

# Making Choices Feeling Safe

A program designed for the 4th grade level to help students: recognize abusive & respectful behaviors, develop plans if there is family violence, discuss safety rules and develop plans for personal safety, and identify bullies and safe options for targets and courageous bystanders.

Most families have arguments or disagreements. But if you are scared or don't feel safe because adults are fighting, you can...

1. Get to a safe place
2. Tell an adult you trust



- Relative
- Teacher
- Counselor
- Friend's Parent
- Clergy
- Coach

## WHERE IS YOUR SAFE PLACE?

In your room?      At a neighbor's House?      In the backyard?      \_\_\_\_\_?

One main difference between our feelings and our behaviors is...



We can CHOOSE our behaviors

# Bullying & the Courageous Bystander

Many times, in a bullying situation, the **BYSTANDER** has the power to change the situation.



## HERE ARE SOME THINGS A BYSTANDER CAN DO:

- If you feel safe, tell the bully to stop
- Immediately get an adult to help
- Be friends with the target and try to help
- Wait until later to find an adult to tell
- Persuade the bully to just walk away
- Tell your parents about the problem and ask for help
- Write a note to an adult you trust
- Gather your friends and decide as a group what to do

## Remember...

Our “private parts” are the parts of our body that are covered by our bathing suits.



## The Touching Rule

No one should touch a private part of your body unless it is to keep you clean and healthy.



## Safety Plan

If someone touches you or makes you feel uncomfortable in any way, you should...

