

○ MUSIC city COUNSELOR

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alignment to **ASCA Mindsets & Behaviors**

Category 1: Mindset Standards

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Category 2: Behavior Standards

Self Management Skills:

B-SMS 9. Demonstrate personal safety skills

Social Skills:

B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary

PRINTABLE LESSON

Directions:

TO PREPARE FOR THE LESSON...

Please print the safe secrets, unsafe secrets, and safe person instructional posters.

TO MAKE THE BAGS:

Before the lesson, please grab two paper lunch sacks or small gift bags. Note that all materials are available in full color and black/white. Please print, cut out, and glue the safe secrets character/label to the top of one bag and the unsafe secrets character/label to the top of the other bag.

Please see the sample provided.

SCENARIO CARDS:

Please print the 20 scenario cards (color and black and white are provided!) You may want to print them on cardstock and/or laminate them for durability. Please cut out each card. Blank cards are included in case you'd like to write your own scenarios!

SECRETS WORKSHEET:

Please print one secrets worksheet per child. A girl and a boy character are provided!

TO TEACH THE LESSON...

This activity can be used with individuals, small groups, and whole groups! First, please review the safe secrets and unsafe secrets posters to teach students the difference between safe secrets and unsafe secrets. Next, please show students the safe people poster and encourage them to tell a safe person if someone asks them to keep an unsafe secret. I like to have students "turn and talk" with a partner and share which safe person they would go to in a scary situation. After that, please place the Safe Secrets Bag and the Unsafe Secrets Bag on a table at the front of the classroom. Students can take turns choosing a scenario card and, depending on their reading level and comfort level, either read it aloud to the class or ask the teacher/counselor to read it aloud. Then, the student places the card in either the Safe Secrets Bag or the Unsafe Secrets Bag – whichever type of secret they think the scenario card is describing. 20 scenario cards are included, as well as 4 blank cards to create your own scenarios if you'd like. Please be sure to discuss each scenario since many of them are of a sensitive nature and this is an IMPORTANT, life-saving topic! Students can complete the secrets worksheet after the bag sorting activity.

Bag Sorting Game

SAMPLE:



**FULL
COLOR**

BAG SORTING GAME MATERIALS:

Please cut out and glue this character/label to the top of a brown paper lunch sack as shown in the sample.



**SAFE
SECRETS**

Please cut out and glue this character/label to the top of a brown paper lunch sack as shown in the sample.





You
bought a
special
gift for
your
teacher's
birthday.



Your dad surprised
your mom with a new
car.



Sam has
been
bullying
you
every
day.



Your
babysitter
touched
your
private
parts.

Your uncle asked to
take a bath with you.



You are
throwing
a
surprise
party for
your
grandpa.

Your aunt
pushed
you down
the stairs
when you
got a bad
grade.



Your mom
slapped you
when you
accidentally
broke her
vase.



You and Darla made
up a secret
handshake.



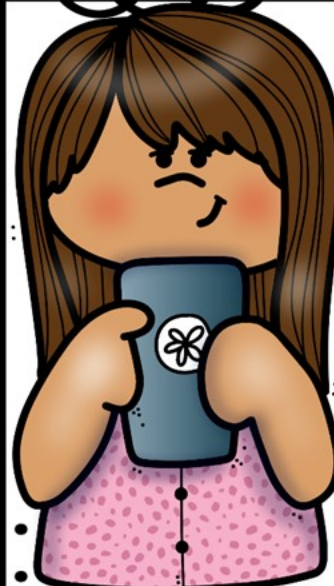
Your
grandpa
made you
touch his
private
parts.



You and
Jack are
playing
hide and
seek. "You
can't find
me!"



Jessica
stole
your
teacher's
cell
phone.



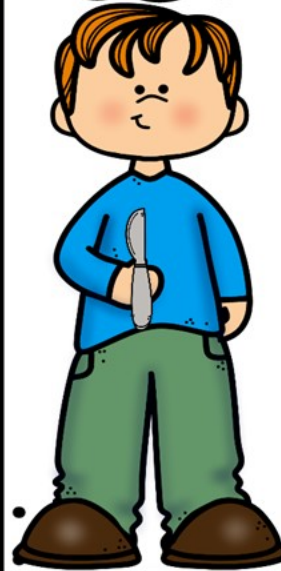


Your aunt
showed
you her
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Your teacher
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going to win
an award at
Awards Day!

