

3RD-6TH GRADE
LESSON #3
PERSONAL SAFETY

Created by Mrs. Mason

EXPECTATIONS:
BE SAFE
BE RESPECTFUL
BE RESPONSIBLE
SO WE CAN HAVE FUN

STAND UP
AND
STRETCH



DEEP BREATHS AND WISH WELL

(WHO'S ABSENT TODAY?)



SEESAW JOURNAL QUESTION



Counselor: Journal Question Lesson #3

Read the journal question and answer.

1. If you ever don't feel safe, who is someone at HOME you could talk to?

Students will edit this template

Counselor: Journal
Question Lesson #3

Rebecca Mason [Assign...](#)

Student Instructions

Counselor: Lesson #3 Journal (3rd-6th Grade)

Click [Add response](#).

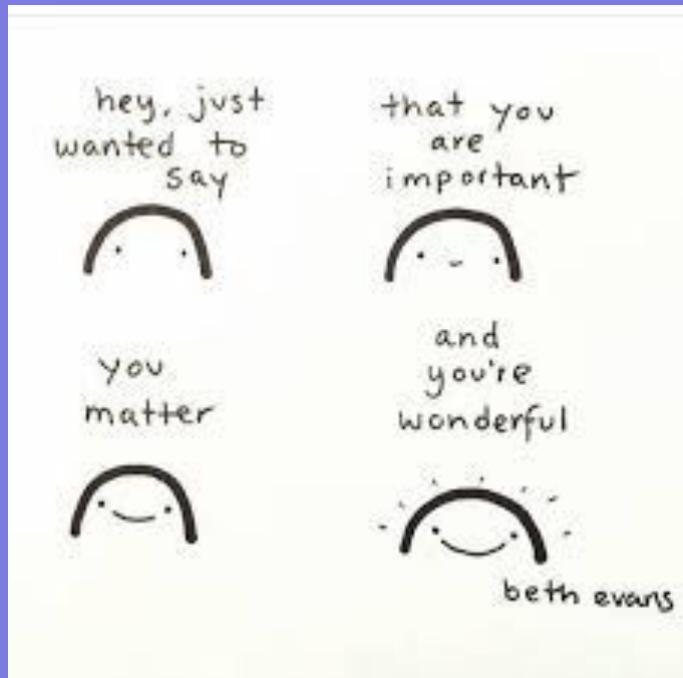
Read the journal question and answer.

1. If you ever don't feel safe, who is someone at HOME you could talk to?
2. If you ever don't feel safe, who is someone at SCHOOL you could talk to?

Click to save and add to your journal.

Compatible with: Chromebooks, computers, iPads, iPhones, Android tablets, Android phones, Kindle Fire

HEY GUESS WHAT?



PERSONAL SAFETY

It's our job, along with the adults at home, to make sure you are safe.



DISCLAIMER: LEARNING ABOUT ABUSE

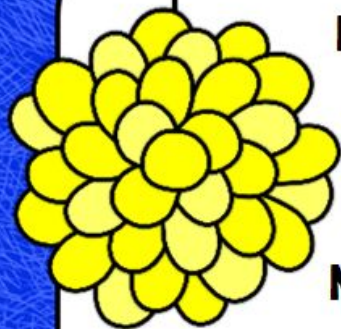


-What we are talking about today is very important.

-Be respectful and aware that some classmates may have experienced this.

-You may feel uncomfortable with today's topic. We are talking about it to educate you and keep you safe.

-It is inappropriate to laugh during our lesson today. Please act respectfully.



No child should be punched or kicked.
No child should be left alone for a long time.

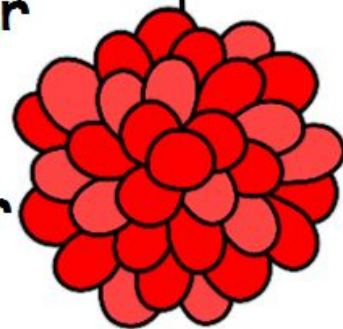
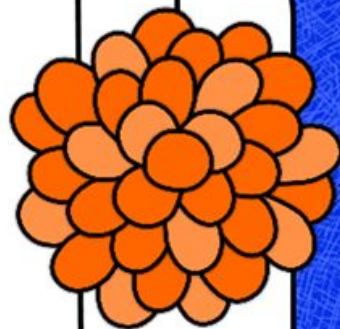
No child should be hungry for a long time.

No child should be bullied or told they are no good.

No child should be touched in their private parts.

No child should be scared by violence at home or in school.

No child should have to see other people hurt each other.



PROTECT YOURSELF RULES

The Protect Yourself Rules



fightchildabuse.org

(Click picture to link to video.)

WHAT DO THEY MEAN?

The Protect Yourself Rules



PRACTICE: PROTECT YOURSELF RULES



1. If you think someone has made you feel unsafe or touched you in a way they shouldn't, you have to get help right away.

PRACTICE: PROTECT YOURSELF RULES



2. Touches to private body parts, that are not to keep you clean or healthy, are not allowed.

PRACTICE: PROTECT YOURSELF RULES



3. No one is allowed to hurt you or touch you on a private body part, even friends or family members. Especially if they ask you to keep it a secret.

PRACTICE: PROTECT YOURSELF RULES



4. You have the right to tell others when you don't want to be touched. If someone makes you feel unsafe, you have the right to tell them to stop.

PRACTICE: PROTECT YOURSELF RULES



5. Hitting, kicking, pinching, biting, and yelling can all be abuse, and should never happen to anyone. It is never your fault if someone hurts you.

PRACTICE: PROTECT YOURSELF RULES



6. Abuse is never your fault, and you can make choices to avoid situations that would be unsafe online and in real life.

IF YOU EVER DON'T FEEL SAFE...
TELL YOUR TRUSTED ADULT.



NOW IT'S YOUR TURN



Counselor: Lesson #3 Protect Yourself Rules

In your own words, type a short definition for each Protect Yourself Rule.

-Smart Choices:

Students will edit this template

Counselor: Lesson #3

Protect Yourself Rules



Rebecca Mason



Assign...

Student Instructions

Counselor: Lesson #3 Protect Yourself Rules (3rd-6th Grade)

1. Click [Add response](#).
2. In your own words, type a short definition for each Protect Yourself Rule.
-Smart Choices
-Unsafe Touches
-Hitting is Wrong
-It Doesn't Matter Who It Is
-Tell Them To Stop
-Tell An Adult
3. Click to save and add to your journal.

Compatible with: Chromebooks, computers, iPads, iPhones, Android tablets, Android phones, Kindle Fire

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The Protect Yourself Rules



Notes:

- Catfishing: To trick someone by assuming a fake identity or personality online.
- Sexting: the sending of sexually explicit digital images, videos, text messages, or emails, usually by cell phone.
- LGBTQ: Lesbian, Bi-sexual, Gay, Transgendered & Questioning