



Grades
3-4

Check First

Overview

Students watch the “Know the Rules” rap video. They discuss checking first with a parent, guardian, or another trusted adult before going anywhere, helping anyone, accepting anything, getting into a car, or leaving with anyone. Students make safety books to reinforce these concepts and take them home to show their parent or guardian.

Safety Message

I will check first with my parents, guardians, or other trusted adults before going anywhere, helping anyone, accepting anything, getting into a car, or leaving with anyone. I will remember to check first with a trusted adult if I decide to change my plans and if someone needs my help or offers me anything.

Time

40 minutes

Materials

- Computer lab or computer connected to an LCD projector or television monitor
- “Know the Rules” rap video
- “Check First with Your Parent or Guardian!” safety book for each student (attachment 1)



Activity

Tell students: *Today we are going to watch Clicky rap about being safer no matter where you are and what you are doing. There are some important rules he’s going to teach us. Show them the “Know the Rules” rap. What are some rules Clicky told us that will help us to be safer?*

The safety message we are going to focus on today is the first rule: I will check first with my parents, guardians, or other trusted adults before going anywhere, helping anyone, accepting anything, getting into a car, or leaving with anyone. I will remember to check first with a trusted adult if I decide to change my plans and if someone needs my help or offers me anything. Who should you check with before you do anything? A parent, guardian, or another trusted adult. Who is a trusted adult? Someone who can help you stay safer and in no way tries to hurt or scare you. Why should you check first with a trusted adult? It is

always a good idea to make sure your parents or guardians know where you are and who you are with. That way they can find you when they need to. If you ever were in a dangerous situation, trusted adults can help you stay safer if they know your plans.

What are some things someone might ask you to do that might be a trick or might not be safe? “Can you help me find my pet? Why don’t you just come in - you don’t need to check with anyone first, I’ll give you some money if you come with me and help me.” What if a trusted adult is not near you? Emphasize the fact that students always have the right and the need to check first! A trustworthy person would understand and let you check first, not try to push or bully you. If the person keeps bothering you, say “NO!” in a strong voice. If the person still doesn’t listen, or is in any way threatening, you do not have to be polite, even if it is someone you know and trust.



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If you're ever in this situation, you should get away quickly. If the person approaches you, you should yell or run away as fast as you can. If the person tries to grab you, you should yell, kick, hit, wiggle, bite, or do anything you can to get away. If you are with an adult you do not trust, you should yell, "No! Stop that! I won't do that! You are not allowed to do that!" After being approached in any situation that makes you feel uncomfortable, bad, scared, or confused, you should immediately tell your parents, guardian, or another trusted adult what happened in detail.

Pass out a copy of the "Check First with Your Parent or Guardian!" safety book to each student. Have students cut along the dotted lines and fold each page so that the blank sides are facing each other. Put the pages in order and staple where marked. After they have assembled their books, ask students to complete the sentences on each page. Be sure they write "check first with my parent or guardian" on each page. They should also draw a picture to correspond with each situation. Have them take the safety books home and show their parent or guardian to reinforce the lesson.

Know the Rules: Check First

Grades 3-4 • Attachment 1

Cut

fold

Know
the
Rules

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**Check First with
Your Parents or
Guardian!**

Safety Book

Name :

○ ~~~~~ □

Grade :

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Know the Rules: Check First

Grades 3-4 • Attachment 1

Cut

①

Fold

②

Staple

Staple

If my friend's teenage brother asks me to go to the mall with him, I will _____

If my grandma's neighbor wants me to go to his house with him, I will _____

Cut

③

④

Staple

Staple

If a lady at the park wants me to help her look for her lost puppy, I will _____

If a man sitting by me at the movie theater offers me a candy bar, I will _____

Cut

Know the Rules: Check First

Grades 3-4 • Attachment 1

Cut

5

6

Fold

Staple

Staple

If my classmate's mom asks me to get in her car after school, I will _____

If anybody ever wants me to leave to go anywhere, I will _____

Cut

7

8

Staple

Staple

If someone tells me I'm pretty or handsome and wants to take my picture, I will _____

If my neighbor wants me to help her carry groceries into her house, I will _____

Cut