



Outcome

Students will learn how to incorporate the Seven Root Safety Strategies into their everyday lives and reduce their risk being vi



Children need to learn protective factors to incorporate into their daily lives to increase their personal safety. The Seven Root Safety Strategies need to become an integral part of children's lives for them to be effective. They transcend environments so that children can employ them wherever they are such as while on the internet, in a public place, on the street, at home alone, etc.



Safety Meeting

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



Presentation

Activate Prior Knowledge

in the morning, he isn't always excited to get out of bed. Once Jack

© Canadian Centre for Child Protection Inc. All rights reserved. Sample from Kids in the Know: Grade 3 lesson. e. Jack drinks a glass of water every day before he eats breakfast. Sometimes he eats eggs for breakfast and sometimes he eats cereal or toast. There are mornings when he isn't very hungry, so he eats fruit. After breakfast, he always brushes his teeth before getting dressed. On the days Jack goes to school, sometimes he and his sister ride their bikes and sometimes their mom drives them to school. When they ride their bikes, they always wear their bike helmets. When their mom drives them to school, they always fasten their seatbelts. Once they get to school, Jack finds his friends in the playground and usually plays a game before the school bell rings. That is Jack's morning routine.



Required Materials /





Students will increase their awareness of various g., ha piness, sadness, anger, mbarrassment) and non-

• What I Do With My Emotions

activit © Canadian Centre for Child Protection Inc. All rights reserved. Sample from Kids in the Know: Grade 3 lesson.

- Safety Rocks activity booklet
- Chart paper *
- Storybook Big Feelings Come and Go (optional)*

Suggested Time: 50 minutes

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

Incorporating lessons on feelings is an important component of the Kids in the Know program in order to promote students' self-awareness. Feelings are our emotional response to what is

going on in our environment. They prepare us to act accordingly.

Strong emotions exist because they make us aware that change is necessary. If children feel uncomfortable, unsure, or scared in a situation, being aware of how they feel will help them reach out for support from a safe grown-up.

Identifying a Safe Grown-up Lesson 3



Required Materials

- PowerPoint slide
- My Safety Net active
- Circle of Support activity sne
- Safe Canadian Centre for Child Protection Inc. All rights reserved. Sample from Kids in the Know: Grade 3 lesson.

are not supplied.



Students will identify safe grown-ups in their environment.

Students will consider qualities to look for in a safe grown-up.

Students will know how to tell a safe grown-up something that is difficult to share.



Background

It is important for children to explicitly identify safe grown-ups in their lives with whom they ivate information. Children need in situations where their personal ety is at risk, they need to access a grownfor help, not just a friend. In dangerous situations, only going to a friend for help can

Some children will be able to identify many safe grown-ups in their lives. Others may choose one grown-up, and others may need guidance identifying one safe grown-up in their lives.

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



- PowerPoint slide
- Healthy or Unhealth





Outcome

Students will demonstrate the difference between healthy and unhealthy boundaries.

tudents will learn to make decisions that

ill demonstrate understanding that

oundaries increase personal

- Healthy or Unhealthy Boundaries
- Okay or Not Okay activity sheet
- Assertiveness exit slip
- Safety Rocks activity booklet
- Chart paper *
- Scissors *
- Glue *
- Tape *

Suggested Time: 50 minutes

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



Teaching children personal boundaries is an integral component of personal safety. Setting personal boundaries and recognizing when someone is crossing personal limits or engaging in behaviour that is unsafe by violating personal boundaries will help increase personal safety competence.



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



Required Materials



- Kids in the Know Safety Meeting PowerPoint slide
- Friendship Is About the Friendship Is Not About the Frie
- Friendship Sorting Cards sheet
- Frienc® Canadian Centre for Child Protection Inc. All rights reserved. Sample from Kids in the Know: Grade 3 lesson.

 Teacher's Copy
- One large blank sheet of paper per student *
- Two sheets of chart paper
- Pencil crayons or markers *
- Scissors *
- Glue *
- Students' journals *

Suggested Time: 80 minutes (break into 2 lessons)

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



Students will increase their understanding of qualities of healthy friendships.

Students will increase their understanding of qualities of unhealthy friendships.