Your mom's
boyfriend
kissed you
on the lips.



Jonathan
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knife to
school. He
said not to
tell.



Your dad
hit you
with his
belt and
bruised
your
knee.



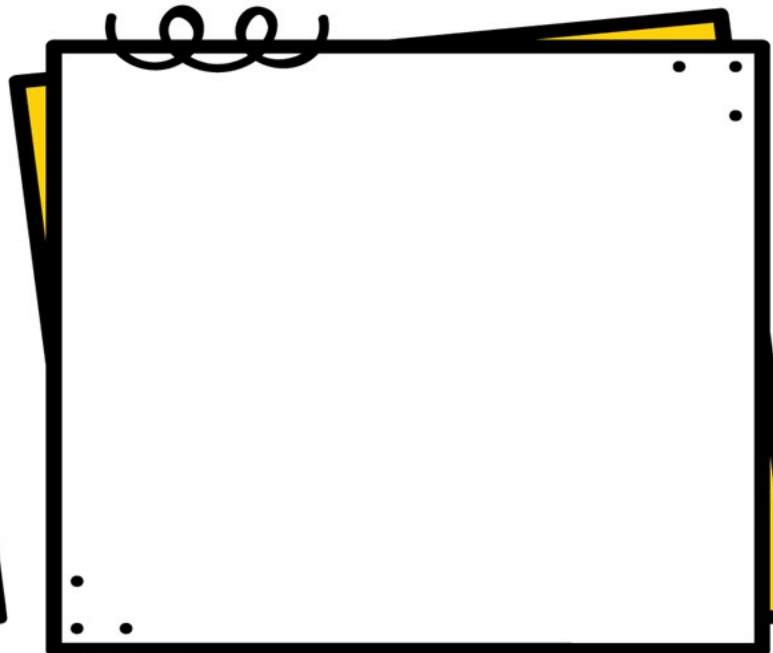
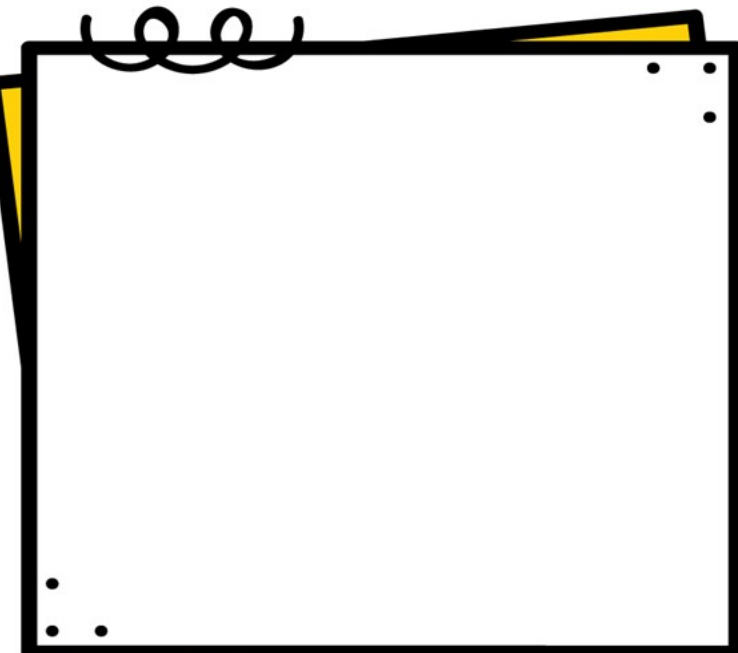
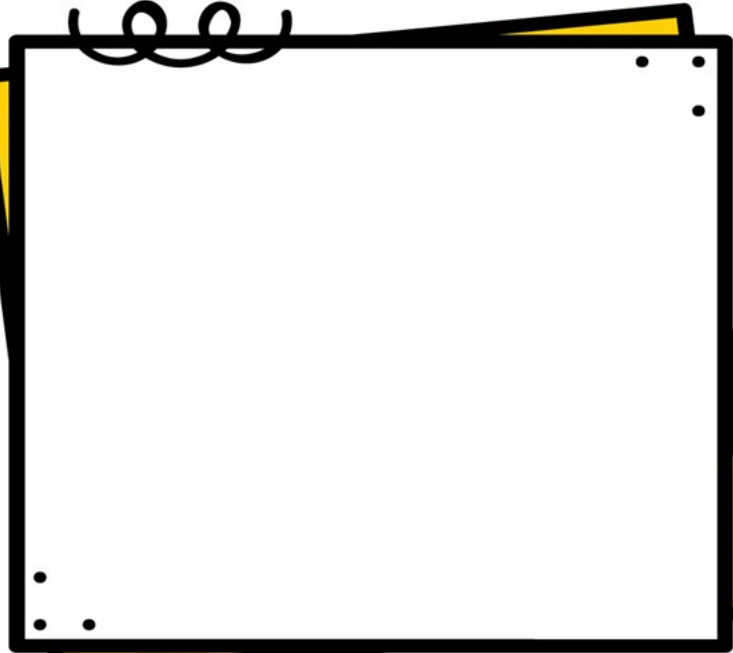
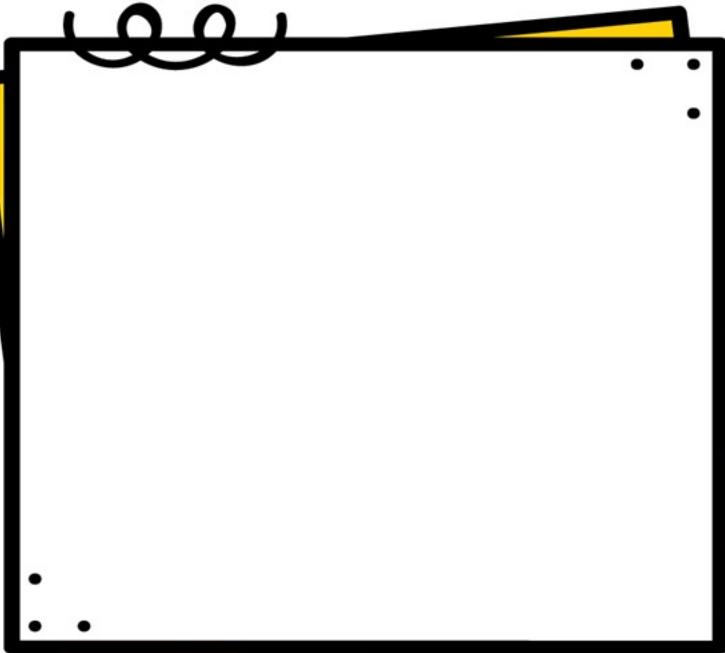
You
wrote a
song to
surprise
your
best
friend.



