



Students will be able to identify and label the following feelings:

- Sad
- Нарру
- Mad





Teaching lessons about feelings is an important component in promoting self-awareness.

Becoming aware of emotions includes understanding how we feel in situations, how to labe and express our feelings, and how to recognize feelings in others (*Mark Greenberg*, 2004).

Scared © Canadian Centre for Child Protection Inc. All rights reserved. Sample from Kids in the Know. Grade Tesson. ure, or scared in a situation, being aware of how they
 Surprised
 feel will help the child reach out for the support of an adult who they have identified they can go

of an adult who they have identified they can go to for help. Additionally, teaching about feelings promotes talking about emotions as a means to solve problems.

People naturally try to avoid negative feelings. Although adults typically try to protect children from negative feelings, they can help children learn about empowerment and avoiding

remove any threats that they might encounter. These types of feelings are often the first line of defence against danger.¹

helplessness. Anxiety, sadness, and anger carry messages of pain that motivate people to act to

¹ Seligman, Martin. Learned Optimism: How to Change Your Mind and Your Life. 1998.





Students will be able to identify grown-ups who they can go to for help.



It is important for children to be able to Canadian Centre for Child Protection Inc. All rights reserved. Sample from Kids in the Know: Grade 1 lesson. explicitly identify grown-ups in their lives who they can go to for help and support. Children need to know that when their personal safety is at risk and they feel uncomfortable, scared, or threatened, they can go to an adult for help. Some children will be able to identify many

adults in their lives who they can go to for help, while others may only be able to identify one.

The term *grown-up* is used in this lesson, rather than adult, because children at this age find the word grown-up less abstract than the term adult.

Safety Meeting

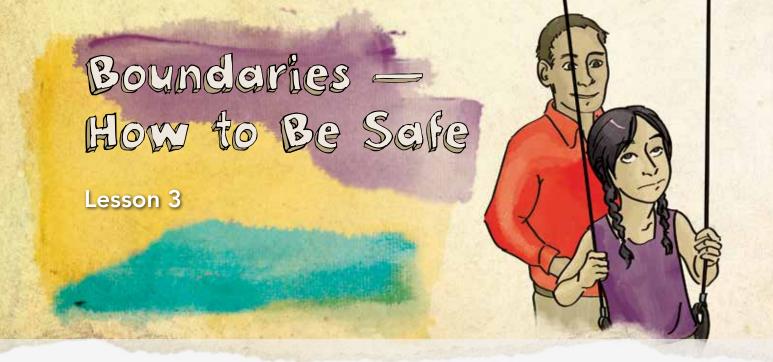
Start your lesson by putting up the Kids in the Know Safety Meeting PowerPoint slide.

Required Materials



- the Know Safety Meeting
- ivity sheet
- - Chart paper (Optional) *

Note: Materials with an asterisk (*) are not supplied.





Students will be able to recognize the difference between appro inappropriate behaviour.

Students will be able to safe and unsafe behaviou





w Safety Meeting

NOT OKAY? scenario colouring sheets

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Background

Learning about boundaries from a young age decreases a child's vulnerability to sexual abuse. Boundaries help define appropriate

limits in relationships and behaviour between individuals.

Individuals who sexually offend against children break boundaries and try to normalize inappropriate behaviour. Teaching children about boundaries will increase the likelihood that the child will know if someone is behaving inappropriately or unsafely, as well as increase the likelihood that the child will tell someone about it.

- OKAY or NOT OKAY?
- that is available to you) showing a variety of public and private settings *
- Crayons or markers *
- Masking tape *

Suggested Time: 45 minutes

Note: Materials with an asterisk (*) are not supplied.





Students will discriminate between safe behaviour and unsafe behaviour students will be able to identify who well if they need help.

