



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards:
www.cdc.gov/healthyschools/sher/standards/index.htm

It's critically important that kids learn early the basics about personal safety and what to do in an emergency. These activities will help your students know what to do when encountering strangers and how and when to call 911.

Related KidsHealth Links

Articles for Kids:

Do You Know How to Be Street Smart?

KidsHealth.org/en/kids/street-smart.html

How to Use 911

KidsHealth.org/en/kids/911.html

When It's Just You After School

KidsHealth.org/en/kids/homealone.html

When It's Just You in an Emergency

KidsHealth.org/en/kids/emergency.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. We all meet people we don't know every day. People we don't know are called "strangers." Can you name some places where you might meet a stranger?
2. Most strangers are just people we don't know. But some strangers are not nice to kids. How do you know who is safe and who is not? Can you tell just by looking at them? For example, if someone is wearing nice clothes, walking a cute puppy, and being really friendly, does that mean you can trust them? Why or why not?
3. Have you ever heard someone say, "Trust your instincts"? Your instinct is that little voice inside you that tells you when something is OK or not OK. (Think about the feeling you get when a dog growls at you. You wouldn't reach out to pet it, right? That's your instinct at work.) Everyone has instincts, even little kids. Can you think of a time when your instincts told you a situation didn't feel right? What did you do?
4. If you felt you were in danger, who are some people you could ask for help? In an emergency, you could also call 911. It can be confusing to know what's a real emergency, but here's an idea: A car accident or a fire is an emergency; a kite stuck in a tree is not. An emergency is when someone is hurt badly or might be hurt badly. Can you think of some other times when calling 911 is the right thing to do? Can you think of some times when it's not?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Safetyland

Objectives:

Students will:

- Increase their awareness of personal safety and their surroundings
- Identify potentially dangerous situations along an imaginary route

Materials:

- Crayons
- “Safetyland” handout

Class Time:

- 30 minutes

Activity:

Max lives in a town called Safetyland, and today he’s walking to school for the first time. Max has a lot of questions about how to stay safe on the way. Let’s see if we can help him by answering his questions:

- “Other kids who live near me are walking to school, too. Should I go with them?”
- “If someone I don’t know well offers me a ride, should I say yes? What if it’s raining and I don’t have an umbrella? Should I say yes then?”
- “If I’m late, is it OK to take the shortcut through the woods?”
- “If someone makes me feel scared, should I be quiet or scream and yell?”

Now let’s take a look at the map that shows Max’s way to school. First, we’re going to read the safety rules at the bottom. Then, when we get to the right spot on the map, we’re going to draw a shape. The colored shape we draw should match the safety rule that Max should follow. Once all the shapes are in the right places, we’ll know that Max made good decisions and got to school safely! [Note to teacher: Younger students may complete this activity as a class, with you reading the rules aloud. Older students may complete it individually.]

Extension:

Play a game called “Not Even If” to make students aware of some common tactics used by child predators. Start by saying, “If you’re playing outside and a stranger asks you to go with him, you should never go. Not even if ...” Then have students volunteer as many responses as they can (“he offers you candy,” “he wants to show you his puppy,” “he needs help finding his kitten,” “he knows your name,” “he says he’s lost and needs directions,” “he says your Mom sent him to pick you up”). Write down all answers on a large sheet of paper or on the board.



9+1+1 = Emergency

Objectives:

Students will:

- Learn when to call 911
- Practice what to say when calling 911

Materials:

- Crayon or pencil
- “9+1+1 = Emergency” handout

Class Time:

- 30 minutes

Activity:

[Note to teacher: Younger students may complete this activity aloud. Older students may write their responses or role-play with one another.] What’s an emergency? Have you ever seen one or been in one? Lots of things can be an emergency, like a fire, a car accident, or if a person get very sick or badly hurt. One thing emergencies have in common is that they can be scary. When you’re scared, it can be hard to think clearly. You may need to call 911, but you may not know what to say. That’s why it helps to practice. Many kids have saved a life by calling 911! On the “9+1+1 = Emergency” handout, choose one emergency. Then think of how you might describe that emergency to a 911 operator. Practice using a loud, clear voice and speaking slowly. And remember, we’re just practicing. Never call 911 unless it’s a real emergency.

Extension:

Discuss some of the emergency workers who might arrive after help someone calls 911.