Your
babysitter
made you look
at pictures on
her computer
of people
without their
clothes on.



Your mom
said that
you're
going on a
special
secret
trip this
summer.





POSTERS

SAFE SECRETS

can be kept!

are fun, loving,
and kind!



will be revealed at
a special time.



are
shared
by a safe
person.



may be a
surprise,
celebration,
or gift!



UNSAFE SECRETS

cannot be kept!



are scary,
worrisome, and
uncomfortable!



they told me
to keep it a
secret
forever...or
else!



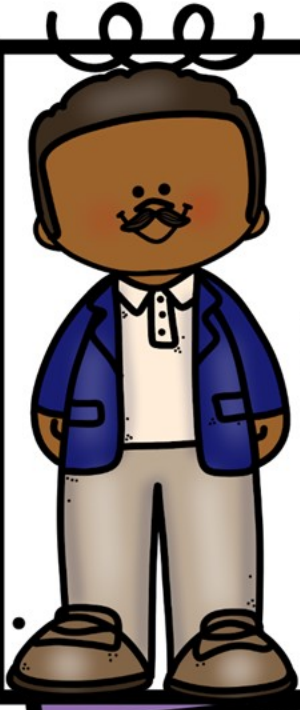
may be
hurting
or
touching
my body.

must be reported:
right away!



WHO CAN I TELL?

A safe person!



Family
members
that I
trust

Teachers,
counselors,
coaches,
and
principals



Police
officers
and
community
helpers

Doctors
and
nurses



**BLACK &
WHITE**

Please cut out and glue this character/label to the top of a brown paper sack as shown in the sample.



Please cut out and glue this character/label to the top of a brown paper sack as shown in the sample.





