

FIRST GRADE LESSON 1

SAFETY RULES AND ESTABLISHING A TRUSTED TRIANGLE



OVERVIEW

This lesson will introduce the curriculum and the idea that rules keep us safe. It will cover important safety rules that children should follow to stay safe. Children will learn about the importance of always being with a “Grown-Up Buddy” when they are out in public, and the need to identify trusted adults who belong in their “Trusted Triangle,” which includes three or more trusted adults a child can turn to when something makes him or her feel scared, icky or confused. In this lesson, you will begin with the video, followed by classroom activities. During these activities, students will brainstorm safety rules and the adults who will be part of their Trusted Triangles. In addition, the children will learn that throughout every lesson they will be looking for safety tokens. These tokens will help them become “Safety Superstars” and unleash their personal power.

MATERIALS

- *Safer, Smarter Kids* Video, Lesson 1
- *Safer, Smarter Kids* Journals
- Trusted Triangle Tokens
- Zippered Plastic Bags with Students’ Names (Students can collect tokens for each lesson in these bags.)
- Poster (Put this up in a prominent place in your classroom and refer to this poster at the beginning of every lesson.)
- Poster Cling: Trusted Triangle
- Lesson 1 Parent Letter
- Trusted Triangle Homework

OPTIONAL CENTER ACTIVITY

1: Buddy Mask Safety Rules Art Exercise

Activity Materials

- Lesson 1: Buddy Mask Sheets
 - Crayons
 - Pencils
 - Popsicle Sticks
 - Glue
 - Scissors
- * *For directions, refer to your Center Activities holder*

LESSON 1 OUTLINE 60m

1. SHOW SAFER, SMARTER KIDS Video, Lesson 1

Lauren will cover:

- Introduction
- Safety Rules
- Grown-Up Buddies
- Trusted Triangle

2. CLASSROOM ACTIVITIES

Classroom Activity 1

- Explain to the students that rules are important. Ask them to identify places that we have rules: school, home and in our community.
- Explain that we also have rules that help keep us safe, no matter where we are. Have students brainstorm personal safety rules that help keep them safe and record them on paper, a chalkboard or a whiteboard.
- After students have completed brainstorming ideas, pass out a sheet of

paper and have students write down the personal safety rules the class brainstormed, titling the paper with “Safety Rules.” Make sure to staple each student’s “Safety Rules” sheet to a Lesson 1 Parent Letter.

Teacher Tip

Personal safety rules should be portable, meaning that the student can use their safety rules in *any* situation.

Classroom Activity 2

- Brainstorm with students about the Grown-Up Buddies they could include in their Trusted Triangles. Tell the students that these are trusted adults who make them feel safe to go to any time they feel scared or confused.

3. LESSON 1

JOURNAL ACTIVITY

- Have students complete the Lesson 1 journal activity: What are the characteristics of your Grown-Up Buddy?

4. TRUSTED TRIANGLE TOKEN

- Pass out the Trusted Triangle safety token to students and let them know that, just like Buddy, they found the first safety tool on the treasure map.

5. HOMEWORK

- Hand out the blank Trusted Triangle sheets and encourage students to fill them in this evening with their parents. They should write and draw the three or more adults they feel safe to go to any time they feel scared or confused.
- Make sure that parents sign the completed Trusted Triangle sheets. After checking them, send each sheet back with the child, asking the parent to place it on the family refrigerator or any other prominent place in the house. More than 90% of the time, a child is abused by someone they know, love and trust, so having the Trusted Triangle in a very prominent place in the house may make a perpetrator think twice.

Teacher Tips

- It is important that at least one person in the Trusted Triangle be someone outside the immediate family, because, if a child is a victim of incest, the child needs to be able to tell someone outside the immediate family.
- Many children will list their teacher as part of their Trusted Triangle. This is perfectly appropriate and



DID YOU KNOW?

Child sexual abuse can happen anywhere, in any neighborhood, religion or church group, in any racial or ethnic group and among both the rich and the poor.¹

DID YOU KNOW?

According to the U.S. Department of Justice, Bureau of Justice Statistics, 9,700 convicted sex offenders were released in one year alone.²


MY TRUSTED TRIANGLE

Grown-Up Buddy #1

Child's Name

Grown-Up Buddy #3

Grown-Up Buddy #2



should be encouraged, as teachers are responsible for children's general safety in the classroom and are mandatory reporters under the law if child abuse is suspected.

- Children should update their Trusted Triangle at least once a year to make sure the adults listed are still active in their life and are in a position to help.

- Everyone on the Trusted Triangle should be old enough to drive a car so that they are able to seek help for the child if necessary.

6. POSTER

Add the appropriate cling to the Classroom Poster to signify completion of the lesson.

7. PARENT LETTER

Remember to have students take the Lesson 1 Parent Letters home.

LESSON 1 NOTES