOU
SAFE.**

2.

**EVERYBODY
HAS
BOUNDARIES.**

3.

**BOUNDARIES
ARE
RULES.**

**THINK
OUTSIDE
THE BOX**

BOUNDARIES...

Drag the boundaries to where they belong.

WORD BANK

- A. Classroom rules
- B. Ask permission to leave class
- C. Ask permission before leaving the house
- D. Don't go anywhere with a stranger
- E. Stay with class on field trips
- F. Don't answer the door when you're home alone

HOME

SCHOOL

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

HOW TO MAKE A CHOICE:



STOP

THINK ABOUT THE
CONSEQUENCES

DECIDE WHAT IS THE
BEST THING TO DO

The "IFS" and "THENS" of CONSEQUENCES

A consequence is the result of a choice.

Example: **IF** I play with fire, **THEN** I will get burned.



What happens next? Draw the consequence.

<p>IF</p>  <p><u>I stay up too late.</u></p>	<p>THEN</p> <p>_____</p>
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Draw your own "IF/THEN" comic strip.

<p>IF</p> <p>_____</p>	<p>THEN</p> <p>_____</p>
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SESSION 1 REVIEW



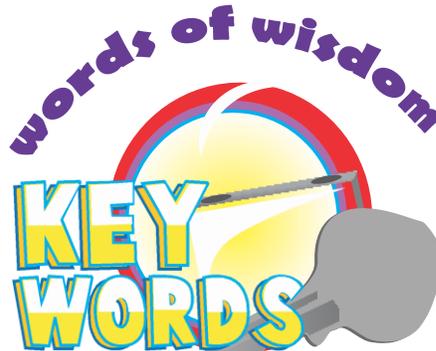
Use the words in the list below to complete the sentence

1. _____ are rules that help to keep everyone safe
2. You have to make a _____ when you pick one thing over another
3. Grown-ups who keep you safe and healthy and respect your personal boundaries are _____
4. You show _____ when you treat others how you want to be treated
5. _____ are the results of a choice or action: can be positive or negative

Word Bank

- | | |
|-----------------|---------------|
| 1. Safe People | 4. Choice |
| 2. Respect | 5. Boundaries |
| 3. Consequences | |

SESSION 2



Draw a line from the word to the correct definition.

WORD BANK

DEFINITIONS

1. STRANGERS

2. ASSERTIVENESS

**3. PERSONAL
INFORMATION**

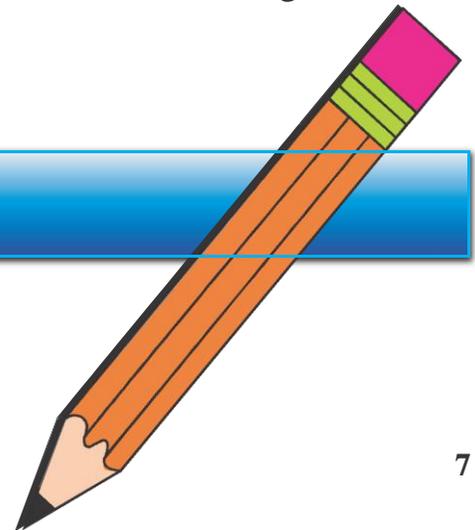
4. DISCLOSURE

A. Information about you, such as your name, address, and phone number

B. People you don't know

C. Telling safe adults about a problem

D. Standing up for yourself without hurting others



WHO IS A STRANGER?

Drag the words from the Word Bank to fill in the blanks

A STRANGER
IS SOMEONE
YOU DON'T

THEY CAN
BE ANY

STRANGERS
CAN BE VERY
_____ AND
GOOD LOOKING

WORD BANK:

THEY MAY
EVEN KNOW
YOUR

SAFETY SLEUTH

Circle the strangers in the picture below.



what can YOU do?

STEPS TO PERSONAL SAFETY

1. SAY, "NO WAY!"

2. TRY TO GET AWAY

3. TELL A SAFE PERSON TODAY

A person from an online game asks how old you are, what you look like, and where you live.

A STRANGER ASKS YOU TO HELP HER FIND HER DOG.

A TEENAGE GIRL ASKS YOU IF YOU CAN COME TO HER HOUSE AFTER SCHOOL AND SAYS NOT TO TELL ANYONE.

A WOMAN IN A CAR SAYS SHE'S SUPPOSED TO TAKE YOU HOME TODAY. YOU DON'T KNOW HER.

A MAN ROLLS DOWN HIS CAR WINDOW AND ASKS IF YOU COULD SHOW HIM THE WAY TO YOUR SCHOOL.