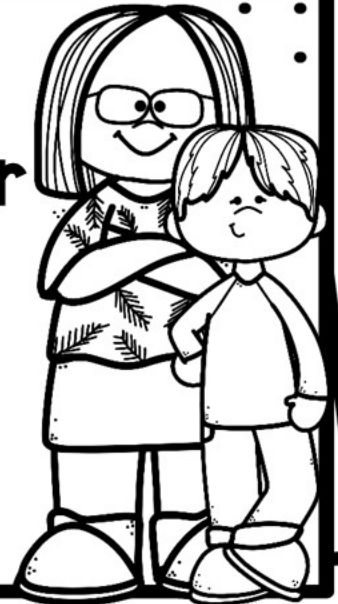
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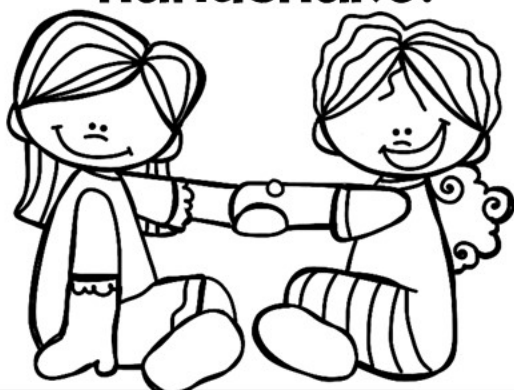
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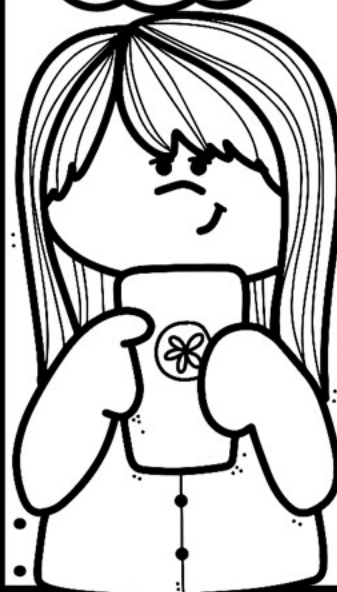
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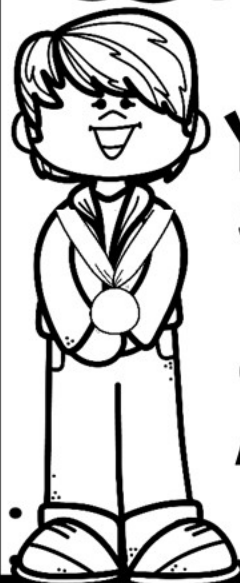


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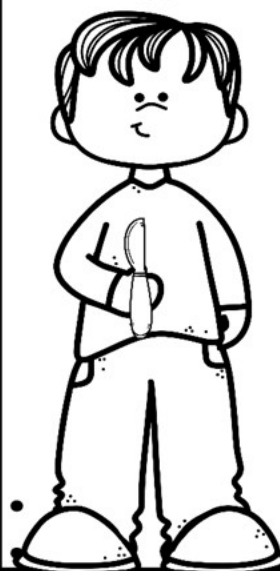


