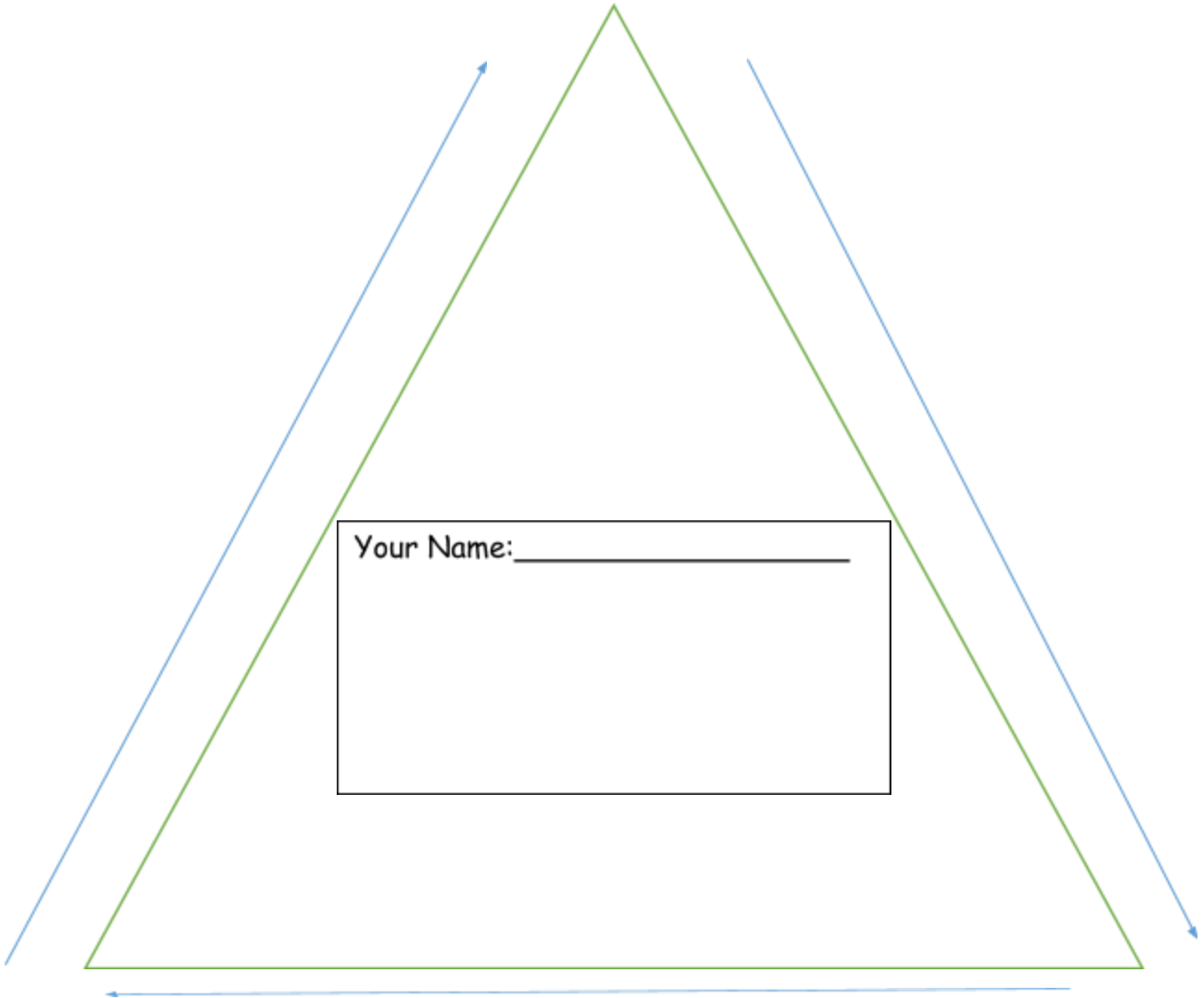


**Lesson Plan for “How to Keep My Body Safe”
Grade K**

Title/Concept	“How to Keep My Body Safe” Child Abuse Prevention
Time Required	30-35 minutes
NC Healthful Living Essential Standards	K.MEH.1.1 Recognize feelings and ways of expressing them K.PCH.2.3 Illustrate how to get help in an emergency K.ICR.1.3 Summarize protective behaviors to use when approached by strangers
ASCA Mindsets & Behaviors Standards	M 1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. B-SMS 9 Demonstrate personal safety skills. BSS 8 Demonstrate advocacy skills and ability to assert self when necessary.
NC Guidance Essential Standards	EEE.SE.3.1 Contrast appropriate and inappropriate physical contact. RED.C.1.2 Identify creative strategies and non-creative strategies to make decisions and to solve problems.
Learning Outcomes	Students will be able to identify at least 3 strategies to deal with ways to stay safe. Students will be able to identify grownup buddies with the use of a trusted triangle and when to use the safety stop sign and I mean business voice.
Materials	-Video Lesson 1 https://vimeo.com/132129380 -Video Lesson 2 https://vimeo.com/136753427 -Copies of the trusted triangle activity one for each student to keep
Introduction (1 minute)	Lead a brief discussion with the following: -Say: Today we are going to talk about ways to keep your special body safe. We will learn ways to stay safe and what you can do if you ever feel unsafe.
Review and Video (Discussion- 20 minutes)	<p>- Say: We are going to watch a video about what it means to be safe. We will learn safety tools that help keep up safe and how grownup buddies can help us when we feel unsafe. PLAY VIDEO LESSON 1 https://vimeo.com/132129380</p> <p>- Say: The video talked about grownup buddies along with safety tools that you can use when you feel unsafe. A grownup buddy is someone who you can trust to make you feel safe.</p> <p>- Say: Can someone have more than 1 grownup buddy? (Yes)</p> <p>- Say: What are the 2 safety tools that you can use when you feel unsafe? (Safety stop sign (hand) and I mean business voice)</p> <p>- Say: You always have your safety stop sign with you. You can use it anytime you feel icky or anytime you feel unsafe.</p> <p>- Say: Now we can practice together using our safety stop sign and I mean business voice. Everyone repeat after me. “Stop, that’s not safe”.