

KidSafe Activity Pack

Grades 3 to 5 | Ages 8 to 11

Nine pages. Fifteen minutes each. These are conversations, not worksheets.

These activities come from Stay KidSafe!, our personal safety curriculum, developed by child safety experts at Center for Child Counseling. Use them with your child and your family.

Children this age can hold two ideas at once and reason about why somebody might behave a certain way. Several pages have no clean answer on purpose. Let them argue with you.

The words

Think, Feel, Do	The three steps for working out any confusing moment.
Inner Safety Voice	The feeling inside that warns you before you can explain it.
Body Boundaries	The rules about who can be close to you and how.
Consent	Asking, and getting a real yes. It can be taken back.
Red Flags	Warning signs that a relationship has turned unsafe.
Green Flags	Signs that a relationship is healthy and safe.

What is in the pack

1 Think, Feel, Do	Three scenarios with no easy answer.
2 Body Boundaries and Consent	Asking, refusing, and changing your mind.
3 Digital Safety Rules	What is private, and what to do online.
4 Our Online Safety Agreement	A contract to sign together.
5 Digital Dangers	Spotting an unsafe interaction online.
6 Red Flags and Green Flags	Sorting the signs in a relationship.
7 Two Stories	Reading a situation and finding the Red Flags.
8 It Is Never Your Fault	The message that matters most.
9 My Safety Plan	Signed, and kept somewhere they can see it.

A NOTE FOR THE GROWN-UP

Pages 6, 7, and 8 describe how an adult or older teenager might behave towards a child in ways that are confusing or wrong. They are written from the child's point of view and they do not use frightening language. Children handle this material well. Adults are the ones who find it hard.

If your child tells you something while you do these, stay calm. Say "I believe you" and "I am glad you told me." Do not ask questions. Then report it, using the numbers at the bottom of any page.

If a child tells you something:

In Florida 1-800-962-2873

Any other state 1-800-422-4453

Danger now 911

Both are free and answered 24 hours. The national line connects you to the right place for your state.

Center for Child Counseling

[How to use this pack](#)

beKidSafe.org

Think, Feel, Do

Three situations. Work through all three steps for each one.

1. A grown-up you know well offers you an expensive present and says not to tell your parents.

THINK

FEEL

DO

_____	_____	_____
_____	_____	_____

2. Someone you have only met online asks for a photo of you and says everyone does it.

THINK

FEEL

DO

_____	_____	_____
_____	_____	_____

3. An older cousin wants to play a game alone in a room with the door shut.

THINK

FEEL

DO

_____	_____	_____
_____	_____	_____

THERE IS NO TRICK HERE

All three have something wrong with them, and in all three the wrong thing is what the other person is doing. Not what you did, not what you were wearing, not that you were friendly.

Notice that none of them involve a stranger. Almost nobody who hurts a child is a stranger.

Body Boundaries and Consent

Read each one. Circle yes, no, or it depends. Be ready to argue.

A friend hugs you without asking.

OK

NOT OK

DEPENDS

Your aunt says "give me a kiss" and you do not want to.

OK

NOT OK

DEPENDS

You said yes to a piggyback, then changed your mind.

OK

NOT OK

DEPENDS

A coach puts a hand on your shoulder in a game.

OK

NOT OK

DEPENDS

Someone keeps tickling after you said stop.

OK

NOT OK

DEPENDS

A doctor examines you with your grown-up there.

OK

NOT OK

DEPENDS

Ways to GIVE consent

- "Yes, I would like that."
- Nodding, or holding your arms out.
- "Sure, but only a quick one."
- Asking first, then waiting.

Ways to REFUSE consent

- "No thank you."
- Shaking your head. Stepping back.
- "I would rather do a high five."
- Saying nothing and walking away.

THE THREE THINGS THAT MAKE IT CONSENT

It was asked for. Nobody has to guess whether you wanted it.

It was a real yes. Not a yes because you felt you had to, or because they kept asking.

It can be taken back. Changing your mind partway is allowed, every time, for any reason.

That last one is the one people forget. You are allowed to stop something you agreed to.

Digital Safety Rules

Sort the information. Then read what to do when something goes wrong.

Write P for private, or S for safe to share.

☐ Your full name	☐ A game you like
☐ Your school	☐ Your birthday
☐ Your address	☐ A film you watched
☐ Photos of you	☐ Your phone number
☐ Your favorite band	☐ Where you go after school
☐ Your password	☐ A joke

THE RULE UNDERNEATH

If it could help somebody find you, work out where you will be, or get into your accounts, it is private. If you are not sure, Check First with a grown-up. Being wrong costs you nothing.

IF SOMETHING ONLINE MAKES YOU FEEL WEIRD

1. Stop. Do not reply, and do not send anything.
2. Do not delete it. That is the evidence, and you may need it.
3. Screenshot it if you can.
4. Tell someone in your Circle of Safe Adults, straight away.

You will not lose your device for telling. If that is what you are afraid of, say so out loud to your grown-up right now, and settle it before anything happens.