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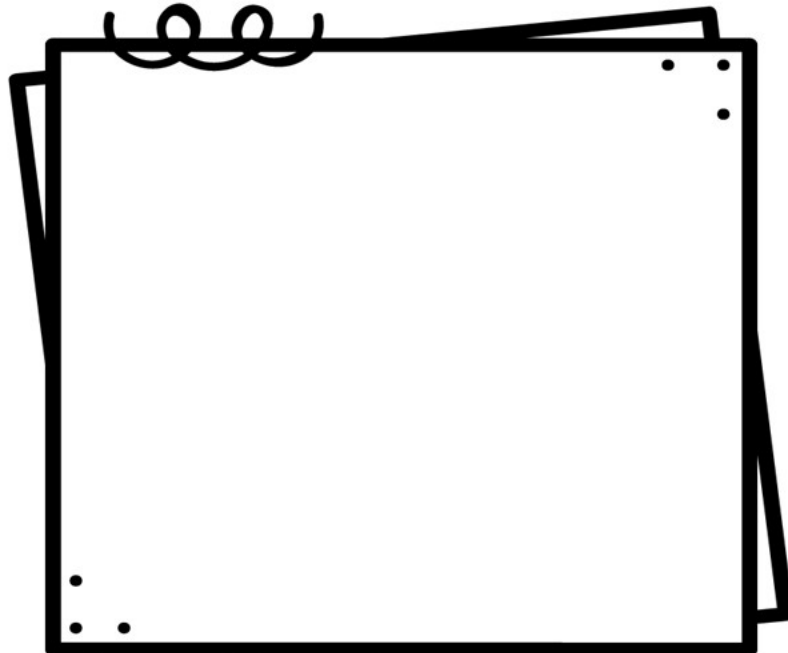
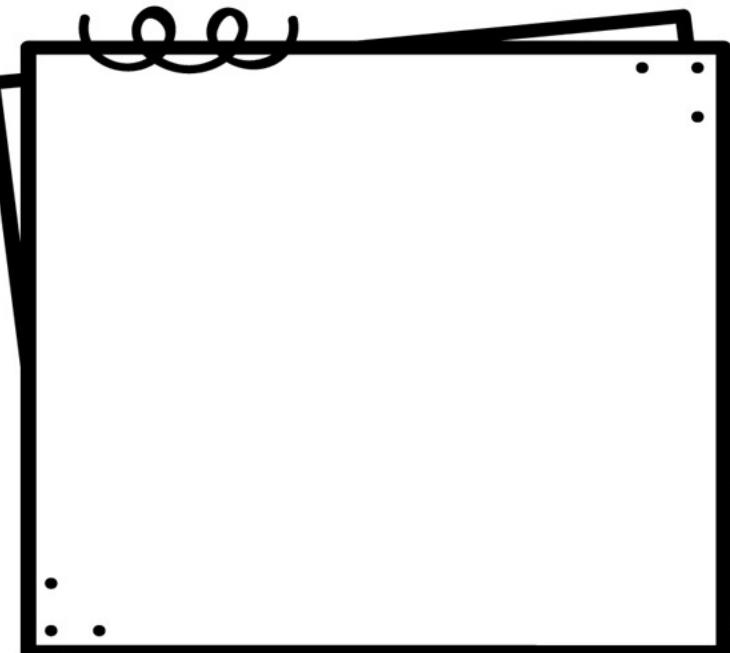
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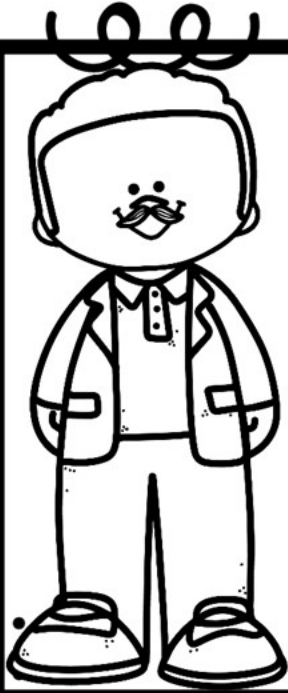
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**Police
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and
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**Doctors
and
nurses**

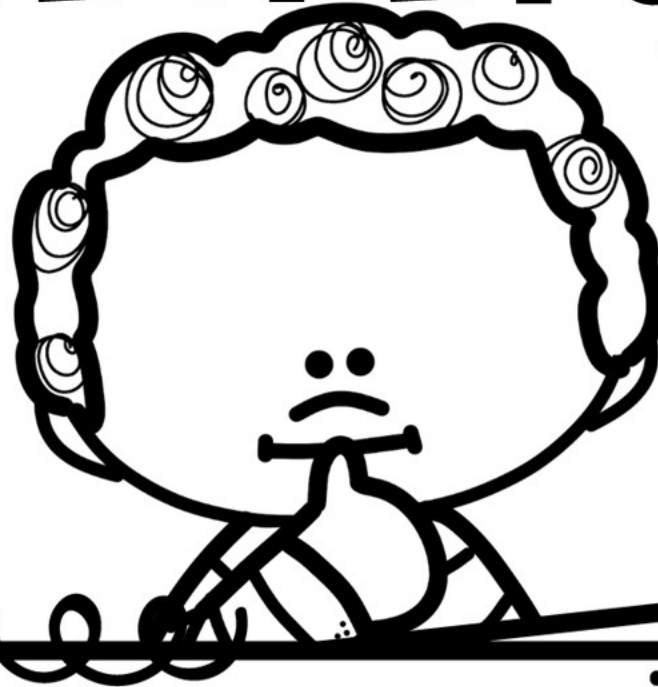




WORKSHEET

Name _____

SAFE & UNSAFE SECRETS:



If someone asked me.
to keep an unsafe
secret, I would tell...

Name _____

SAFE & UNSAFE SECRETS:



If someone asked me
to keep an unsafe
secret, I would tell...

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