AN OLDER BOY SAYS HE WILL GIVE YOU SKATEBOARD LESSONS IF YOU COME WITH HIM AND KEEP IT A SECRET.

EMERGENCY 911

- Tell what is wrong.
- Tell your name.
- Tell your address.
- Tell your phone number.
- Stay on the phone.
- Answer all questions.

(back)



- Keep the doors locked.

- Use your **SAFE PEOPLE LIST** if needed.

- Don't answer the door.

- Don't let anyone inside the house.

- Don't talk to strangers through the door or windows.

(front)

SAFE PEOPLE LIST

AT HOME:

Name: _____ Number: _____

Name: _____ Number: _____

Name: _____ Number: _____

AT SCHOOL:

Name: _____

Name: _____

TELL SOMEONE

W HO WAS INVOLVED?
WHAT HAPPENED?
WHEN DID IT HAPPEN?
WHERE WERE YOU WHEN IT HAPPENED?

Phone and Internet Safety

- Have a plan for when you're home alone.
- Never tell the caller you're home alone.
- Never give out personal information.
- If the caller is pushy or frightening, hang up and get help.
- Always tell a safe adult if someone sends you a picture that makes you feel uncomfortable.
- Talk to a grown up at your house to make a safety plan for phone and Internet use.



SAFE @ LAST

FRIDGE FACTS

HOME ALONE SAFETY PLAN

- Keep the doors locked.
- Use your **SAFE PEOPLE LIST** if needed.
- Don't answer the door.
- Don't let anyone inside the house.
- Don't talk to strangers through the door or windows.

Phone and Internet Safety

- Have a plan for when you're home alone
- Never tell the caller you're home alone.
- Never give out personal information.
- If the caller is pushy or frightening, hang up and get help.
- Always tell a safe adult if someone sends you a picture that makes you feel uncomfortable.
- Talk to a grown up at your house to make a safety plan for phone and Internet use.

SAFE PEOPLE LIST

AT HOME:

Name: _____ Number: _____

Name: _____ Number: _____

Name: _____ Number: _____

AT SCHOOL:

Name: _____

Name: _____

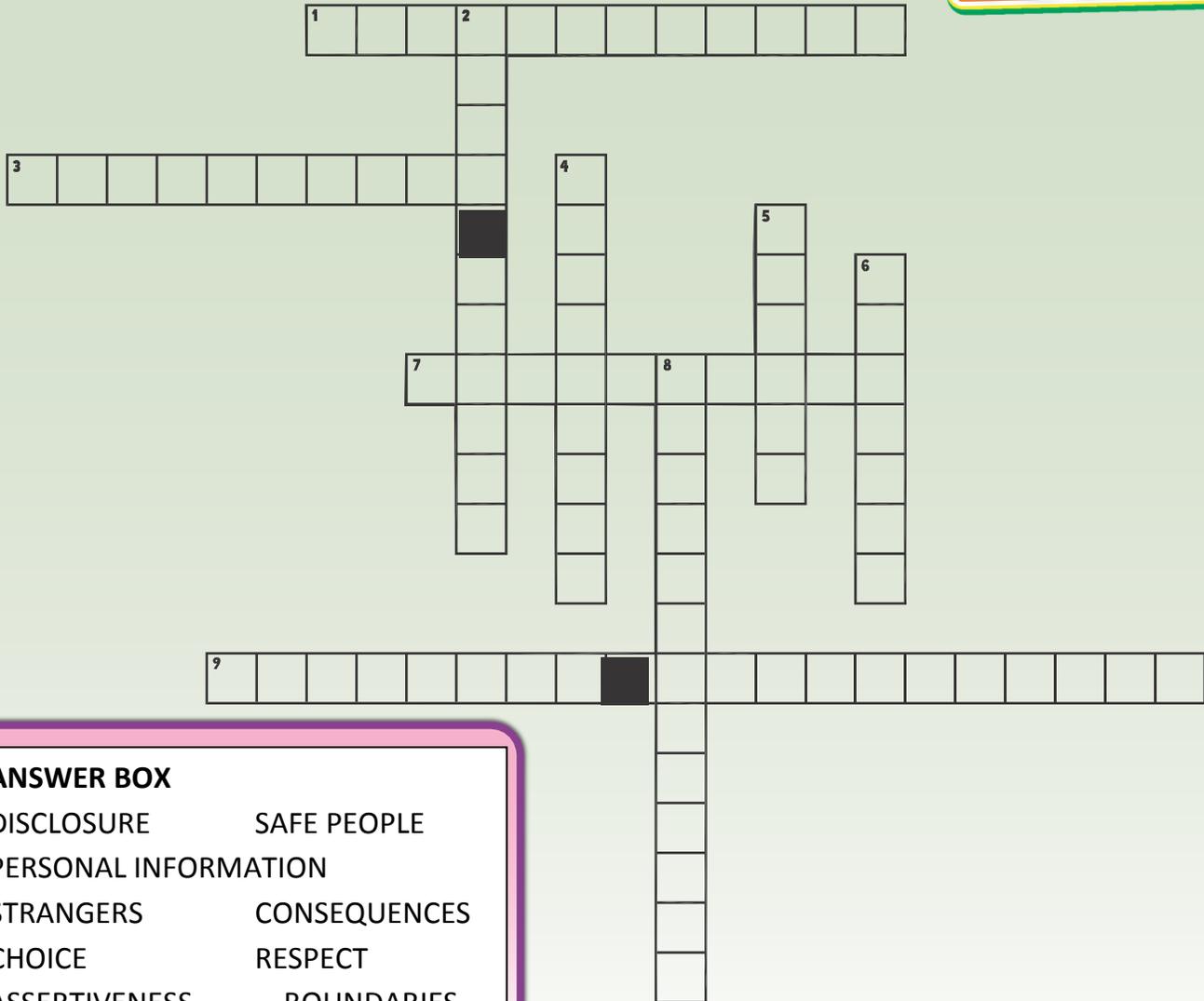
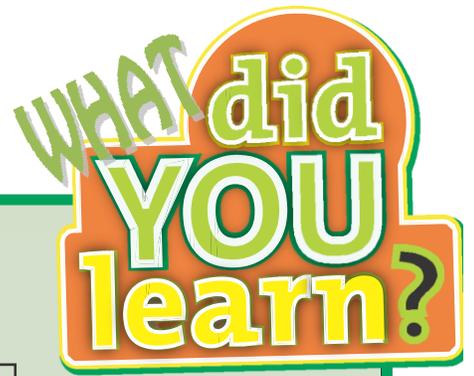
TELL SOMEONE
WHO WAS INVOLVED?
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WHEN DID IT HAPPEN?
WHERE WERE YOU WHEN IT HAPPENED?