Reproducible Materials

Handout: Safetyland

KidsHealth.org/classroom/prekto2/personal/safety/strangers_911_handout1.pdf

Handout: 9+1+1 = Emergency

KidsHealth.org/classroom/prekto2/personal/safety/strangers_911_handout2.pdf

Quiz: Strangers and 911

KidsHealth.org/classroom/prekto2/personal/safety/strangers_911_quiz.pdf

Answer Key: Strangers and 911

KidsHealth.org/classroom/prekto2/personal/safety/strangers_911_quiz_answers.pdf



Name: _____

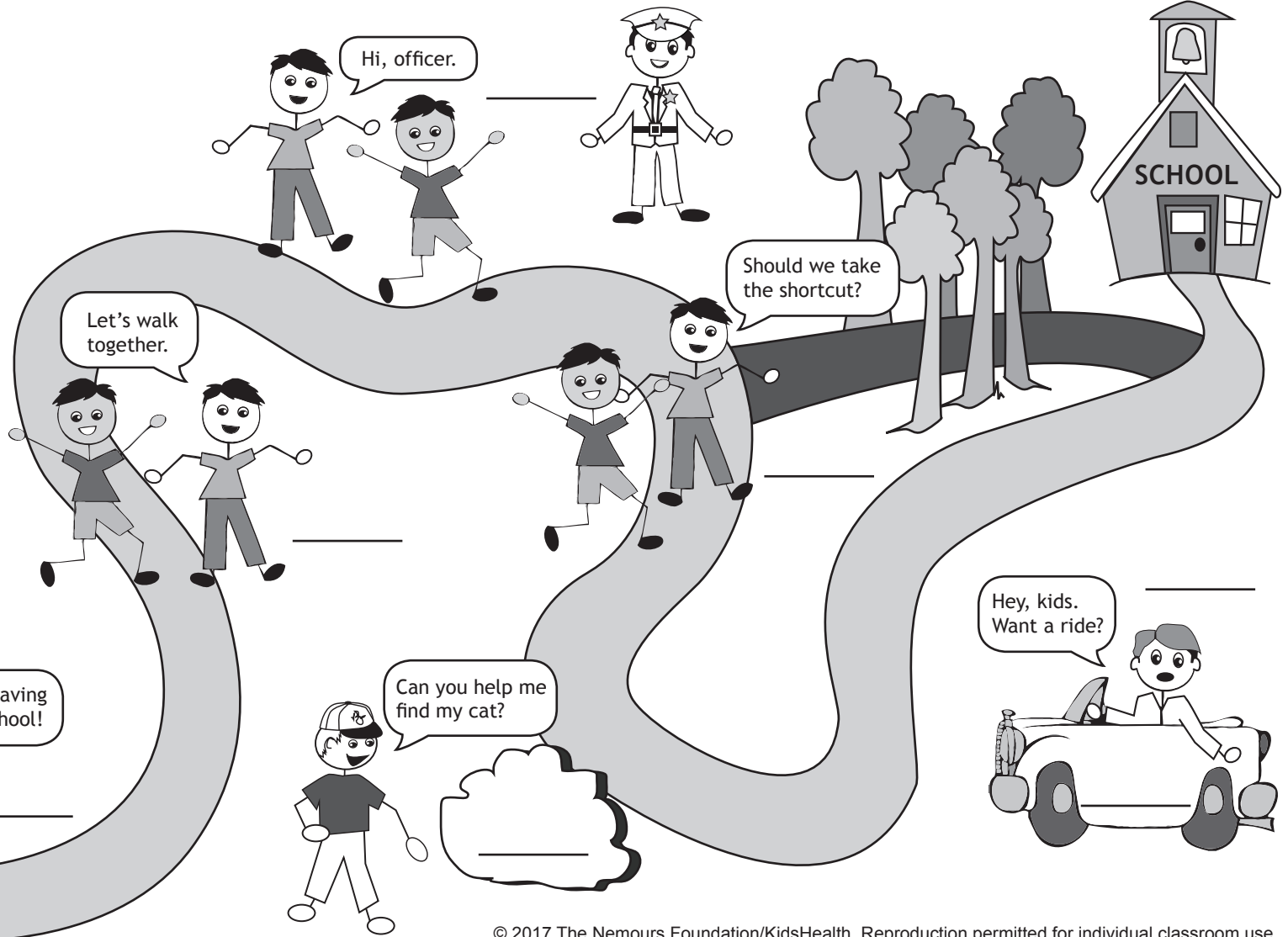
Date: _____

Safetyland

Instructions: Help Max get to school safely. At the correct spot on the map, draw the colored shape from below that tells which Safetyland rule Max is following.

Safetyland Rules

- Stay away from places that have no people. (purple oval)
- Know safe spots along the way. (green triangle)
- Tell a parent where you're going. (red diamond)
- If an adult asks you for help, walk away. Grown-ups should **never** ask kids for help! (blue star)
- Stay with a buddy. (yellow circle)
- Stay away from strangers. (orange rectangle)





Name: _____

Date: _____

9+1+1 = Emergency

Instructions: Choose one emergency, then practice what you could say if you were calling 911.

1

You're playing ball in your yard with your babysitter when all of a sudden, she falls to the ground. She's having trouble breathing.

You call 911.

2

You're watching TV at home when you notice flames coming out a window of your neighbor's house.

You call 911.

3

You're playing at your friend's house when you hear a loud crash. A car has hit a tree, and the driver is hurt.

You call 911.

This is the 911 operator. What is your emergency?

What's your name?

Where are you? What's your address?

Can you tell me what happened?

Is anyone hurt?

Is anyone else with you?

Are you safe where you are?

OK, stay on the phone. Help is on the way!



Name: _____

Date: _____

Quiz

Instructions: Answer each question (can be oral or written).

1. Someone you don't know well is called a _____.
2. If a grown-up in a car asks you for directions, you should:
 - a. walk over to the car so he can hear you better
 - b. offer to ride with him and show him the way
 - c. bring him a map
 - d. walk away quickly – grown-ups should not ask kids for help
3. The number to call in an emergency is _____.
4. If a stranger tries to grab you, you should:
 - a. be quiet
 - b. hold his hand
 - c. scream and yell as loud as you can
 - d. smile
5. Calling 911 is the right thing to do when:
 - a. you lose your homework
 - b. there's been a car accident
 - c. you spill your milk
 - d. your cat runs away



Quiz Answer Key

1. Someone you don't know well is called a _____ *stranger* _____.
2. If a grown-up in a car asks you for directions, you should:
 - a. walk over to the car so he can hear you better
 - b. offer to ride with him and show him the way
 - c. bring him a map
 - d. walk away quickly – grown-ups should not ask kids for help
3. The number to call in an emergency is _____ *911* _____.
4. If a stranger tries to grab you, you should:
 - a. be quiet
 - b. hold his hand
 - c. scream and yell as loud as you can
 - d. smile
5. Calling 911 is the right thing to do when:
 - a. you lose your homework
 - b. there's been a car accident
 - c. you spill your milk
 - d. your cat runs away