

S.A.F.E.-T.

Speaker Notes and Lesson Plan



***All materials and videos are available at <https://www.theselahway.org/speakupdashboard>, password: SPEAKUP (case sensitive).**

S.A.F.E.-T. Speaker Notes

Estimated Time: 45-60 minutes

Learning Goals for this Lesson:

Students will be able to: Identify the difference between safe and unsafe adults; Speak out against unsafe scenarios by using their safe speech; Recognize the body safety rules that keep our bathing suit zones private; Identify a safe adult they can talk to if unsafe online.

Lesson Essential Question:

How can I keep myself safe and avoid exploitation?

Activating Strategy:

- Pause Point: on a sticky note write the one burning question you have either about sexual abuse against children or about the teaching of this curriculum. If your question is not answered during this training you will have an opportunity to turn those in at the end.
- "Before we learn about safety, I want to see what you already know."
- Pass out the training evaluation and display slide 2. Take approximately 3 minutes to go through each question, one at a time, waiting for students to respond.
- Depending on the ability of the group, you may need to help students through them.

Lesson Instruction

Speak Against Fear Every Time

- Display slide 3: Today we are going to be talking about safety.
 - "Where do you need to be safe?"
 - "What have you already learned about safety?"
 - Possible answers: wear a seatbelt, look both ways before crossing the street
- "Today we are going to learn about a different kind of safety... body safety! We are going to learn about Speaking Out Against Fear Every Time!"
- Teach students the "S.A.F.E.-T." sign language for each part of the acronym. Have students repeat it after you. This can be incorporated to keep kids engaged throughout the lesson. Below is the written explanation for how to sign this phrase:



Speak: (Represent words coming from your mouth) Beginning with the index finger side of the right 4 hand touching the chin, palm facing left, move the hand forward with a repeating movement.

Against: (Demonstrates making contact with a barrier) Hit the fingertips of the right bent hand into the left open hand, palm facing right.

Fear: (natural movement of protecting the body from the unknown) Beginning with both 5 hands in front of each side of the chest, palms facing in and fingers pointing toward each other with a short double movement.

Every Time: (A continuous circle signifying duration) Move the extended right index finger, palm facing in and finger angled up, in a repeated circle in front of the right side of the chest.

Activity 1:

- "What is something that scares you?"
- Have students open up to page 1 in the coloring book and draw a picture of something that scares them (spiders, ghosts, etc.)
- Have students share about what scares them.
- Explain that fear is healthy and that being afraid of something can actually keep you safe from dangerous things, but when we are scared we can talk to our safe adults.

Safe Adults

- Display slide 4
- "Who are the people we should go to if we feel scared or unsafe?"
- Explain that a parent, teacher, pastor, counselor, doctor, nurse, or police officer can be a safe adult.
- "But what if we thought someone was safe, but they did something that made us feel unsafe, scared, or icky? A safe adult will never ask you to keep an unsafe secret. Safe adults are kind, helpful, and are there for us to talk to when we feel unsafe. They will do what they can to keep us safe."
- This conversation can be tricky. While we hope that adults in protective roles are safe, we know that there are adults in these roles that take advantage of their power. It's important to emphasize, "if we go to a safe adult and they don't believe us or keep us safe, we need to go to another safe adult."
- Pause point: Some students may find difficulty in coming up with safe adults to tell. On a post-it, teachers will list three safe adults within the school building. If a child has difficulty identifying safe adults, the teacher could make a suggestion from this list.
- After the pause point, discuss with teachers and staff how to access safe people at school. Who should teachers/students reach out to? How should they get in contact with those people?

Activity 2:

- Display slide 5 and have students turn to page 2 in their coloring book.
- "Draw a line to match the safe adult to who they are trying to keep safe."
- Give examples throughout the activity of how that person can keep you safe. For example, "A teacher is with you in the classroom. You can talk with them if you are feeling unsafe at school, or even at home."
- "Safe adults are there to help us out. If you can't go to mom or dad then go to your teacher, if you can't go to a teacher then go to a police officer, if you can't go to a police officer then find someone that you can go to for help. Never give up on trying to get rid of your fear."

Safe Speech

- Display slide 6.
- "What is a secret?"
 - A secret is something that you are not supposed to tell other people.
- "Some secrets are unsafe and can make us feel scared, icky, or confused."
 - An unsafe secret is something that is not supposed to be known by anyone."
- A safe adult will never ask you to keep an unsafe secret. It's important to know you have a voice to speak out when things feel unsafe!"
- Display slide 7.
- "If you are in danger or someone is making you feel unsafe, use your voice to yell for help! You could say things such as 'NO,' 'STOP,' 'THAT FEELS UNSAFE!'"
- Explain to students that even if something bad or unsafe has happened in the past, they are still allowed to use their safe speech to talk to their safe adults. You can start the conversation by saying something like, "Can I tell you something? Something made me feel unsafe."

- Remind students that once is enough. We are always allowed to use our safe speech to talk about unsafe things that have happened to us.
- Take time to review the following:
 - What should you do if the person you thought was a safe adult did or said something that made you feel unsafe?
 - Am I allowed to tell my safe adult what happened even if it happened a long time ago?
 - What if my safe adult doesn't believe me?

