

Personal Safety Curriculum for Children and Youth

Grade Level 3

Learning Objectives:

- a) Child can distinguish between feeling comfortable and uncomfortable with different kinds of secrets.
- b) Child can identify who they can go to for help.

Suggested Material

- My List of Helpers handout

Teaching Learning Activities

Activity/experience:

1. Opening Prayer:
 - a. Leader instructs the children to repeat each prayer
 - b. Make the Sign of the Cross with the Students

Leader: Dear God, Thank you for creating those around me who love and care for me.

Children: Dear God, Thank you for creating those around me who love and care for me.

Leader: Dear God, Thank you for giving me the ability to know whom I can turn to for help when someone does not follow the rules

Children: Dear God, Thank you for giving me the ability to know whom I can turn to for help when someone does not follow the rules.

All: Amen

2. **Please read aloud to the children:** *A secret is something somebody tells you not to tell anyone else. If someone tells you to keep a secret that scares you or hurts you, you need to tell an adult you trust. Do you remember who keeps you safe?*
3. Read the following examples of secrets and have the children identify if it is a secret that would make them feel comfortable or uncomfortable, safe or unsafe.
 - A. Your mom tells you that she is going to have a surprise birthday party for your brother and that you have to keep it a secret so he doesn't find out and so he will be surprised.

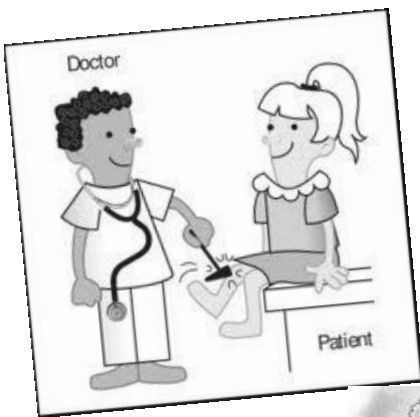
- B. You buy a Christmas present for your mother 3 weeks early and don't want her to know what it is.
- C. Your best friend gives you a piece of bubble gum and tells you he stole it from the grocery store, and doesn't want you to tell anyone.
- D. Your brother tells you he broke the neighbor's window playing baseball in the backyard and not to tell anyone because he is afraid to get in trouble.
- E. Your mother tells you that your grandparents are coming for a surprise visit and not to tell your dad so he will be surprised.
- F. Someone touches you in a way that makes you feel uncomfortable and asks you not to tell anyone.

Activity/experience:

1. **Please tell the children:** *Helpers are people we go to when we have a problem.*
2. Ask the children who the people are in their lives who help them. Who can they go to and tell about a secret that is making them feel uncomfortable?
3. Make a list of the answers on the chalkboard. Take about 10 minutes for this. After you have made the list distribute the copies of the handout to the children.
4. With your help, have children identify three people they can tell if someone asks them to keep a secret that makes them feel uncomfortable and unsafe. Let them know it is sometimes scary to tell, but they will feel better when they tell someone who believes them. They should keep telling until someone believes them.



My List of Helpers



YOUR RIGHTS

You have the right to get help.

You have the right to tell if you or someone you know is abused.

You have the right to protect yourself.

You have the right to say “No!” to anyone who tries to hurt you.