EMERGENCY
911

- Tell what is wrong.
- Tell your name.
- Tell your address.
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- Stay on the phone.
- Answer all questions.



SESSION 2 REVIEW



ANSWER BOX

DISCLOSURE	SAFE PEOPLE
PERSONAL INFORMATION	
STRANGERS	CONSEQUENCES
CHOICE	RESPECT
ASSERTIVENESS	BOUNDARIES

Across:

- The results of a choice: can be positive or negative
- Telling safe adults about a problem
- Rules that help keep everyone safe
- Information about you, such as your name, address, and phone number

Down:

- Adults you can go to for help
- People that you do not know
- When you have to pick one thing over another
- Treating others as you want to be treated
- Standing up for yourself without hurting others

SESSION 3



Draw a line from the word to the correct definition.

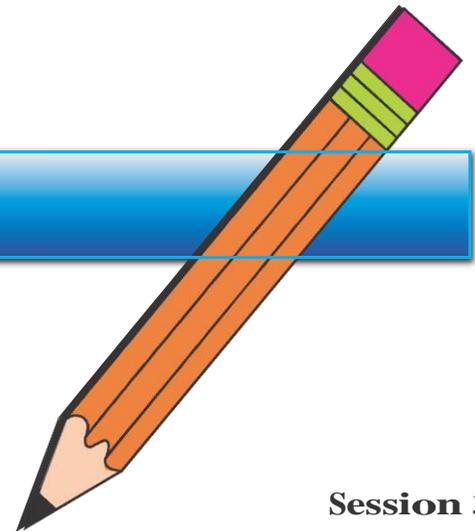
WORD BANK

1. Safe Touch

2. Unsafe Touch

DEFINITIONS

- A. An unwanted touch that makes you feel confused, angry, scared, or uncomfortable
- B. A wanted touch that is not secret and makes you feel happy and safe



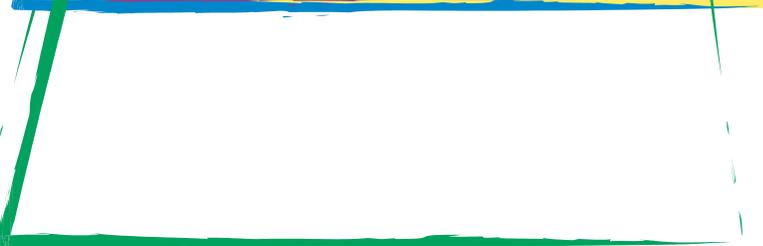
HOW DO SAFE AND UNSAFE TOUCHES MAKE YOU FEEL?

Drag the words in the word bank to the box where they belong.

