

Grade 5

Lesson 1: Circle of Protection

PHE Curriculum

Social and Community Health Competency:

Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations.

Learning Intentions:

I can identify the safe adults in my life.

I can understand how and what to tell to a safe adult.

I can differentiate between Keep and Speak Secrets

Activate: Who is a Safe Adult Activity

Safe adult sign at front of room. Unsafe adult sign at back of room. Read statements and have students (in pairs) move to the appropriate sign based on the qualities described.

Statements:

An adult who is caring but you feel uncomfortable around.

An adult who demonstrates appropriate boundaries by knocking on the door before entering.

An adult who gives you gifts but touches your private parts.

An adult who asks you to play games that seem weird and inappropriate – games you would feel embarrassed to tell other people about.

An adult who helps you when you need it.

An adult who asks you to do things that another adult would not.

An adult who you have fun spending time with, who listens to you and respects your boundaries.

Acquire:

1. Qualities of Safe Adults: Think/Pair/Share

- Each student lists their ideas on paper
- Small groups combine their lists to make a list of 10 qualities
- Share out and create a class list of 10 Qualities of Safe Adults
- Each student receives 2 sticker dots to choose which 2 qualities are most important to them

2. What Do We Share With Safe Adults?: Keep and Speak Secrets:

Explain the difference:

- A Keep Secret is harmless. It will eventually come out.

- A Speak Secret is about someone who is in trouble or may need some help. A secret about abuse, harassment, danger, illegal activity, needs to be told to an adult who can help.
- Students share examples they can come up with of Keep and Speak Secrets

Apply:

1. Keep and Speak Secrets: Partner Sort

Table sort Keep and Speak Secret examples.

2. How To Tell A Safe Adult: Group Share

i.e. Blurt out
Wait and then tell
Start slowly
Tell more than one adult
Write it down

****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:

Create a web on your sheet of paper. Your name goes in the center. Draw or write the names of those adults around you who you would go to if you were scared/worried/needed help with a problem/if you were hurt/having a bad day

Preparation:

Safe and Unsafe Adult Signs for room

Dot Stickers

Chart Paper

Markers

Qualities of a Safe Adult Sheets

Keep and Speak Secrets Examples for Sort

Keep and Speak Secrets T-Chart

Blank Paper for Exit Ticket