Safe Touch

- Display slide 8. Ask the students what they see on the screen.
- "Our bathing suits cover the parts of our body that are private. We call this our bathing suit zone."
- Display slide 9.
- There are two important body safety rules. Have students hold up one finger as you read the first body safety rule. Have them hold up two fingers as you read the second body safety rule.
- "What do you think we should do if someone breaks our body safety rules and touches our bathing suit zone, which covers our private parts?"
- "So remind me again, is it okay for someone else to touch your bathing suit zone? Are you allowed to touch other people's bathing suit zones?"

Activity 3:

- Display slide 10 and have students turn to page 3 in their coloring book.
- Have students draw bathing suits on the children.
- "By drawing bathing suits, you are telling me that you know the body safety rules and that our private areas are off limits!"

Safe Screens

- Display slide 11. Ask students which of the applications/games that they know.
- "Do you think we need to think about safety when playing these games or being on screens? Sometimes unsafe people play the same games as you do and can try to trick you into being their friend by being nice or asking about your life. We always need to practice using safe screens, talking to our safe adults if something yucky, scary or unsafe happens."
- Display slide 12.
- "No one should take pictures or show you pictures of private bathing suit zones. What do you think we should do if that ever happens? What do we do again if our safe adult doesn't believe us?"
- Display slide 13. Read out these scenarios and ask students what they should do if they are in this situation or if someone messaged them these questions while playing online. Should they respond? What if the person seems nice?
- "Remember, we never want to give out information about ourselves online, even if the person seems nice or tells us they are our age."

Activity 4:

- Display slide 14 and have students turn to page 4 in their coloring book.
- "When we are safe on our screens, it's important to ask our safe adults before we go online, play a game, or send a message."
- Have students draw an arrow from each app into the phone, to show that they know they need to stay safe when using screens.

Selah Traffic Light

- Display slide 15. Ask students where they have seen these three colors and what they mean.
- Using the example of the traffic light, explain that “today we are going to play a game with our own safety traffic light. In this traffic light, red means unsafe, green means safe, and yellow means unsure.
- Have students turn to page 5 in their coloring book and color the traffic light the designated color. Repeat for page 6 and page 7 in the coloring book.
- “I’m going to read some stories and I want you to tell me if you think it's safe, unsafe or unsure by holding up the traffic light that fits. For example, if you think the story was unsafe, hold up the red circle. If you are not sure, hold up the yellow circle.”
- S.A.F.E-T Stories:
- Display slides 16 and 17.
 - 6 year old Maria is playing outside when a stranger pulls up in a car. The man tells Maria to get in the car.
 - What if the man was nice and said he knew Maria’s mom? Should she get in the car?
 - What should Maria do after this happened?
 - 7 year old Li is out to dinner with their parents. They go to use the bathroom and an unsafe adult follows. The man tells Li that if they do not do what he says, he will hurt their parents.
 - Do you think Li should tell their parents what happened?
 - 5 year old Zara is changing into her bathing suit to go swimming. An older boy named Kevin walks in and tries to touch her. This makes Zara feel icky.
 - No one should touch your bathing suit zone. What if Kevin was Zara’s cousin but he still touched her bathing suit zone? What should Zara do? What do we do if unsafe people are family members? Can we still tell our safe adult?
 - 8 year old Antonio has a crush on his classmate Chloe. Antonio asks Chloe for a hug one day and Chloe said, “okay.”
 - This story is safe because Antonio asked before he went up and gave Chloe a hug. Would it have been okay if Chloe told Antonio she didn’t want a hug? Yes, because we are all the boss of our bodies.
 - Jayden is in 1st grade and was asked to keep a secret that scared him, so he decided to tell his dad the very same day.
 - Did Jayden do the safe thing in this story? Yes, he did because he used his safe speech to tell his safe adult right away when something felt unsafe.
 - Pause point: Have teachers do a quick write for 3 minutes. During that three minutes have teachers write down any situation that they can think of that their students might encounter where they would be “unsure” about whether it was safe or not. This will greatly depend on the grade level that the teacher teaches. Have them share one with a neighbor when the time is up.

What Do You Remember?

- Show slide 18 and go over questions.
 - Remember, it is never your fault if an unsafe person touches your bathing suit zone.
 - Even when the unsafe person tells us to keep it a secret or they will hurt someone, it's important that we use our safe speech and talk to our safe adults.
 - What do we do if we go to talk to one safe adult and they don't believe us? Then we go talk to another safe adult. We want to keep telling safe adults until we are heard.

S.A.F.E.-T

- Remind students that they should "Speak Against Fear Every Time" while signing.
- "We can practice this by going to safe adults when we are scared, using safe speech everywhere we go, practicing safe touch with others, and using safe screens each and every time. You won't get in trouble for speaking up."

Conclusion:

- Show slide 19 and have students bring back out their training evaluation.
- "We are going to answer a few more questions to see what you have learned and what you remember from what we talked about today."
- End by reminding students where they can go to talk within the school if they have more questions or need to talk about something unsafe that happened. It is helpful to name teachers, principals, social workers, etc. This can help kids identify their safe adults.
- Collect evaluations, but allow students to take coloring books home.
- Pause Point: Have staff complete the 3-2-1 as an exit ticket out of the training:
 - 3- things I have learned
 - 2- ways my thinking has changed
 - 1- question I still have



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