Our Online Safety Agreement

Read it together. Both of you sign. Put it near the devices.

- 1 I will not give my private information to anyone, in person or online. If I am not sure whether something is private, I will Check First with my grown-up.
- 2 I will Check First before I post a photo, download an app, buy anything, or set up an account.
- 3 I will only visit sites my grown-ups and I have talked about.
- 4 I will use technology in an open part of the house, and my grown-ups can see what I do.
- 5 I will tell my grown-ups right away if I see or get anything that makes me feel uncomfortable, scared, or confused. I will listen to my Inner Safety Voice when I am online.
- 6 I will not meet, play with, or become friends with people online who I do not know in real life. People can pretend to be someone else online.
- 7 I will not take part in cyberbullying. If I would not say it to someone's face, I will not say it online. If I see it happening, I will tell a grown-up.
- 8 I will not share my passwords with anyone, including my friends.

AND THE GROWN-UPS PROMISE

We will listen, and help you solve any problem online calmly. You will not lose your device for telling us.

signed by me

signed by my grown-up

date

Digital Dangers

Read each message. Write R for Red Flag or G for Green Flag.

☐

"You seem really mature for your age."

☐

"Want to join our group chat? A few people from school are in it."

☐

"Don't tell your parents we talk. They wouldn't understand us."

☐

"I got the same game! What level are you on?"

☐

"Send me a photo. I sent you one, so it's only fair."

☐

"My mum says you can come over on Saturday if yours says yes."

☐

"You're the only one who really gets me."

☐

"I'll give you a gift card if you turn your camera on."

WHAT THE RED FLAGS HAVE IN COMMON

Secrecy. "Don't tell your parents."

Flattery. "You're so mature." "You're the only one who gets me."

Something for something. A gift, a game, money, in exchange for something from you.

Pressure. "It's only fair." "Everyone does it."

Any one of these on its own is worth telling a grown-up about. You do not have to wait until you are certain, and you do not have to explain why it felt wrong.

Red Flags and Green Flags

Write each sign in the right column. Add your own at the bottom.

GREEN FLAGS

a healthy, safe relationship

RED FLAGS

an unhealthy, unsafe relationship

Signs to sort:

- respects my boundaries
- listens to me
- makes me feel safe
- does not pressure me
- I can talk to them about anything
- asks me to keep secrets
- breaks the rules
- asks me to lie
- shows me things I should not see
- does not listen when I say no

THE PART THAT SURPRISES PEOPLE

A relationship can start with all Green Flags and change later. Someone who was safe for years can start doing things that are not. That does not mean you were wrong about them before, and it does not mean you did something to cause it.

A Red Flag is like a red light. It means stop, Think, Feel what your body is telling you, and Do.

Two Stories

Read each one. Underline every Red Flag you can find.

Jada's story

Jada's uncle started giving her lifts home from practice. At first it was nice, and he was funny. Then he began buying her things and telling her not to mention it to her mum, because her mum would be jealous. He started saying she was more grown-up than the other girls her age. Last week he took a longer route home and put his hand on her leg. He said she was being silly when she moved it.

THE RED FLAGS I FOUND

Mateo's story

Mateo met someone in a game who said he was fourteen too. They talked every day and it felt good to have someone who listened. The friend said their friendship was special and nobody else would understand it. Then he asked Mateo to move to a different app where messages disappear. He asked for a photo, and when Mateo said no, he said he thought they trusted each other.

THE RED FLAGS I FOUND

WHAT BOTH STORIES HAVE IN COMMON

Neither person was a stranger, and neither started badly. Both built trust first, then asked for secrecy, then said the child was special or grown-up, then crossed a line.

Neither Jada nor Mateo did anything wrong. Not by accepting a lift, not by being friendly, not by enjoying the attention. The adult made a choice. That is where the fault is.

It Is Never Your Fault

Read these out loud together. Then talk about the last one.

- ✓ Not if you did not say no.
- ✓ Not if you did not tell anyone for a long time.
- ✓ Not if you went back, or stayed friends with them.
- ✓ Not if you liked the attention, or the presents.
- ✓ Not if you broke a rule to be there.
- ✓ Not if you were online when you were not supposed to be.
- ✓ Not if part of you still likes them.

A grown-up made a choice to do something to a child.

Everything the child did was a child trying to get through it. That is the whole thing.

If it happened to a friend, what would you say to them?

ASK THIS, AND THEN WAIT

"Is there anything you have ever wanted to tell me but did not?"

Then stop talking. Do not fill the silence. Count to ten in your head if you have to.
Most children who tell an adult do it in a gap like that one.

My Safety Plan

Fill this in yourself. Keep it somewhere you will see it.

My Circle of Safe Adults

at least one who does not live with me

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

What my Inner Safety Voice feels like

One Red Flag I will watch for

What I will say if I need to use my Safety Voice

And the one I already know:

If anything happens, it will not be my fault, and I can always tell.

signed by me

signed by my grown-up