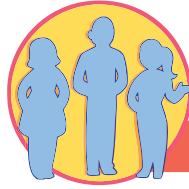




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**Kindergarten -
Circle of Safe Adults**

Lesson Plan

Topic:

Circle of Safe Adults

Overview:

Students are introduced to the concept of Circle of Safe Adults. These are the trusted grown-ups that children feel comfortable talking to about positive or negative situations that have either occurred, were seen, or felt confusing.

Learning Objective(s):

- Students will identify their own Circle of Safe Adults by choosing three of their trusted grown-ups.
- Students will identify certain situations in which they will go to a trusted adult to access help.

Essential Question(s):

- Who are your trusted grown-ups/adults?
- How do you access help from your trusted adult?

Content Standards /Benchmarks:

National Health Ed. Benchmarks:

3.2.1 Identify trusted adults and professionals who can help promote health.

4.2.1 Demonstrate healthy ways to express needs, wants and feelings.

4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.

6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.

7.2.1 Demonstrate healthy practices and behaviors to maintain or improve personal health.

Florida Health Ed. Benchmarks:

HE.K.C.1.1 Recognize healthy behaviors.

HE.K.C.1.4 Recognize ways to prevent childhood injuries in the home, school, and community settings.

HE.K.B.3.2 Recognize school and community health helpers.

HE.K.B.4.3 Identify the appropriate responses to unwanted and threatening situations.

HE.K.B.5.1 Name situations when a health-related decision can be made individually or when assistance is needed.

**Vocabulary:**

Special	Circle of Safe Adults
Trust	Unique
Adult	Safety Voice
Grown-up	

Material List:

Circle of Safe Adults Animation
Lesson Guide
Circle of Safe Adults Activity Sheet

Estimated Time Frame: 30 minutes

Technology Tools:

Circle of Safe Adults Animation
Computer
Large Monitor

Lesson Description:

1. Introduce the Circle of Safe Adults lesson about trusted adults. (See Lesson Guide)
2. Watch the Circle of Safe Adults Animation. (2 minutes)
3. Discussion: What is trust? Who are the grown-ups you trust to keep you safe? (See Lesson Guide)
4. Game: Can You Be In My Circle? (See Lesson Guide)
5. Activity: Drawing Your Own Circle of Safe Adults. (See Lesson Guide)
6. Closing Statement. (See Lesson Guide)

Teacher Notes:

- Adults can be older siblings, preferably 16 years or older. To explain this to children we say siblings must be old enough to drive a car.
- Remind students to report/tell anything that bothers them to their Circle of Safe Adults and keep reporting/telling until someone listens.

Prior Knowledge/Lessons

Safety Voice

Student Handouts:

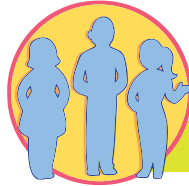
Circle of Safe Adults Activity Sheet



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**Kindergarten -
Circle of Safe Adults**

Lesson Guide

1 Introduce the **Circle of Safe Adults** lesson about trusted grown-ups

- *Think about the special grown-ups that take good care of you.*
- *These are the grown-ups you trust and love. You feel comfortable and safe with them.*

Let's watch the **Circle of Safe Adults** Animation and see how our trusted grown-ups can help keep us safe.

2 Show the **Circle of Safe Adults** Animation

3 Discussion

*Think about the grown-ups that you trust. They take care of you and keep you safe. We call these special grown-ups our **Circle of Safe Adults**. (To emphasize the concept, make a large circle in the air with your arm each time you say Circle of Safe Adults.)*

The grown-ups in your Circle of Safe Adults are the people that you trust.

- *What does trust mean? What does trust feel like?*
 - Your trusted grown-ups will be there for you.
 - You can talk to them about anything.
 - You know them well.
 - They keep you safe.
 - They live nearby or you can access them easily.

Everyone has their very own Circle of Safe Adults, unique to their family. These are the grown-ups that you trust and feel safe with. You can tell them about anything; good or bad, happy or sad.

