

# INSTRUCTOR INTRODUCTION



*Be A Safety Kid  
Program*

*S.T.A.R.  
Program*



**©Safety Kids**

A program from the  
**ARIZONA CRIME PREVENTION ASSOCIATION**  
a 501(c)3 non-profit organization

[www.safetykids.org](http://www.safetykids.org)

[www.acpa.net](http://www.acpa.net)



# Safety Kids

*"Keeping children safe from abduction, violence, and exploitation..."*

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by

**Safety Kids, Inc.**

and

**Arizona Crime Prevention Association, Inc.**

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## INTRODUCTION

Children are the planet's most precious resource. They are the future and nothing you do for children is ever wasted. But as children, they lack the skills to protect themselves. Prevention is not the responsibility of a single segment of society. It is our responsibility as parents, adults, teachers and caregivers to safeguard children and educate them to be cautious and aware of danger.

There are approximately 58,000 non-family abductions nationally each year, according to the Department of Justice. 99% of these children returned home safely. The last 1% or 600 children did not.

How can we curb the risk that children have to danger? As responsible adults, we must educate children on how to be safe and we must establish rules for children to follow.

Our sincere appreciation is extended to you for your cooperation in reinforcing the skills learned by each child during the Safety Kids Inc. program.

You are to be commended for your vision, your commitment to your students, their futures and to the ultimate safety of each child in our community.

*Thank You!*



# Safety Kids

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## History

**Diane L. Brown**, founder and past director of Safety Kids, Inc., retired in 2013. She has worked on the issue of personal safety for children since 1982. She is a certified Crime Prevention Specialist through the International Society of Crime Prevention Practitioners. After teaching elementary education for seven years, she created Friends of Child Find, Inc. (a non-profit) to address the issue of missing children. This work has been recognized with the Pennsylvania Governor's Award for Citizen Crime Prevention, JC Penney Golden Rule Award for the tri-state area, Eckerd Drug Award for Outstanding Women, Girls Scouts Distinguished Women honorable mention, Jefferson Award nominee, and several Citizen of the Year awards. She has taught personal safety to hundreds of thousands of children and adults, has appeared on numerous television and radio programs, and also worked with *Sesame Street Live* and the Harlem Globetrotters. In 1998 she created Safety Kids, Inc. to broaden the scope of child safety. Since that time she has received the FBI Director's Community Leadership Award and the Western Pennsylvania Crime Prevention Member of the Year Award, has appeared as a speaker on the local, state, national, and international levels, has trained hundreds of crime prevention practitioners in the use of this personal safety curriculum, and served on the Advisory Board for the FBI Adopt-a-School Initiative. **Safety Kids, Inc. is the recipient of the Independent Charities Seal of Excellence.**

## About the Consultants/ Contributors

The original curriculum was developed in 1998. The program and curriculum development involved a wide panel of educational experts to include teachers, guidance counselors and child psychologists from the State of Pennsylvania. The program and curriculum has been evaluated by educational evaluators, and crime prevention practitioners across the country.

## Passing of the Torch

In 2013, Diane L. Brown, founder of Safety Kids Inc. retired after many long years of providing child safety education. The Arizona Crime Prevention Association (ACPA), Inc. saw an opportunity to acquire Safety Kids Inc. in order to keep the torch burning. With the passing of the torch, ACPA was able to use its resources to build on the Safety Kids, Inc. curriculum and developed this revised program.

ACPA's public safety professionals contributing to the new curriculum development have many years in child and safety education. Their expertise in developing child safety programs, cutting edge philosophies and state of the art vision truly enhances the Safety Kids, Inc. program.



# Safety Kids

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## Arizona Crime Prevention Association, Inc.



## Our History

The Arizona Crime Prevention Association, Inc. (ACPA) is an Arizona non-profit 501(c)3 corporation dedicated to the ideas and promotion of crime prevention awareness and education throughout the State of Arizona.