Students will learn to make decisions that will help increase Canadian Centre for Child Protection Inc. All rights reserved. Sample from Kids in the Know: Grade 1 lesson at children



Safe and Unsafe Secrets

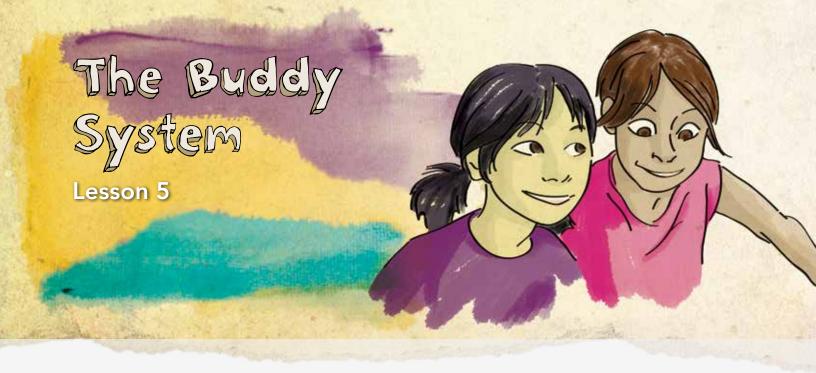
A core component in personal safety is teaching children how to distinguish between appropriate/safe and inappropriate/unsafe touching. Abuse occurs in a veil of secrecy, so a standard of measure for children is that secrets about touching are inappropriate/unsafe. There is also an increased use of recording devices in child sexual abuse. When building children's safety competence, teach them that secrets about picture taking/recording are unsafe.

The safety focus should be on the **secretive** aspect of touching and picture taking/recording as being inappropriate/unsafe.

The second essertial component is to explain to children what is meant by the private areas of our bodies and bodily autonomy (our rights over our bodies). Use the correct anatomical rved. Sample from Kids in the Know: Grade 1 lesson at children have the proper terminology. This is especially helpful if a child discloses sexual abuse because it will increase the likelihood that the adult receiving the disclosure will understand what the child is telling them.

Possible labels for private areas include: vagina, vulva, testicles, scrotum, and penis.

You may want to use the following explanation: A girl's vagina is on the inside and the vulva is on the outside, and a boy's scrotum is on the outside and the testicles are inside the scrotum.





Students will understand the importance of going places with someone to increase their personal safety.

Students will understand h System as a safety tool.





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• Parent/guardian letter

The Buddy System is a safety strategy to reduce the likelihood of children going missing. Children who are alone have a greater risk of being harmed. Using the Buddy System is one

way children can reduce their vulnerability. The habit of staying together with friends and travelling to and from places with a safe buddy is behaviour that can be taught and practiced at school in routine activities. However, children at this age require a buddy who is old enough to supervise them (age 12 and up).

Required Materials /



ol rPoir i e

• Billy Buldies classroom poster

- My Buddies home activity sheet
- Billy's Safety Journal family activity sheet
- Billy Brings His Buddies activity book
- Access to a computer lab*

Suggested Time: 45 minutes

Note: Materials with an asterisk (*) are not supplied.

Trust Your INSTINCTS

Lesson 6





Outcome

Students will learn to monitor their bodies' physiological responses to guide safe decision making.

Students will learn to make their risk of victimization.





puppet

s Instincts storybook



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• Class Sequencing activity pictures

• Class Sequencing scenario

Student Sequencing activity sheet

 How to Create Your Own Instinct Story home activity

Hooty Knows storybook

Hooty the Owl puppet

Blank paper *

Suggested Time: 40 minutes

Note: Materials with an asterisk (*) are not supplied.

Children need to recognize their physiological reactions to situations they encounter and evaluate their feelings.

The ability to identify when they are scared or uncomfortable is an important part in knowing how to react to situations. Learning to make a decision based upon their feelings will help protect them against sexual exploitation and abduction.

The concept of instincts is an abstract notion for children to comprehend. Therefore, it is important to integrate other senses to make it more concrete.

Teaching children behaviours that place them less at risk is an important component of child safety education.