

Kindergarten Through 3rd Grade

Day 1: Introduction

- Introduction
 - Stepping Stones helps people who have been hurt
 - The presenter will be teaching safety rules to keep you safe
 - Define the word safety. Give examples of safety rules
 - What are some examples of rules you have in the classroom to keep you safe?
 - What are some examples of rules you have at home to keep you safe?
- Icebreaker activities
 - Facilitator will lead age appropriate ice breaker activities to build relationship with the students

Day 2: Safety with Strangers

- Review previous lesson
- Strangers
 - Define “strangers” as people we do not know
- Introduce the first safety rule
 - If a stranger asks us to go somewhere or take something, say no and tell a grown up
 - Identify safe grown ups
 - Parents, teachers, coaches, family members

Activity: Students will participate in a role play. The presenter will pretend to be someone the student does not know. The students will role play how to respond to a stranger. Students will practice reporting to a safe adult.

Day 3: Safe and Unsafe Touches

- Review previous lesson
- Safe touches
 - Touches that make us feel good, happy, and safe
 - Hugs, high fives, handshakes
- Unsafe touches
 - Touches that hurt our bodies or feelings
 - Punch, kick, push, trip
 - Use the safety steps when responding to unsafe touches
- Safety steps
 - Stand up tall, use a strong voice, have a serious face on

- Say words that mean no!
- Get away as fast as you can
- Tell a grown up what has happened. Continue to tell an adult until they help

Activity: Students will work with a classmate to complete a handout. On the handout, students will draw a picture of a safe touch. See attached for handout.

Day 4: Touching Rule

- Review previous lessons
- “No one should touch my private body parts, except to keep me clean and healthy.”
- Identify private body parts as the parts of our body covered by a swimming suit
- Identify activities we do to stay clean and healthy
 - Bathe, brush teeth, exercise, eat fruits and vegetables, drink water
- Identify the people who help us stay clean and healthy
 - Parents, teachers, coaches, doctors
- Identify when someone might need to touch our private body parts to keep us clean and healthy
 - Parents keeping us clean, doctors during an exam
- If someone breaks the touching rule, follow the safety steps
 - Review the safety steps
 - Reiterate the importance of continuing to tell until someone helps
 - Explain that when someone breaks the touching rule, it is never the child’s fault

Activity: Students will practice stating the touching rule. Students will also practice using the safety steps. The presenter will read Sam’s Story by Molly Anderson and discuss how Sam used the safety steps.

https://www.cfchildren.org/wp-content/uploads/resources/previous-programs/misc/Sam_Story-1.4d59c8c1-865c-4972-b419-de628954639c.pdf

- Students will fill out handout. See attached for handout.

Day 5: Review

- Review all previous safety lessons in detail
 - Role of Stepping Stones
 - Always ask first
 - Safe and unsafe touches
 - The Touching Rule
 - Reporting unsafe touches
- Question and answer period