The ACPA was created in 1977 by crime prevention officers, civilian employees, volunteers, and members of security and loss prevention industries, dedicated to the promotion of Crime Prevention Awareness throughout the state of Arizona. The A.C.P.A. through the years has provided cutting edge instruction and programs to assist Law Enforcement, businesses and citizens in the reduction and prevention of crime.

## Our Goals

The Association's goals and objectives are to focus attention on local, state and regional issues related to crime prevention, and provide a forum for the exchange, coordination and teaching of ideas, concepts and programs pertaining to the reduction of crime.

Additionally, the ACPA utilizes the EZ Child Identification System. The EZ Child Identification System is an all-inclusive kit that allows digital fingerprinting, photographing, video and audio taping of a child and/or elder in a matter of minutes. The system will also provide an identification card that can be laminated and a copy of the information on a CD upon departure.

**WWW.ACPA.NET**



# Safety Kids Program

"Keeping children safe from abduction, violence, and exploitation..."

**Be a Safety Kid Program** is a fun, motivating, and effective way to teach personal safety to children. They need to learn how to make wise choices and to be empowered to object to or avoid situations that are dangerous or harmful to their bodies. A majority of the children who are victimized know the perpetrator; therefore, the concept of *stranger danger* is ineffective! It puts children in a position of feeling secure just because they *think* they know the person. This, in fact, makes them vulnerable and may lead to victimization. Charlie Check-First replaces that concept and has been readily endorsed by educators and law enforcement personnel.

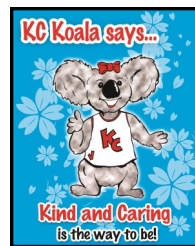
**Our Mascots** have been designed to enhance the teachable moments, be memorable and fun.

- ✓ **Charlie Check-First** teaches children to: "Check First before you go anywhere with anyone."
- ✓ **KC Koala** reminds children that: "Kind and Caring is the way to be!"
- ✓ **Ima S.T.A.R.** says: "Students Together Are Responsible!"

Charlie Check-First



KC Koala



Ima S.T.A.R.



**Our Curriculum** is divided into core subjects which are age appropriate and designed with easy to follow script. Each core subject has follow-up activities designed to reinforce the concept of the lesson. These activities address Gardner's "Multiple Intelligence Theory."

<p><b>Lures</b></p> <p>Charlie Check-First</p> 	<p><b>Home Alone Skills</b></p> 	<p><b>Kind &amp; Caring Kids</b></p> <p>Conflict Resolution, Bullying, Self-Esteem &amp; Tolerance</p> 	<p><b>Power NO</b></p> <p>Pressures, Dares, Guns, Drugs, Not OK Touch/Talk</p> 
<p>Safety Person/ Safety House</p> 	<p><b>Emergencies</b></p> 	<p><b>Responsible Reporting</b></p> <p>It is <i>not</i> snitching!</p> 	<p><b>Observation Skills</b> </p> <p>(includes what to do if approached)</p> <p><b>Buddy System</b></p> <p>(includes what to do if lost)</p> 



## Ways to Use the *Be a Safety Kid* Curriculum

### How to Present the Material

Along with its **effectiveness**, the beauty of this program is its **simplicity and flexibility**. The structure is comprised of modular lessons, and they may be presented in two easy ways with one exception, they may be taught in any order. ✓ **“Check First” is the most important topic and should be taught first. Be sure to spend quality time on this portion of the lesson!**

1. **Present one or two individual topics in a session**, followed by a reinforcement activity. This is the most beneficial teaching method and is ideal for the classroom teacher who can use the lessons, worksheets, and the reinforcement activities periodically through-out the year. Lessons and reinforcement activities should be spaced out to allow for gradual and consistent learning.
2. **Present a general lesson that briefly covers many or all topics**. Choose the topics that are most important for you and the students. This often works best for the law enforcement officer or crime prevention practitioner who has limited time in the classroom. Ask the classroom teacher to follow up with reinforcement activities and worksheets.

