



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 brainstorm and identify who the trusted adults are in their family, neighborhood, friend group, school, and community. They then complete a math project using drawing compasses to create their own “Circle of Trust.”

Grades

5–6

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

25-35 minutes

Materials

- Computer lab or computer connected to an LCD projector or television monitor
- “Know the Rules” rap video
- White board, chalk board, or overhead projector
- Large white paper for each student
- Drawing compasses (string with a pencil attached may be used as a compass to draw the circles)
- Copies of the “Circle of Trust” worksheet (attachment 1) if not using the drawing compasses



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 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. 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
5-6

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Think of a few adults in your life who you have approached with a problem or who you can imagine going to with a problem in the future. What types of people could possibly be trusted adults in your life? Have students brainstorm. Divide the board into three categories and write each on the board: family, adult neighbors and friends, and adult helpers in the school and community. Write their answers on the board or overhead in the appropriate columns. Possible answers include 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. It's important to know that not all adults are trustworthy; 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.

Pass out white paper to each student. Have students create their own "Circle of Trust" circles using the drawing compasses. If using string, the students can measure the length of the string to achieve the proper radius for the circle drawing. Four circles will be needed. The first circle will be in the middle of the paper with a

1" radius and labeled "Me." Around that circle is the second circle, with a 2" radius, labeled "Family." Around you, you have your family, and each family is different. Write in the names of the people in your family you can talk with or go to if you need help. The third circle, with a 3" radius, is labeled "Adult Neighbors and Friends." Write the names of the trusted adults in this category in this circle. The last circle has a 4" radius and is labeled "Adult Helpers in the School and Community." The large circle that surrounds you when you are away from home is the school and community. Write the names of people in the school and community to whom you can turn when you need assistance or when a problem is too big for you to solve on your own. You can see by the circles that you are surrounded by adults who care about you and your safety. Remember that these adults are ready to listen and help you when you need them. It's never too late to tell a trusted adult if something is bothering you. Encourage children to take their circles home to discuss with their own trusted adults.

If time is at a minimum, use the "Circle of Trust" worksheet (attachment 1).

Follow-Up

To correspond with their "Circle of Trust" have the students write two or three paragraphs answering these questions: Why are these people my trusted adults? When should I find one of these people to talk to me or help me? How does it help me to know who my trusted adults are? Discuss each point for more in-depth writing.

Know the Rules: Tell a Trusted Adult

Grades 5-6 • Attachment 1

Circle of Trust

