

PERSONAL SAFETY

LESSON ONE: INTRODUCTION TO PERSONAL SAFETY IDENTIFYING SAFE AND UNSAFE REQUESTS

GRADE LEVEL: Kindergarten - First Grade

Overview: This lesson stresses problem solving skills. It also establishes a framework for later discussions about making decisions in difficult situations. In addition to decision-making, this lesson introduces the concepts of personal safety, trusting your instincts, being responsible and using your common sense when encountering potentially dangerous situations.

GOALS AND OBJECTIVES: Introduce issues of personal safety and how to strengthen decision-making abilities.

At the completion of this lesson students will demonstrate the ability to:

- Strengthen assertiveness skills.
- Say “NO” in a meaningful way.
- Identify safety steps to take in unsafe situations.
- Identify safety rules to follow in unsafe situations.
- Distinguish between safe and unsafe requests.
- Identify situations that might be dangerous.
- Determine when to leave the situation.