

## Grade 3

### Lesson 1: Identifying a Safe Adult

#### PHE Curriculum

**Big Idea:** Adopting healthy personal practices and safety strategies protects ourselves and others.

**Social and Community Health Competency:**

Describe and apply strategies for developing and maintaining positive relationships.

#### Learning Intentions:

I can identify safe adults in my life.

I can consider what qualities to look for in a safe adult.

I can know how to tell a safe adult something that is difficult to share.

#### Activate:

**1. Story: The Invisible String**

Who was their safe adult? How did they feel with her?

**2. Group Brainstorm: Safe Adults We Could Go To If Uncomfortable or Scared**

#### Acquire:

**1. My Safety Net**

Students fill out their safety net of safe adults.

- Someone at home
- 3 adults who are not your parents
- An adult in your school
- Anyone in your neighborhood
- 2 friends you like spending time with

#### Apply:

**1. Safe Adult Sort**

Sort the sentences under Safe vs. Unsafe adult headings.

**2. Group Brainstorm (Oral):**

- What kinds of things should you tell a safe adult?
- How could you tell a safe adult about something uncomfortable?
- Why is it hard to tell a safe adult?

**\*\*Reinforce:** It can be uncomfortable.

Sometimes adults don't "hear" what you are really saying.

If an adult doesn't seem to hear, tell them again, or tell someone else.

**Exit Ticket:**

Letter to my safe adult.

**Preparation:**

"The Invisible String" story

Chart Paper and Marker

"My Safety Net" Sheet (1 per student)

Safe vs. Unsafe Adult Sorting Sheet (1 per student)

Safe vs. Unsafe Adult Examples for Sorting (1 per student)

Exit Tickets (1 per student)