

Safety: Lesson One

Lesson Title: Think First - Be controlled

Objective: To examine how being controlled can enhance safety at our school

Grade: 6/8 **Time:** 25-30 minutes

Materials: Board and Marker

1. Tell the students that we are starting a unit on how to be safe at our school. One of the best ways we can make our school safe is by thinking first and being in control of ourselves.
2. Ask the class to define conflict. One definition is: Conflict - disagreement.
3. Explain that when we have disagreements or conflicts, it is very important that we think first and stay in control.
4. Have the class give some examples of conflicts when people did and did not think first.
5. Ask the class: What is the first step of thinking first? Answer: STOP and take a breath when you can see that you might make a bad decision. When you stop and then think, your decisions will be better and it will help you be more safe.
6. Tell the class: People who think first do a good job in controlling their behavior.
7. Read the quote 'Controlled people are in charge of their actions and reactions.' Have the class discuss what this quote means.
8. Ask the students: How is a controlled person also a responsible person? Why are responsible people less likely to get themselves in dangerous situations? Discuss the answers with the class.
9. Review how thinking first and being controlled will help make our school a safe place.

Safety: Lesson Two

Lesson Title: Be Safe in the Hallway

Objective: To promote safety in the hallways

Grade: 6/8 **Time:** 25-30 minutes

Materials: Board and Marker

1. Review how thinking first and being controlled will help make our school a safe place.
2. Tell the students: We are going to talk about how hallways behavior can help make our school a safer place.
3. Write the 'Make Hallways Safe ' sheet on the board. Read the six components to the class.
4. Ask the students: List reasons, after each of the six behaviors, of how this behavior will help keep hallways safe.
5. Have the students get in groups of three to six. Ask the group to come up with one reason for each behavior on how this will help make our school a safe place.
6. Ask a reporter from each group to share their answers with the class.
7. Review the 'Make Hallways Safe' sheet with the class and how hallway behavior can make our school a safe place.

Make Hallways Safe

Follow Adult Directions

Respect Others Space

No Hats/Backpacks/Purses

Use Indoor Voices

Walk

Safety: Lesson Three

Lesson Title: Honor People's Personal Space and Three Ways to Handle Conflict

Objective: To learn effective ways to handle conflict

Grade: 6/8 **Time:** 25-30 minutes

Materials: Board and Marker

1. Review the 'Make Hallways Safe' sheet with the class and how hallway behavior can make our school a safe place.
2. Ask for two volunteers to come to the front of the class. Have the students show how close they like people to get to them when they are talking. Do this with a few groups of students. Discuss how people are different on how much personal space they want.
3. Ask the class: What happens when there is a disagreement and someone gets in another person's face? What happens when students fight in school? Is it worth it to fight? How does fighting affect school safety?
4. Ask the class: What would a person do who is thinks first and is in control when a person gets in their face?
5. Write the 'Three Ways to Handle Conflict' sheet on the board.
6. Discuss three safe and effective ways to handle conflict. They are: 1) Talk it out, 2) Ignore it, 3) Get help. Being able to talk it out usually leads to a win/win situation. There are times when ignoring it or getting help is the best choice when handling a conflict.
7. Have a student volunteer come up in front of the class and trip as you walk by. Do this exercise four times. Yell at that them the first time, get in their personal space and call them stupid. Discuss how this reaction is not safe and will usually end up in a lose/lose situation. Repeat the tripping skit three more times, using talk it out, ignore it and get help to resolve the conflict in safe manner.
8. Ask the students to get out a piece of paper and use the three methods to handle conflict for these situations. Have them explain why they chose their solution.
Somebody takes a pencil from your desk.
Someone finds out your locker combination and steals your coat.
Somebody makes fun of the shirt you are wearing.
A classmate calls your mom a name.
Somebody breaks your pencil on purpose.

3 Ways to Handle Conflict Safely and Effectively

1. TALK IT OUT

2. IGNORE IT

3. GET HELP