

Safety

SAFETY means freedom from harm or danger.

LESSON 1

Explain the meaning of **SAFETY** to students. Ask students to raise their hand if any of them ever watched the movie *Home Alone*. For those who may not have seen it, explain that it was about a young boy who was accidentally left behind when his family went on vacation abroad. Explain that the movie “Home Alone”, and its sequel, has portrayed a child’s survival skills in a funny, but unrealistic manner. Explain that in the event someone is home alone, there are certain safety rules to follow. Discuss the following rules:

- **Don’t open the door.**
- **Never tell anyone you will be home alone.**
- **Keep a list of emergency phone numbers.**
- **Know how to call 9-1-1.**
- **Do not have friends over without permission when no adult is home.**
- **When answering the phone, don’t say you are home alone.**

School/Home Link Tell students to review with a family member the rules for being home alone and to discuss what should be added to the list.

LESSON 2

Review the meaning of **SAFETY**. Tell students that it is important they stay close to adults when in crowded places. Read the following situation: **Your mother takes you and some of your friends to the mall. You stop and look at a video game and your mother doesn’t realize that you had lagged behind. Before you know it, you look around and you are by yourself. You begin to walk through the mall and look for your friends and your mom. You can’t find them! You are lost! What will you do?** Invite several students to act out the scenario, showing what they would do. As time allows, have students tell what they would do if ever in a similar situation.

School/Home Link Tell students to talk to a family member and discuss what they should do if they are ever lost.

LESSON 3

Review the definition of **SAFETY**. Write the following phrase on the board: **STRANGER DANGER**. Ask students the following question: **What should you do if a stranger asks you to go with him or her?** Ask students to write the phrase, “**STRANGER DANGER**” on paper and list two rules to follow if they encounter a stranger. Examples could include: Never take anything from strangers; Never talk to strangers. As time allows, discuss reasons they should follow the **STRANGER DANGER** rules. Then, after a brief discussion, have students list three steps in the correct order that they should follow. For example: 1) Say No; 2) Run quickly; 3) Tell an adult.

School/Home Link Tell students to share the **STRANGER DANGER** rules with a family member. Tell students to review the steps with a family member.

LESSON 4

Review the definition of **SAFETY**. Tell the class that they will demonstrate their problem solving skills by role-playing different scenarios. Read each situation and ask for volunteers to act it out in a way that demonstrates safety.

1. Today is Saturday and your family is going on a bicycle outing to the park. You enjoy biking with your parents. They always make you wear your helmet when you ride your bike but they do not own helmets of their own. You wonder why.
2. It is getting dark and your friend John comes over to your house and suggests that you go for a ride to the bike trails. John does not have a light on his bike.
3. You and your sister, Susan, are riding on a street with a lot of parked cars. She is riding in a zigzag pattern, in and out of the cars. You are riding behind Susan, and she asks you to play “follow-the-leader”.

Applaud students for their performances.

School/Home Link Tell students to ask a family member to think of situations that require “safety problem solving.”

LESSON 5

Review the definition of **SAFETY**. Ask students if they know what the word “bully” means. Explain to students that a bully is a person who teases, hurts, or threatens smaller or weaker people. Bullying is wrong and must not be accepted. Explain to students that reporting bullying is NOT tattling. Unfortunately, we must know and understand what bullying is in order to protect us against bullies. (If available, read the Bernstein Bear’s Book entitled Trouble with the Bully.) At recess, have students work in groups to watch out for bullying behaviors on the playground and report them.

School/Home Link Ask students to share with a family member what a bully is and why it is not good to be a bully.