

## PERSONAL SAFETY

Display for the week: I am a Safe Kid Badge

Scripture: D&C 38:30 "but if ye are prepared ye shall not fear"

Song: "Dare to do Right" (Children's Songbook P 158)

Lesson For Younger Children: "Being a SAFE kid"

Activity: "Safety Search" Game  
Memorize the 5 safety rules/win an "I'm A Safe Kid Badge"

Lesson For Older Children: "Patricia's Lesson"

Activity: play "What would you do?"  
Play "Exploring---test your reaction time"

Treat:Fruit Pizza

1 pkg. refrigerated sugar cookie dough

1 (8 oz.) Pkg. Cream cheese

1/3 c. sugar

1 tsp vanilla

variety of fruit, sliced (strawberries, kiwi, pineapple, bananas, apples, pears, grapes, etc.)

Roll out the dough on a cookie sheet or pizza pan. Bake according to directions of package. Mix softened cream cheese, sugar, and vanilla. Spread on cooled cookie. Top with your favorite sliced fruit

## BEING A SAFE KID

Most people in the world are good, but there are a few people that do bad things. We need to always follow safety rules - especially around strangers.

1. What is a stranger? Strangers are people you don't know very well. Even if they seem nice, some of them are "bad" people who try to trick and hurt you. Can you pick the "bad" strangers in this picture? You can't tell if a person's "bad" just by looking at him or her. That's why you have to use your head and remember some rules so you can be a SAFE kid.

### RULE 1: NEVER TALK TO STRANGERS

2. If a stranger says he has come to take you home because your mom or dad is sick. ..(think) Don't believe him. This is a trick! Your parents would never send a stranger for you. Just say "NO," run away, and tell someone you trust.

Strangers may try to get near them by saying...

they have a cute animal to show you

they will give you candy or a present

they say they need directions or help

they pretend they can't hear you (think)

Don't move closer to the stranger and **NEVER** get in his car. Just say, "I can't talk to strangers," and run in the opposite direction.

If a stranger follows you or tries to grab you...(think) You yell as LOUD as you can "HELP, HELP" or "I don't know this person" or "call the police" or "this man is taking me!"

Run to a lighted place where there are lots of people. Never run to a dark or deserted area.

Sometimes when you're playing outside, you may get a funny feeling inside of you that doesn't feel right. That happened to a girl named Krystal. She's nine. She was playing jacks in the park when a man she'd seen a few times in the neighborhood said, "Hi Krystal. You're quite a good player." Krystal smiled and kept on playing. She was trying to practice so she could get to be as good as her friend Laura. The man sat down next to her and said, "I can show you a few ways to learn to be faster. I have a computer game at home that improves your reflexes. If you practice with that, you can beat anybody." It sounded like a good idea, but Krystal got a funny feeling. She didn't want to be rude, but she didn't want to stay either. Krystal made up a story and said, "Thanks anyway, but my mother is waiting for me over there. This was my last game." Krystal wasn't sure why she got a funny feeling but she decided to trust it anyway and leave.

## RULE 2: ALWAYS USE THE BUDDY SYSTEM

3. Never take shortcuts or play in dark or deserted areas. It's always safer to do things with a friend. Stay in well-lit places where there are people. If you are in a public place, never go into the restroom alone. Ask a buddy to go with you.

If you get lost when you are with a buddy, or while shopping with your mom or dad, Never ask a stranger to help you find your parent, NEVER go to the parking lot to look for them. Never let a stranger take you by the hand. (Think) Go to the counter of the store. Ask them to page the person you have lost.

What are mommy and daddy's names? \_\_\_\_\_

\_\_\_\_\_

## RULE 3: DON'T LET ANYBODY DO THINGS TO YOUR BODY THAT THEY SHOULDN'T DO

4. Your body belongs to you. It is very special. Only special people should be allowed to touch it. Your mommy or daddy can touch you when they bathe you, or dress you, or put on medicine. A doctor can touch you when he examines you. You can hug people you love and trust. This is good touching.

Someone may try to touch you in the private parts of your body. Your private parts are the parts of your body that are covered by your swimming suit. This is "bad" touching. (Think) Say "No, you can't do that."

If you are asked to take your clothes off...if you are asked to look at or touch someone else's private parts.. (Think) Say "NO, I don't want to do that," and run to mommy or daddy or a grown-up you trust to tell what happened.

If a "bad" stranger does touch you, he may say you will get in trouble if you tell anyone what happened, or he may say it was just a game that is your little secret, or he may say that he would hurt you or someone in your family if you tell. THIS IS A TRICK! (Think) if this happened, TELL your parents or someone you trust and remember IT IS NOT YOUR FAULT!