</p> <p>- Say: In the 2nd video we will learn 1 more safety tool that you can use if you feel unsafe. PLAY VIDEO LESSON 2 https://vimeo.com/136753427</p> <p>- Say: - In the video we learned about your trusted triangle. A trusted triangle is a group of grownup buddies that you can turn to in any situation. It is made up of 3 grown up buddies who are old enough to drive a car in case they need to take you somewhere to get help.</p> <p>- Say: Who would like to share who is in their trusted triangle?</p>

	<ul style="list-style-type: none"> - Say: When would you remove someone from your trusted triangle? (Ex. If someone is doing something to you that makes you feel safe or uncomfortable.) - Say: When would you talk to someone in your trusted triangle? (Ex. To share if someone has done something to you to make you feel unsafe.) - Say: What if one person in your trusted triangle is busy? (ex. Go to the next person in your trusted triangle.) - Say: Make sure you keep going until you get the 2 H's. What are the 2 H's? (Heard and Helped)
Activity (Trusted Triangle- 10 minutes)	<ul style="list-style-type: none"> - Say: We learned a lot about staying safe today. - Say: I am going to give you time to create your own trusted triangle that you can take home and share with someone you live with. Put your name in the middle of the trusted triangle. You will write the names of people on the arrow who are in your trusted triangle. Raise your hand if you need help.
Review & Closure (2 minutes)	<ul style="list-style-type: none"> - Say: Today we learned 3 safety tools that you can use when you feel unsafe. 1. The safety stop sign 2. I mean business voice. 3 The trusted triangle.
Data & Evidence to Check Student Understanding	<p>Monitoring student responses and independent activity, making sure that all students demonstrate:</p> <ul style="list-style-type: none"> - Ability to verbalize 3 safety tools. - Ability to verbalize grownup buddies they can go to for help with the use of the trusted triangle.
Follow-up Activities to Extend Concept Development	<p>Pinwheels activity; leave a pinwheel from the kit with the class and ask the homeroom teacher to find a time to plant the pinwheel in a common location on the school property with the class.</p>
Related Literature and Websites	

Trusted



Triangle