- *Who would you talk to about something exciting or happy?*
- *Who would you go to for help or to talk about something that made you sad or worried?*



Possible answers: Mom/Dad, Grandma/Grandpa, Stepmom/Stepdad, Aunts/Uncles, foster parents, older siblings (at least 16 years old), babysitter, teacher, school nurse/counselor, mom's best friend, your friend's mom, etc.*

- *Who would you talk to if you had a fight with a friend, or a had bad dream?*
- *Who would you tell if someone gave you a touch that made you feel uncomfortable?*
- *Who would you go to if you saw something online that confused you?*

You should always tell the grown-ups in your **Circle of Safe Adults**.



TIP

Children are asked to choose 3 trusted grown-ups to put in their Circle of Safe Adults. If one grown-up is unavailable, they can access the others. Children should keep telling until someone listens.

4 Game: Can You Be in My Circle?

Directions: Read the following questions to the students. If the answer is yes, students raise their hands. If the answer is no, students' hands are down. (*Refer to the lists above to assist the students.)

- *Can your friend sitting next to you be in your Circle of Safe Adults? (No)*
- *Can your brother in third grade be in your Circle of Safe Adults? (No)*
- *Can a grandma or a grandpa be in a Circle of Safe Adults? (Yes)*
- *Can your dog or cat be in your Circle of Safe Adults? (No)*
- *Can a mom be in a Circle of Safe Adults? (Yes)*
- *Can a new next-door neighbor be in your Circle of Safe Adults? (No)*
- *Can a baby cousin be in your Circle of Safe Adults? (No)*
- *Can I (the classroom teacher) be in your Circle of Safe Adults? (Yes)*
- *Can a dad be in a Circle of Safe Adults? (Yes)*
- *Can the school nurse be in your Circle of Safe Adults? (Yes)*
- *Can a police officer be in your Circle of Safe Adults? (A police officer is a community helper. A police officer can only be in your Circle of Safe Adults if he/she is someone you know very well and you see or talk to often.)*





5 Activity: Drawing Your Own Circle of Safe Adults

Directions:

- Ask students to think of three grown-ups that they trust and can talk to about anything.
- Give students the *Circle of Safe Adults* activity page, and ask them to draw the three grown-ups that they trust in the circle.
- Help the students write specific labels for their grown-ups in their *Circle of Safe Adults*. (For example, Aunt _____, Grandpa _____, their older brother's name. General names, such as Mom and Dad, could be listed on the board for students to copy.)

I'm a KidSafe Kid!

A Circle of Safe Adults are the Special Grown-ups you can talk to about anything!

Your Circle of Safe Adults are the Grown-ups in your life that help keep you safe. Draw a picture of 3 Grown-ups you can talk to about anything!

Write the names of the people you and to your Circle of Safe Adults here.

Circle of Safe Adults

Remember! Circle of Safe Adults are people you trust and can talk to about anything. They are not just Mom and Dad. They can be anyone you trust and can talk to about anything. Write their names in the circle. Share your Circle of Safe Adults drawing with KidSafe! Send a photo to: kidsafe.org. **PS ALWAYS REMEMBER TO NOT SHARE LAST NAMES PLEASE!**

Remind students that everyone has a different Circle of Safe Adults because all of our families are special and unique.

- Once students have completed their activity, allow them to share their drawings and tell which trusted grown-ups they put in their own special *Circle of Safe Adults*.



TIP

If any students have difficulty identifying their trusted grown-ups, help them brainstorm who the important people in their lives are. (*Refer to above list.)



TIP

The completed **Circle of Safe Adult** pages can be displayed in the classroom, saved for parent/teacher conferences, and/or sent home with students to share with their parents/caregivers.

6 Closing Statement

Today you learned that your **Circle of Safe Adults** are the three grown-ups that you trust and can talk to about anything. Always tell someone in your **Circle of Safe Adults** if something is bothering you. They will know how to help you.