## RULE 4: ALWAYS LOCK THE DOORS WHEN YOU ARE HOME ALONE OR TENDING YOUNGER CHILDREN

5. If you are home alone, be sure all the doors are locked, and never answer to anyone who knocks. (Think) Strangers can try to trick you by dressing like a police officer or telephone repair person. Or they might say they have had an accident and need to use a phone. Don't be tricked. Never open the door to anyone.

If you are at home alone and the telephone rings. ..(Think) Never tell anyone you are alone. Say your mom and dad can't come to the phone at the moment, and ask if you can take a message.

#### RULE 5: KNOW YOUR ADDRESS AND TELEPHONE NUMBER

6. If you are frightened by a stranger, tell an adult you trust. If you are alone, go to the phone and dial 9-1-1. Fire fighters are your friends. Police officers are your friends. Paramedics are your friends. When you need them, you can reach them by dialing 9-1-1. When the operator answers, tell her:

Your name\_\_\_\_\_

Your address\_\_\_\_\_

Your phone number\_\_\_\_\_

The reason why you are frightened

Don't hang up until you have answered all her questions.

I hope I didn't scare you talking about these serious things, but knowledge is power. Remember, the more you know about what can happen to you, the safer you'll be. Now you are a SAFE kid.

Note: An easy way to teach children their telephone number is to set it to a simple tune such as "Twinkle, Twinkle Little Star." Just keep singing it over and over, and they will get it very quickly.

## PATRICIA'S LESSON

Patricia was a sixteen year old girl who got a summer job at a brand new fast food restaurant. It was her first "real" job, and she felt like an adult. She was scheduled for the closing shift, and she liked it because she could shop or go swimming in the daytime and then work at night. She went to work at 5:00 in the evening, then the restaurant closed at midnight. However, the employees had to clean everything after closing, so she rarely left before one or two a.m.

One evening in July, Patricia was running a little late, so she hurried to work and decided to park closer to the restaurant on a newly paved side street right next to the back door. She didn't notice at 5:00 p.m., when it was still light outside, that there were no operating street lamps on that road, so at 1:00 a.m. it was very, very dark. Because she was in a rush, she forgot to lock all the car doors, but it was such a small, safe community that a lot of people didn't lock their car doors.

After midnight, the employees locked the restaurant doors and turned on their radio and sang, danced, and laughed as they cleaned the counters, the grill, the floors and everything else. One young man, Mark, offered to walk Patricia to her car, but she declined because she was worried he might ask her for a date, and she really only liked him as a friend. From the back door, Mark watched her get into her car, so she felt safe and happy and tired and anxious to get home.

This was a learning experience for Patricia, but it could have been a deadly one. There was a man hiding on the floor in the back of her car, but he waited until she pulled up in her driveway before attacking. She was able to scream and fight and kick her way out of the car. Her father, who had waited up that night, ran outside when he heard her screams and chased after the man. The police caught the assailant in a field nearby and found out he was an escaped prisoner from another state.

## WHAT WOULD YOU DO?

Have questions written on strips of paper and have each person draw one out of a bowl and answer what he/she would do in that situation. You could throw a bean bag at a family member and ask him/her to answer one of the questions, or have two people role play the scene. Add other questions that would be pertinent to your family.

Sample questions:

1. You are home all alone and the doorbell rings. What would you do?
2. You are playing in your front yard and a strange car stops and the driver asks you for directions. What would you do?
3. We were at a big store together and you got lost. You couldn't find me and you started to feel scared. What would you do?
4. You need to use a public restroom. While you are there a stranger stares at you and starts to follow you. What would you do?
5. You are walking home from school and a stranger drives up and says, "Your mom is hurt and is in the hospital. Come with me and I'll take you to her." What would you do?
6. Your dad is out of town and someone calls and asks if he can talk to him. What would you do?
7. Your parents are out and a babysitter is watching you. She starts to do something that gives you a funny feeling. What would you do?
8. You are at the park playing, and a nice lady you don't starts to ask you questions such as your name and address. What would you do?
9. You were playing outside and a man walked over and asked if he could use our phone to call a tow truck for his car. I was inside napping. What would you do?
10. We dropped you off for ball practice (music lesson, scouts) and drove away. You tried to get into the building, but no one was there because it was the wrong day. What would you do?
11. Someone that our family knows real well wanted you to do something that you didn't feel was right. What would you do?

