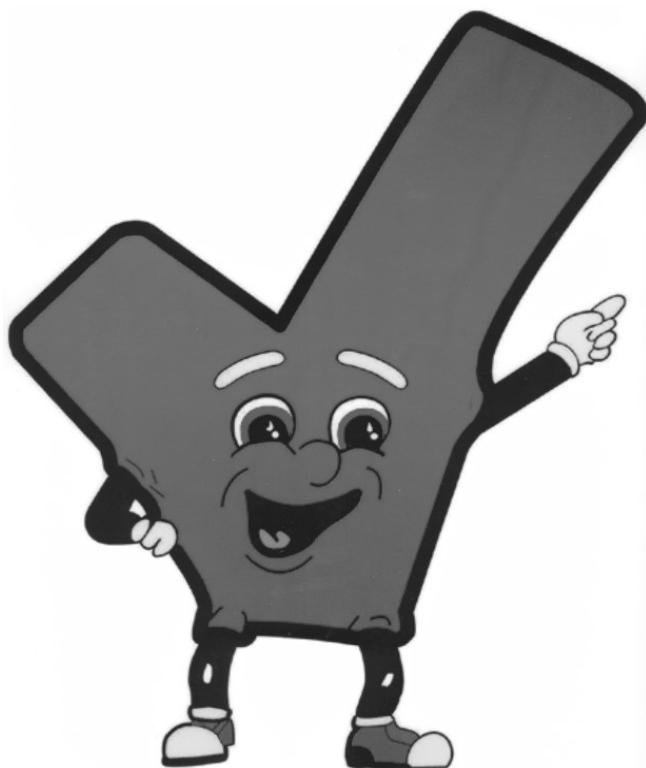


# Check First



**Bold Text:** suggested words to say to teach lesson  
*Italics:* suggested actions to take  
(Parenthesis): background information or suggested answers

- ★ **The Check First concept is the most important element in this entire program. Make sure you spend quality time on these lessons!**
- ★ Use Reinforcement Activities periodically throughout the year to strengthen their grasp on these safety techniques.

## Materials Needed for Lessons

- Charlie Check-First doll or poster
- *Toys* poster
- A decorated box or bag to be your Safety Toy Box
- Assorted objects to put in Toy Box (some that represent the items on the poster [lesson topics] and some that do not)
- *Safety Kids Songs* (optional)
- Letter to the Parents/Guardian (Appendix)

## Objectives for Students

- Repeat the safety slogan: “**Check First** before you go anywhere with anyone.”
- Name two people they can check with to make sure it is OK.
- Give two examples of times they should **Check First**.
- Recite the second part of the slogan: “If you cannot check, the answer is NO!”
- State a safe response to the lure of a pet.
- State a safe response to the lure of friendliness.
- State a safe response to the lure of an emergency.
- State a safe response to the lure of authority.
- State a safe response to the lure of assistance.
- State a safe response to the lure of bribes.

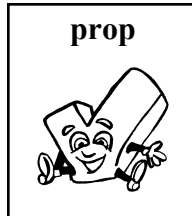
## Review of Introduction

*Decide which topics you plan to teach for your session and put objects representing those topics in your Safety Toy Box before you begin.*

*Using the Toys poster, introduce the lesson as described in the Introduction under Safety Poster Teaching Procedure.*

*Always start with the Check First concept!*

## Lesson



**Who can come up to the poster and point to a funny, little, red toy? He is a special friend of mine and I have him with me today.**  
*Select a student to do this.*

*Ask a different student to come up to the prop box and find a poster in there that matches the one on the poster.*

**This is Charlie Check-First. Do you know what shape he is? Briefly discuss his appearance.**

### THE RULE

**He is a check and his body shape is made to remind us of our most important safety rule. He wants you to: “Check First before you go anywhere with anyone.”**

*Have children repeat this statement several times. Alter it by whispering, chanting, yelling, etc. Draw a check mark in the air when you say “Check” (use index finger to draw a mark down) “First” (use index finger to continue drawing the mark back up—✓). Or hold up thumb and index finger and curl other 3 fingers down into palm. This makes a check.*

*Let several children state the rule and give Charlie a hug or handshake.*

### THE NEED TO CHECK

**What does it mean to check with someone?** (It means to ask someone if it is OK.)

**Who can you check with to see if it is OK to go?** (That person could be mom, dad, babysitter, teacher, an adult who is in charge of them at that time; not just anyone.)

