



Grade 7 Sample Lesson Plan: Personal Safety

SOLs

- Recognize harmful and risky behaviors.
- Identify potential personal safety issues related to being home alone, caring for others, being in the neighborhood and community, and being online.
- Identify ways to maintain a safe and healthful environment at school and at home.

Objectives/Goals

- Students will be able to identify personal safety risks

Materials

- Flip Chart Paper, Sticky Notes

Procedure

- Post and review the 8 rules of safety.
- Post blank flip charts that are titled– harmful and risky behaviors/home alone, harmful and risky behaviors/caring for others, harmful and risky behaviors/being in the neighborhood, harmful and risky behaviors/being online.
- Ask students to identify harmful and risky behaviors for each of these situations; and have students scribe these on flip charts or onto sticky notes that are then added to the flip charts.
- Review the attached 8 rules for Home Alone Safety and 7 Internet Safety Rules. Ask for student contributions of additional rules that could help them or others maintain a safe environment at home, at school, and in the community.. Add and display these on flip charts, titled “I will be safer if.... “
- Have students take turns read back all of the harmful and risky behaviors and then read the “I will be safer if...” statements . Ask them if they think these rules will help them be safer. If not, what additional rules would they add. Add those.

Assessment Idea

- Are students able to generate risks and safety solutions?

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

Knowing My 8 Rules for Safety

1. I always **check first** with my parents or the person in charge before I go anywhere or get into a car, even with someone I know.

2. I always **check first** with my parents or a trusted adult before I accept anything from anyone, even from someone I know.

3. I always **take a friend with me** when I go places or play outside.

4. I **know my name, address, telephone number, and my parents' names.**

5. I **say no** if someone tries to touch me or treat me in a way that makes me feel scared, uncomfortable, or confused.

6. I **know** that I can **tell** my parents or a trusted adult if I feel scared, uncomfortable, or confused.

7. It's **OK** to say **no**, and I **know** that there will always be someone who can help me.

8. I **am strong, smart, and have** the right to be safe.

- **CHECK FIRST**
- **TAKE A FRIEND**
- **TELL SOMEONE I TRUST IF SOMETHING IS WRONG**
- **STAY STRONG, SMART, AND SAFE**



Charles B. Wang International Children's Building
809 Prince Street
Alexandria, Virginia 22314-3175
U.S.A.

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Internet Safety

- **Never send anything you wouldn't say in real life.**
- **Never give out your address, phone number, school or your parent's names without permission.**
- **Never send packages or pictures to people you've met online without your parent's permission.**
- **DO NOT share your passwords with friends.**
- **Never install programs on your computer without permission.**
- **Never agree to meet someone you've met online in person.**
- **If you find something online that makes you feel uncomfortable, talk to a parent.**