

4th - 5th Script

Hello friends! How is everyone doing today? My name is _____ and I am visiting from the Children's Advocacy Center to share with you something that I find very important. To start us off, **I want to know how many of you guys like to feel SAFE?** (TIP: the 'cool' kids won't raise their hands, but most will). For those of you who raised your hands, **what are some of the emotions you feel when you're safe?** Yeah, I heard: _____, _____, and _____. For those of you who didn't raise your hands, I have a feeling that you like to do things which are more adventurous, but are still considered safe. **Can someone who didn't raise their hand tell me what it feels like to be UNSAFE?** Great answers. I heard: _____, _____, and _____. Those are all correct.

Before we get into the lesson, I'd like to share with you a quick story about myself that relates to what we're talking about: **(Age-appropriate story of an event which encompasses the relationship between adrenaline and safety. Stories may be about riding a rollercoaster with a seatbelt, or jumping off a diving board with the lifeguard watching).**

With what I just shared with you, did that sound safe? Yeah! My heart was pumping really fast and I felt kinda nervous, but I knew that nothing bad was going to happen to me. Today, we're going to talk about the difference between being in SAFE and UNSAFE situations, how we can get out of them, and who we can trust.

If we're ever unsure about a situation being safe or unsafe, we can refer to this handy tool called 'TFA'. This stands for Think, Feel, Act. I *THINK* through the situation to see if I want to be here. Then I determine how I *FEEL* about the the situation: am I scared because I'm safe or unsafe? Finally, I *ACT* based on my the first two answers.

My friend Lauren has a story about a time where she helped a boy named Aiden get out of an unsafe situation. Let's watch it first, then talk about what happened:

Play video

Can someone tell me what happened to Aiden in the video?

That's right. Aiden's body boundaries, or his personal space, were not being respected even after he said STOP. **What did he do to get out of this situation?** Excellent. He told his mom, who was a trusted adult, that he didn't like the way his brother's friend was playing. **How did his brother feel?** Yeah, he was upset.

You guys are so good at listening. Remember when we talked about being unsafe and what that felt like? That's how Aiden felt.

Now, boys and girls, I have something very serious to talk about with you all, and I need to know that you're listening very closely to what I'm about to say. I need all eyes up here. Don't talk to your friends, or make silly faces, because this next part is important. (TIP: make it a point to have everyone's attention).

We have places on our bodies that should not be made to feel unsafe. They should not be photographed, talked about, laughed at, or touched by anyone. These are the areas on our bodies that are covered by our bathing suits; we call them our private parts and everyone has them. The only time where it is okay for someone to touch in these areas is when you are at the doctor's office or are seriously hurt and your trusted adult is there to help. **Does everyone understand?**

You guys did a great job at being mature. I have one more video to show you about a girl named Maria who used TFA to get out of a situation. Sometimes unsafe situations are not as obvious and we need to rely on our trusted adults to help.

Show Maria clip

Can someone tell me what happened to Maria at her gymnastics event?

Yeah, her coach was spending too much time with her and gave her a lot of attention. It made her uncomfortable and she told Lauren who was able to help. Sometimes we are scared to speak up when we have been told to keep a secret, but if that secret concerns our safety then we must always tell a trusted adult.

I have a worksheet for you guys that will help you identify a trusted adult you can tell in the event of an unsafe situation or a secret you've been told to keep. (If class exceeds 15 students, give handout to teacher and have each child state their trusted adult verbally: Mom/Dad/Grandma/Grandpa/Teacher/Coach/Pastor).

If you want to speak with me about a time where you didn't feel safe, or how you helped a friend feel safe, you can talk to me afterward. See you next time!

Finish