SAFE TOUCHES MAKE YOU FEEL:



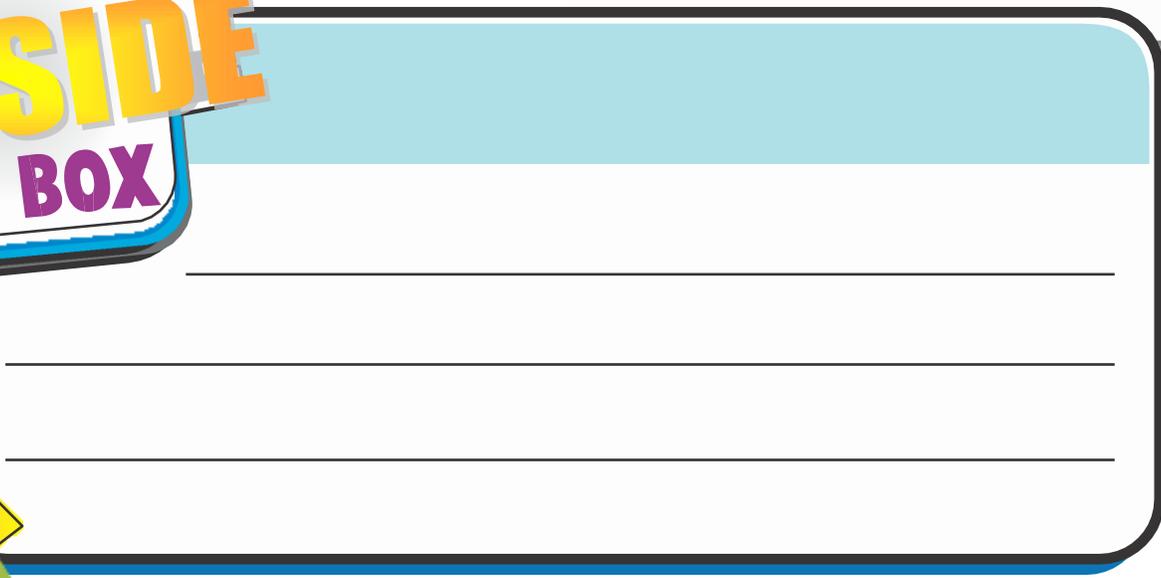
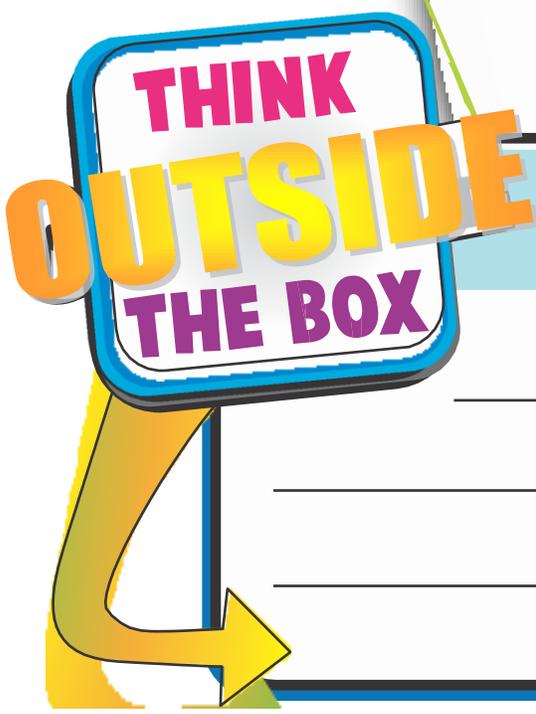
UNSAFE TOUCHES MAKE YOU FEEL:



WORD BANK

HAPPY GOOD SAD UNCOMFORTABLE
COMFORTABLE CONFUSED SCARED
ANGRY SAFE SICK LOVED

WORD BANK



THE TOUCHING RULES

1. No one should touch your private body parts except to keep you healthy, for example, a checkup from your doctor.
2. If anyone asks you to keep a touching secret, always tell a safe person.

Circle the Safe Secrets

You buy a present for your mommy for Mother's Day

You borrow your daddy's tools and hurt yourself

A surprise party is planned for a friend and his mom says not to tell him

Your neighbor wants to take pictures of you without any clothes

If you go to a magic show and the magician shows you how to do the trick

A bully at school takes your lunch money and says not to tell the teacher

Someone hurts you by punching or kicking you then says not to tell anyone

Remember a safe secret cannot hurt anyone and it does not last forever! If someone tells you to keep an unsafe secret – tell a safe adult!!

WHAT HAD YOU WHEN DID YOU TELL SOMEONE

