

Lesson 3: Action Plan

Circle of Grace: Third Grade

Personal Action Plan

Steps to take to protect yourself:

1. Say, "No!"
2. Get Away.
3. Tell A Trusted Adult.

My trusted adults in addition to my parents are:

1. _____ Phone: _____
2. _____ Phone: _____
3. _____ Phone: _____

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Dear Parents,

The goal of *Circle of Grace* Lesson Three is for children to know and demonstrate how to take action if a boundary is threatened or violated. These situations could pose an immediate threat or one that is confusing to your child and makes them feel uncomfortable. We call this their “Action Plan”.

They were taught the following:

Steps to take to protect yourself:

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2. Get Away.
3. Tell A Trusted Adult.

Your child was given a card with this action plan on it. They were to write down at least three adults in addition to their parents they could turn to for help. We call each of these people a “trusted adult”. Instructions were given for them to take this card home and share the information with their parents.

Please discuss with your child the people on his/her list. If your child names someone you find inappropriate, please help him/her to identify someone else. Provide phone numbers of these people so that your child may write them down on their Personal Action Plan Card.

It is a good idea to contact these individuals to let them know you and your child have identified them as trusted adults. Being identified as a “trusted adult” will most likely make them feel honored as well as alert them to your safety plan for your child.

Your child should put this list in a safe place where they can have easy access to it if they would need it.

To help your child be well prepared to use the Action Plan in a range of possible situations, we offer you a few other scenarios that would be good to discuss with your child.

1. You are at a friend’s house, and they start to watch an R-rated movie. What do you do?
2. You are walking home and notice that a car is slowly following you. What do you do?
3. Someone you don’t know well is offering to take you home from practice and says you can get an ice cream on the way home. What do you do?
4. You are on the internet and pictures or words come up on the screen that make you uncomfortable. What do you do?
5. You’re riding your bike around the neighborhood on a really hot day and a neighbor you don’t really know invites you to come inside their air-conditioned house to get a cold pop. What do you do?
6. You’re invited to a friend’s house but know his or her parents won’t be home. What do you do?

Thank you for helping us help you keep your child safe!