



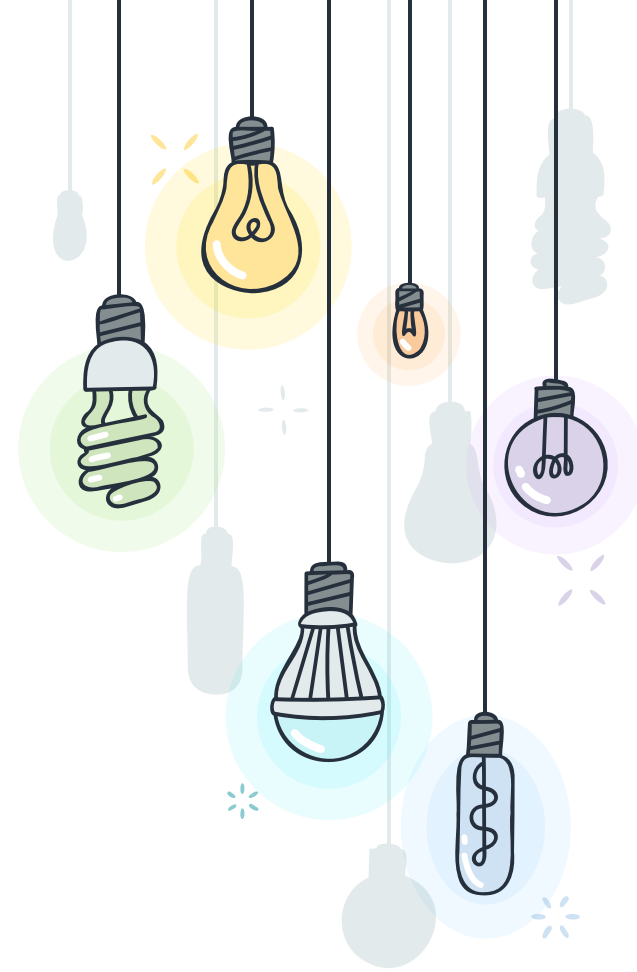
PERSONAL SAFETY LESSON RESOURCES

Slides put together by Zach Nauschutz, School
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* PARENT NOTE:

During our Personal Safety Unit, we will be covering a variety of topics including:

- + 8 Never Never Rules
- + Ways to Stay Safe
- + Safe and Unsafe Touch
- + Always Ask First Rule



* 8 NEVER NEVER RULES

Included is a picture of the 8 never never rules. Feel free to continue discussing these at home.

We have a lot of literal thinkers at Capitol Hill, so during this lesson, we had students speak up about the many possible exceptions to these rules.



✿ WAYS TO STAY SAFE

We talk about using the three R's to help us stay safe: Recognize, Report and Refuse.

We cover the 3 R's during our Bully Prevention Unit as well, so students are quite familiar with them.

Ask your child to explain the 3 R's to you to see what they've learned!



* SAFE AND UNSAFE TOUCH

Safe Touch

Safe Touches help you feel:

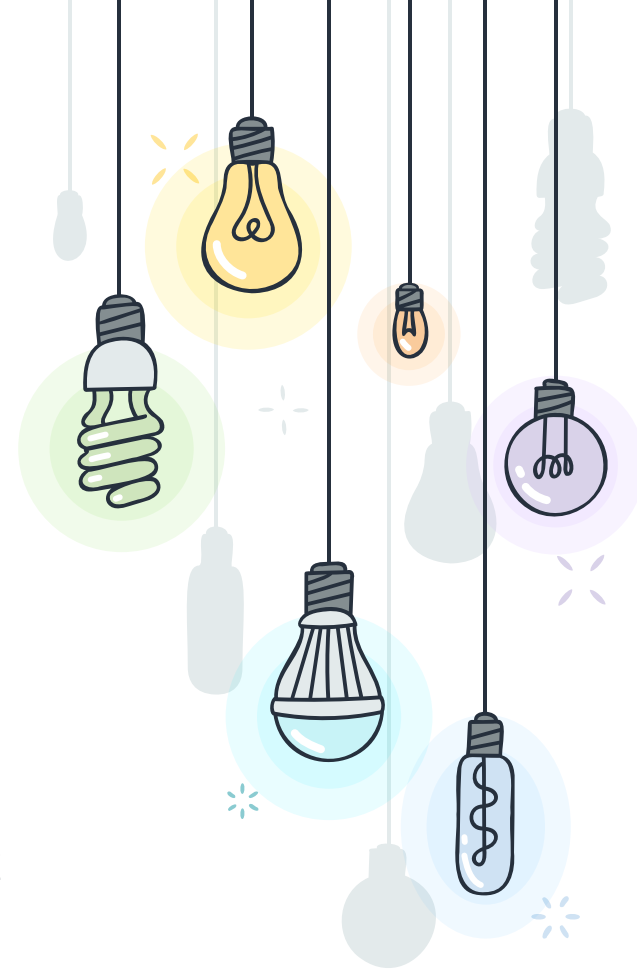
- + Loved
- + Cared for
- + Comfortable

Unsafe Touch

Unsafe Touches make you feel:

- + Hurt
- + Scared
- + Uncomfortable or weird

These can be touches that are unwanted, even by people we love.



* ALWAYS ASK FIRST RULE

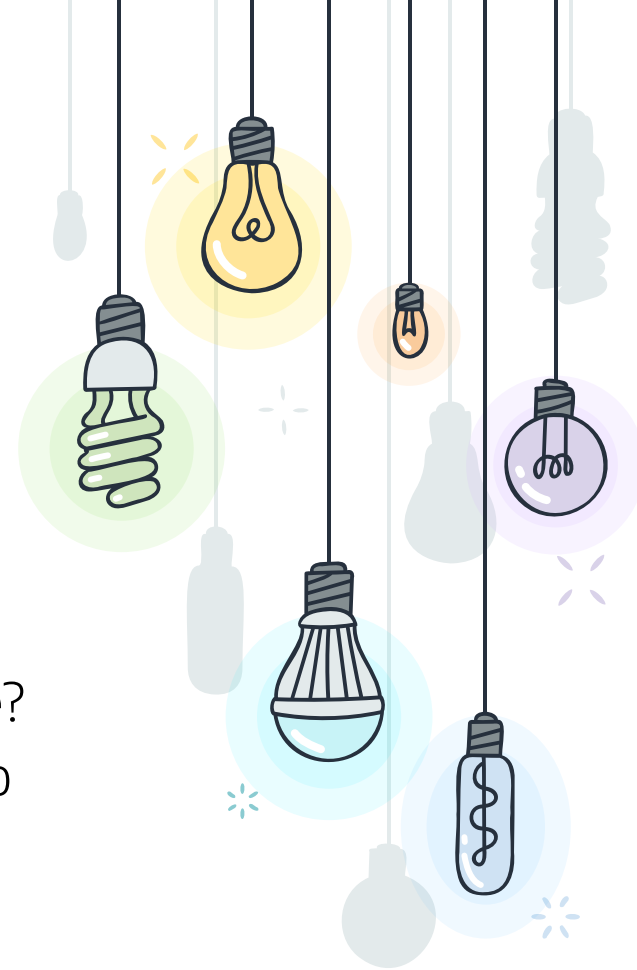
Always ask the person that is in charge first:

- + When someone wants to give you something
- + When someone wants to take you somewhere
- + When someone wants to do something with you
- + When you aren't sure if something is safe



* ADDITIONAL TOPICS YOU CAN COVER AT HOME

- + Do they have their home address memorized?
- + Do they have their parents/guardians phone numbers memorized?
- + Do they know how to call 911 and in what situations they need to call?
- + Do they know where to go if there is a house fire?
- + Do they have a trusted neighbor that they can go to for help if something happens when they are home alone?



❖ SUPPLEMENTAL MATERIALS USED IN THESE LESSONS

Youtube: “8 Never-Nevers Song (K-3)”

Youtube: “Three Ways To Stay Safe Song (K-3)”