### Who Presents the Material

Flexibility is stressed when using this program. This curriculum has effectively been presented in many different ways, by many different professionals:

- ✓ Classroom teachers present it as an independent lessons.
- ✓ Health teachers present it as part of the study on safety.
- ✓ Guidance counselors present selected topics to the classrooms.
- ✓ Public safety present the lessons in the classroom.
- ✓ Teamwork is used (police officers + guidance counselors, etc.)
- ✓ Self-defense instructors utilize the curriculum as a passive alternative.
- ✓ Day cares, religious organizations and non-profits incorporate the curriculum concepts into other lessons or programs.

**Be creative: customize your presentation to fit the needs of your situation!**

### How to Evaluate the Program

Give your students the Pre/Post Evaluation prior to beginning the material. Read the questions for those students who need that assistance. Sometimes there are no right and wrong answers; it is mainly a question of what they perceive.

Give the same test to students after completing the lessons. Was there a change in their thinking? Do they now realize the safest response to a variety of situations? We hope so!

**Take a moment to complete the online evaluation of the curriculum. This will help us improve our material so that we are able to effectively meet the needs of the instructor and the children.**

**Thank you!**



## To the Instructor

Teaching children about personal safety is a delicate task. It is far too easy to instill fear in a child, rather than just the necessary caution. The best way to introduce personal safety to children is to remember these words: **gradually and consistently**.

If a child is informed about this type of safety a little bit at a time and in repeated doses, he or she will assimilate this knowledge as a routine skill, without excess worry.

There is intentional repetition in the lessons from one grade level to the next. Children need to have these concepts repeated and reinforced every year. It is also designed to be easily adaptable to the mental maturity of the children you are teaching, regardless of grade level.

# “Strangers”

*Stay away from strangers* and *stranger danger* are popular warnings to children to try to prevent exploitation or abduction. Unfortunately, most children are molested, abused, abducted, or lured into drugs by people they know or think they know. Instead of presenting an image of a *stranger*, children should be taught to be aware of **situations or actions**.

The elimination of the *stranger* concept has been rapidly embraced by thousands of parents, crime prevention practitioners, and educators! Feedback from these groups has inspired us to encourage others to use the **Check First** procedure as much as possible.

### Avoid using the word *stranger*!

**Above all, reassure children that all people, especially those they do not know, are not out to harm them. Most of the people in the world are good, kind, loving, and helpful!** But it is important that children are cautious and follow these safety rules so that they avoid putting themselves in a position of possible exploitation or danger.

## 3-Steps to Become a Safety Kid

### Judge, Think, Act

- ✓ Look at the whole situation.
- ✓ Think carefully and evaluate everything.
- ✓ Follow the Safety Kids’ rules.





# Path to Successful Instruction



## Stepping Stone 1: Preparation

- ◇ Learn the subject! The instructor must have a thorough knowledge of the Check-First philosophy, the concepts, and the curriculum.
- ◇ Select the topic(s) you plan to teach.
- ◇ Design a smooth and logical presentation of topic(s).
- ◇ Gather all needed props, hand-outs, and teaching materials.
- ◇ Make sure the needed time is blocked into the classroom day.



## Stepping Stone 2: Instruction

- ◇ Enthusiasm is essential! Start and end with energy and fun (and keep this up throughout the entire lesson!) Smile!
- ◇ Communicate clearly. Body language needs to be positive. Spoken and written words need to be clear.
- ◇ Do not lecture! Make the lessons interactive. Children “learn by doing.”
- ◇ Motivate! Use props, posters, song, stories, and audiovisual techniques.
- ◇ Provide positive feedback to the children. Praise and encourage.
- ◇ Eliminate negative feedback. Avoid ridicule, sarcasm, and humiliation.
- ◇ *Listen* to what they say. Paraphrase their comments. Respond.
- ◇ Be:
  - ◆ Flexible
  - ◆ Fair
  - ◆ Consistent
  - ◆ Kind
- ◇ Make eye contact with each child in the class.
- ◇ *Recognize* and *Respect* the differences in the children.



## Path to Successful Instruction Continued



### Stepping Stone 3: Class Management

- ◇ Maintain control of the class.
- ◇ Don't be afraid! These kids won't bite. You are the authority figure and you are in control.
- ◇ Keep the discussion on track.
- ◇ Organize the students in a seating arrangement that is conducive to your instruction (younger children may sit on the floor, etc.)



