



Tell a Trusted Adult

Overview

Students watch the “Know the Rules” rap video. They learn that it is important to tell a parent, guardian, or other trusted adult if anything happens to them. Students complete an activity page and list details about three trusted adults in their lives.

Grades
3-4

Safety Message

I will tell my parents, guardians, or other trusted adults if anything happens to me. Trusted adults are people who respect my opinions, ideas, and feelings. Trusted adults will listen and help me work out a solution to any problem I may have. I will tell a trusted adult when something is bothering me or when a problem becomes too big for me to handle.

Time

30-35 minutes

Materials

- Computer lab or computer connected to an LCD projector or television monitor
- “Know the Rules” rap video
- “Trusted Adult” activity page (attachment 1) copied for each student
- Colored pencils or fine tipped markers



Activity

Tell students: *Today we’re going to learn who trusted adults are in our lives and what to do if anything ever happens to us. Let’s see what Clicky says we should do.* Show students the “Know the Rules” rap video.

The safety message we are going to focus on today is the fourth rule: I will tell my parents, guardians, or other trusted adults if anything happens to me. Trusted adults are those people who respect my opinions, ideas, and feelings. Trusted adults are those who are willing to listen and help me work out a solution to any problem I may have. I will tell a trusted adult when something is bothering me or when a problem becomes too big for me to handle. What should you do if anything ever happened to you or if you had a problem? Tell a trusted adult right away. Who is a trusted adult? Someone you can talk to

about anything; someone you feel happy being around; someone who is a good listener; or someone who has helped you before. What kinds of things should you tell a trusted adult about? Anything you want to; things that make you feel scared, uncomfortable, or confused; a problem you are having; or anything that makes you happy. Remind students that trusted adults will help them no matter what the problem is. What would a trusted adult do if you told him or her that something bad or dangerous had happened to you? A trusted adult would help you solve the problem, be understanding, get help, and work hard to keep you safer. If someone approaches you or tries to hurt you, touches you in a way that makes you feel scared, uncomfortable, or confused, or if you are in any kind of danger, you should tell a trusted adult right away.



**Grades
3-4**

Tell a Trusted Adult

What types of people could possibly be trusted adults in your life? Parents or guardians, teachers, principals, police officers, family friends, grandparents, aunts and uncles, older siblings, foster parents. You should always go to an adult who makes you feel safe and comfortable. But sometimes even people you trust can do something that makes you feel uncomfortable or make you stop trusting them. If a person you trust ever does something that is not OK, always know that there are other trusted adults you can go to for help. Think of a few adults in your life you have approached with a

problem or who you can imagine going to with a problem in the future. Pass out the activity pages to each student (attachment 1). Ask students to think of one person they consider a trusted adult for each of the three categories on the paper: family, friend, and other adult helpers. Have them fill out the information about the adults they choose. They will also draw sketches of their trusted adults in the boxes provided using colored pencils or thin-tipped markers. Have students show you their papers and then take them home to their parents or guardians.

Follow-Up

Have the students complete a journal entry about a time they talked to their trusted adult and what happened. If they would like to share them at school, they can, but are not required to do so because this may be private. Encourage students to share their entries with their trusted adults so their trusted adults know how special and helpful they are to the students.

Know the Rules: Tell a Trusted Adult

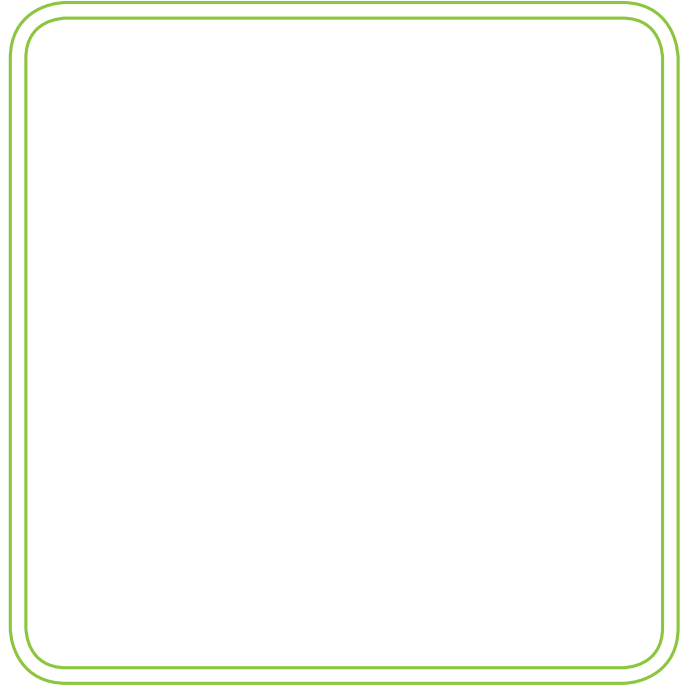
Grades 3-4 • Attachment 1

Trusted Adults

FAMILY

1. Name of an adult family member I trust _____
2. When I see this person _____

3. Time of day that is best to talk to him/
her _____
4. One type of problem I have talked to
him/her about or will talk to him/her
about when I need to _____



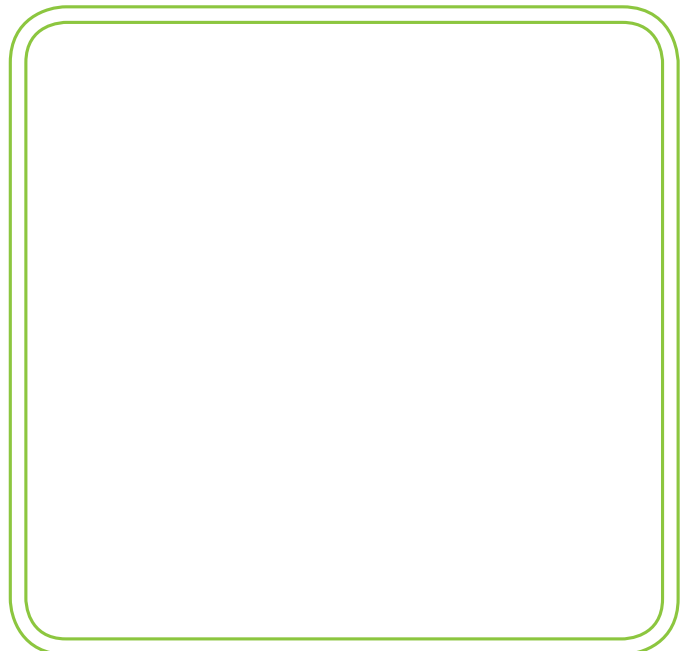
Trusted Adults

FRIEND

1. Name of adult friend I trust _____

2. When I see this person _____

3. One type of problem I have talked
to him/her about or will tell him/her
about when I need to _____



Know the Rules: Tell a Trusted Adult

Grades 3-4 • Attachment 1

Trusted Adults

OTHER ADULT HELPERS

1. Name of an adult helper I trust _____

2. When I see this person _____

3. Type of community helper (like teacher,
coach, guidance counselor) _____

4. One type of problem I have talked to
him/her about or will talk to him/her
about when I need to _____

