

**Safety Lesson**

**1st Grade**

***Purpose:*** To teach safety strategies and how the student can stay safe.

***Materials****:* Speech bubble Handout (See attached)

***Time:*** 20-30 minutes

**Focus:**

Tell students that today we are going to talk about different ways to practice staying safe. Some of these you may know and some may be new to you. Allow a minute or two for a “turn and talk” to tell a neighbor one way they can think of how they are practicing staying safe.

***Lesson***:

Discuss the following.

**Who is a stranger?**

* What if someone came up to you and told you they were supposed to take you home. They said they had talked to your parent(s)/guardian and that your parent(s)/guardian said it was ok. What would you do? If this happened to you, who would you tell?

**Hurts:**

 Let’s talk about some different types of hurt that you may feel sometimes. .

1. If someone falls down and scrapes their knee, or gets punched in the arm. This hurts, but it probably passes pretty quickly.
2. If someone has bruises or scratches, or broken bones, those are serious kinds of hurts. The hurt usually doesn’t stop after a short time.
3. Emotional hurt - Is when we hurt on the inside, like your feelings getting hurt.
* Who can you talk to about those hurts?
* If someone is hurting you in any of these ways, what can you do? *(Answer) tell that person to stop, that I don’t like it and then tell someone what happened.*

**Secrets-**

What’s the difference between a secret and a surprise?

A secret is a promise to never tell something and a surprise is waiting to tell something like a birthday wish or good test grade.

Now a very important question: Tell me why some kids feel that if someone hurts them, they have to keep it a secret? –(Answer): *The person who is doing the hurting scares them or tricks them into keeping a secret.*

* If someone does something that makes you feel scared, hurt, confused or icky, should you keep it a secret if that person tells you to? - (Answer) No, *tell a parent, counselor, or someone you trust!*

**Touches-**

* One more thing to talk about is touches- The good, the bad and the confusing. A good touch is like a hug from your mom for doing a good job. A bad touch is like getting hit or tickled until you can’t breathe. A confusing touch is when you’re not sure if it's good or bad.
* What are 3 things to do if there is a touching problem? (Say) You could say, “Please don’t do that” or “I don’t like that”, and then tell an adult you know and trust.

***Closing*:**

Give students a speech bubble (see below) that says “One way I can practice staying safe is…” and allow them to write on it.

**Name:**

**One way I can practice staying safe is...**