### Stepping Stone 4: Professional Responsibility

- ◇ You are the professional. Maintain your composure and let them know you are a friend, as well as an authority.
- ◇ Report any comments or actions that may be indicative of sexual abuse or other victimization.
- ◇ Have your instruction evaluated by another adult. Feedback will help you improve your teaching.

Remember: You are helping these children travel the **Path to Safety**.

- ◆ Prepare them. (Teach effectively)
- ◆ Guide them. (Reinforce the safety tips.)
- ◆ Support them. (Be there when they need you.)



## Path to **SUCCESS**

**S**mile and enjoy the time with the kids.

**U**se your talents to add creativity and fun to the lessons.

**C**are! Some kids carry a lot of “baggage” and have many needs.

**C**ommunicate effectively: words and body language are important.

**E**nthusiasm is essential! This should be a passion, not just a job.

**S**hare your personal experiences and stories.

**S**trive to do your best, and expect the best in return.

## Path to **PROTECTION**



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**YOU = Protection**

**Take the walk; enjoy the journey!!!**



# Teaching Techniques

## ☆ Have fun with the lesson !! Smile!!

- ◇ If you are a guest speaker, make sure the classroom teacher stays in the room! Tell the teachers you are pleased that they are staying so that they will hear the information and will be able to reinforce it in the classroom later.
- ◇ Instead of always having children raise hands, try:
  - ⇒ telling children to touch their nose if they have an answer.
  - ⇒ calling on someone who is wearing brown shoes, white shirt, etc.
  - ⇒ taking an answer from someone who has a summer birthday, a dog, etc.
- ◇ Avoid saying “sshhh!” It is more annoying than effective.
- ◇ If you need their attention, say “let me see your eyes”, etc. It draws them back to you.
- ◇ Instead of raising your voice level to accommodate their noise level, lower your voice.
- ◇ Avoid lecturing and being monotone.
- ◇ Use your body language to your benefit:
  - ⇒ Be animated, exaggerate your movements of praise, surprise, etc.
  - ⇒ Avoid giving glaring looks to discipline problem children, but yet make eye contact with them and tell them that you need their cooperation and attention.
  - ⇒ Use the doll, poster, props, and game pieces. Point, touch, and hold them often so that the children really *see* them and remember them.
- ◇ Look around the room and make eye contact with all of the children.
- ◇ Call on different children. Avoid paying attention only to the few children who may be participating. You need to draw the others in.
- ◇ Get the children involved! Use them to demonstrate, to reveal poster pieces, etc.
- ◇ Be confident and sure of yourself.
- ◇ Repeat a child’s answer so that the rest of the children can hear it.
- ◇ If you get a bizarre answer, do not repeat it. If possible, correct it and give a better answer.
- ◇ Kids love to tell stories and go off on tangents. Tell them you will save time at the end of class for them to share.
- ◇ Be honest. Say you do not know an answer or you made a mistake. Children are able to tell if you lie and they will lose respect for you.
- ◇ Don’t be afraid! These kids won’t bite. You are the authority figure and you are in control.

**Have fun with the lesson and the kids will enjoy it, too!!**



# Important Tips

- ✓ **Teach in a positive manner.**  
Avoid using the word *don't*. Instead, focus on the **positive** action that children should take.
- ✓ **Avoid using the word *stranger*!**  
Children often do not make valid judgements as to who is and who is not a *stranger*. Most children are molested, abused, abducted, or lured into drugs by people they know or think they know.
- ✓ **Avoid instilling fear!**  
Teach these concepts as everyday skills.
- ✓ **Admit when you make a mistake or do not know the answer to a question.**  
Children know when you are wrong or faking an answer. You will lose credibility in their eyes. Be honest.
- ✓ **Adapt the scenarios and language to match the background and maturity of your children. Use examples of situations that relate to your students.**
- ✓ **Do not discipline children in your audience. Find out prior if there will be any problem children and make arrangements with the teacher or parent to address any issues so you do not have to stop the presentation.**