Students will increase their understanding

of friendship behaviour that is healthy or



In an effort to reduce the risk of children being

sexually victimized, it is important they can distinguish between healthy and unhealthy characteristics of friendship. Those looking to sexually exploit children from this age group typically groom them in a relationship under the guise of friendship. In order to empower children, they need to be explicitly taught the difference between what friendship is and what it is not. First, they need to be directly taught about healthy friendship: what it looks like, sounds like, and feels like. Once consolidated, children need to be directly taught what friendship is not about (e.g., control): what it looks like, sounds like, sounds like, and feels like.



Required Materials

- Kids in the Know PowerPoint slide
- Teatree the Turtle
- © Canadian Centre for Child Protection Inc. All rights reserved. Sample from Kids in the Know: Grade 3 lesson. SPEAK Secrets storybook
- Safety Rocks activity booklet
- Secrets activity sheet
- KEEP and SPEAK Secrets activity sheet
- Two sheets of blank paper *

Suggested Time: 30 minutes

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

Note: Please refer to the introduction section in the Kids in the Know program for information pertaining to disclosure buse and the Child and Family Services equivalent in your jurisdiction.

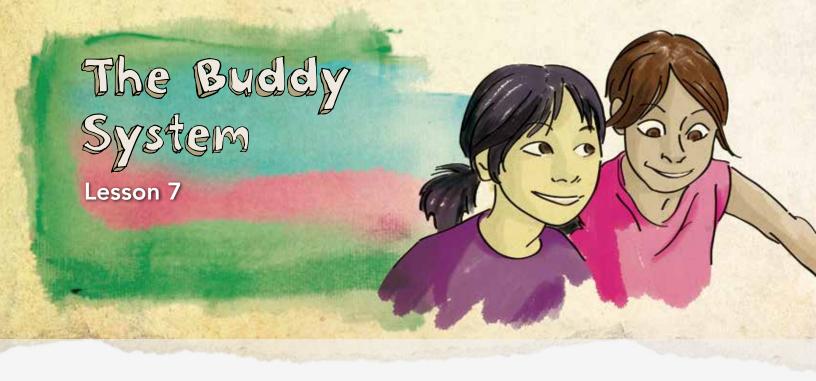


Students will understand that there are two types of secrets.

Students will understand that an unsafe secret (SPEAK secret) needs to be told to a safe grown-up.

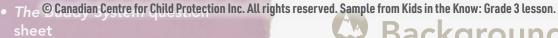
Students will identify safe grown-ups in their lives.

Students will know how to tell an unsafe secret to a grown-up.



Required Materials /

- Kids in the Know PowerPoint slide
- Seven Root Safe at les poster



- The Buddy System answer key
- The Buddy System exit slip
- My Buddy Story home activity sheet

Suggested Time: 50 minutes

Outcome

Students will recognize which root safety strategy to use based on the specific situation.

Students will learn to make decisions that reduce their risk of victimization.

Background

In previous years, the students have been introduced to the safety strategies the Buddy System and If asked to go and your parents

don't know, SHOUT NO!

Now it is important for students to recognize which safety strategy to use depending upon the situation presented to them. The more children are exposed to these safety strategies, the more comfortable they will feel using them.



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



Required Materials /



- Zoe and Molly online: Stuck in a weird spot video (a PDF version of the come in vail with this lesson, or the ZoeAndMolly.ca)
- Grade 3-4 presentation
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- Safety Stickers activity sheet
- Chart paper ⁹
- Scissors
- Glue *

Suggested Time: 70 minutes

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



Students will understand the benefits of the internet.

Students will understand how to increase safety online.

Students will know how to get help if they are uncomportable while on line.

The internet is an interactive, public environment that has become an integral part of children's social lives. Children from eight to 11 years old typically use the internet for fun and entertainment. In light of these benefits,

we need to take a step back and examine the magnitude of the internet, its inherent risks, and what children need to help them be prepared.

Children often find themselves in situations online where they are communicating with others. It quickly becomes confusing for them as to what information is okay to share and what information is not.

Before communicating with others and sharing information, children should check with their parents or a grown-up who is caring for them.