

Why Family Safety Plans?

Learning Objectives

- I can develop a family safety plan for at home and while riding in the car.

Teacher Notes

- The teacher will need to stop the video after slides 4, 7, 8, 9, 11, 12, and 13 to elicit student responses.

Lesson Steps: Video Outline [3.3j Video](#)

Step 1 Introduction

- What does being safe mean?
- What is a plan?
- What is a safety plan?

Step 2 Activity

- The teacher will work through the slides, pausing the video and allowing students to share their responses. After slide 13, students will find a partner to work with. The students will share a situation when they would need to have a safety plan in place and what steps should be in the safety plan. After each round, students will do exercises.

Round 1: Safety in the kitchen-5 push ups

Round 2: Safety in the car-5 sit ups

Round 3: In an emergency-5 squats

Step 3 Closure

- The students will complete the exit ticket provided below.

Assessments

- Pre-assessment:
 - What does being safe mean?
 - What is a plan?
 - What is a safety plan?
- Post-assessment: The students will complete the exit ticket provided by the teacher.

Extensions/Connections/Applications

- The students will share their family's safety plan with the class.



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- The students will develop a family safety plan with their family if they don't already have one.

Resources/References

- https://www.doe.virginia.gov/testing/sol/standards_docs/health/index.shtml

Handout

- see next page.



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My Family's Safety Plan

Write about your family's safety plan. If your family doesn't have a safety plan yet, write about what you will tell your family so you can make a safety plan together.