

Lesson overview: These objectives are aimed at empowering students with the knowledge, skills, and resources they need to stay safe, recognize potential dangers, and seek help when necessary.

In accordance with ORC 3313.60

Objectives

1. Students will learn about the importance of staying safe.
 2. Students will learn strategies for staying safe in different settings, such as school, home, and community environments.
 3. Students will understand the importance of personal safety rules and boundaries, including not sharing personal information online and knowing emergency contact information.
 4. Students will understand that abuse can be defined as purposefully causing pain or injury to someone
 5. Students will brainstorm and identify trusted adults that they can turn to for help.
 6. Students will understand the importance of seeking help in unsafe situations and ways to do so.
 7. Students will recognize dating violence warning signs and characteristics of healthy relationships
- A. Introduction:--Lead the following discussion using these questions:
Why does safety matter? (discuss different settings)
When people are safe how does it feel?
Where should you feel safe and be safe?
- B. Main theme: How can you help stay safe?
- Know the rules and expectations
 - Understand the importance of following safety rules in different environments
(school, home, community)
 - Practice safe behaviors
 - Set boundaries and stand up for yourself in a respectful manner
 - Discuss that purposefully causing pain or injury to someone can be defined as abuse.
 - Stay with a group of people

- Know your trusted adults
- Other ways of seeking help– teacher, counselor, police, or even 911
- Trust your gut, if something feels wrong or unsafe, speak up and seek help
- Don't keep secrets about anything involving safety
- Do not share personal information with people online or strangers

Discuss that rules and expectations are in place to help people stay safe. If you feel unsafe or something feels uncomfortable: you can speak up and move away from the person or situation. Tell a trusted adult that can help. If strangers or people online ask for personal information, do not share, tell your trusted adult.

C. Summarize and review:

Review

- Why it is important to stay safe and feel safe.
- How can you stay safe
- Who are your trusted adults and resources
- What should you do if something feels unsafe or uncomfortable