**If there is no way to check with someone, the answer is NO!** (On the word *NO* the children should use hand motions [cross hands in front of body and fling them open—or some other movement] to stress the word. Do this several times to stress this part of the rule!)

**Are you allowed to leave the classroom any time you want?** *Discuss.*

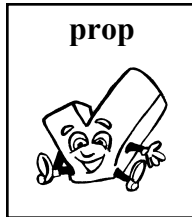
(It is probably a classroom rule to check first with the teacher. If they did not check, the teacher might get worried about them.)

**You already Check First everyday in different ways. If you are playing in the yard and you want to go next door to your friend’s house, what should you do?** (Get permission first from Mom, Dad, or the adult who is in charge of you.)

**When are some other times you may need to Check First?** *Get responses.*

*Repeat the rule at least twice while holding up the Charlie Check-First doll or poster. **Check First before you go anywhere with anyone.***

*Stress the second part of the rule: **If you cannot check, the answer is NO!***



**prop**

☆ *As you discuss various lures, create scenarios that are difficult! i.e. a sweet grandpa-type or mother of a friend vs. a mean-looking guy with dirty clothes or someone unknown to the child. Combine lures to make them more tempting.*

*Use the following scenario for role-play or discussion.*

## **Lure of a Lost Pet (or other animals)**

*Discuss the lure of a pet, as it is very common and effective! Stress that they need to **Check First** even for something as simple as looking in the bushes.*

**Put your hand on your head if you like puppies. Touch your nose if you like kittens. Wiggles your ears if you like bunnies. Most of us like little animals.**

**Let's pretend you are at the playground and someone (it doesn't matter if you think you know this person or if you have never seen this person before) comes up to you and says:**

**“Can you please help me? My puppy just ran into those bushes, and he won't come when I call him. But he loves little kids. So if you come with me into those bushes, I know that he'll come out to play with you. Please?”**

**What should you do?**

*Discuss and role-play a lure with pets.*

### **Lure of Friendliness**

**What should you do if your neighbor is always very nice and friendly and one day invites you into the house for cookies and milk? Maybe you have even been in that house before with your mom. Should you go now?**

*Discuss .*

**You are at your friend's house and your friend's mom asks you if you want to go for a ride to the park. Should you go? Should you check first with your parent or guardian?**

*Discuss the lure of friendliness.* The above situations are probably harmless, but children still need to learn to follow the procedure to Check First.

### **Lure of Assistance**

(Children love to help others! It is important for them to know that adults can get help from other adults.) *Create other scenarios in addition to the one below.*

**You are at walking home from school and your neighbor drives by, stops, and asks you to help her. She will give you a ride home if you can help her carry some things into her house. You have been in her house before. You have even been in her car before. Should you go? She is a nice lady.**

*Review the Check First rule.* (They should follow it even if the situation involves a neighbor or someone they know well.)

### **Lure of Bribes**

(Bribes can include candy, puppies, money, video games, and other tangible items that might interest or intrigue a child. They can also include: an adventure [such as a ride in a sports car], "time" spent with the person, getting a photo taken, or other experiences.)

*Ask the students what they would like to receive if they could have anything they wanted and create scenarios based on their responses. You can easily combine this with the lure of pets.*

## **Lure of an Emergency or Authority**

*Be sure to create scenarios of only an emergency and only authority, as well as the one below that combines both. A uniform does not automatically mean a child should listen to the adult! A non-reader cannot always differentiate between an officer, a mechanic, or anyone else in uniform. Even if a child can read the words on a badge or patch, it is still best to Check First. Law enforcement personnel agree with this approach! It is better to be safe than to be tricked by an impersonator.*

☆ *Remind children that it is fine to go to an officer for help, but if anyone comes to them to offer help or to take them somewhere, they need to Check First.*

**We know that a police officer is always your friend and will help you whenever you need help. You can always go to an officer or call one on the phone if you need help.**

**But what should you do in this story? You are home after school with just your older brother. There is no grown-up there. Someone knocks at the door and is dressed like a police officer (or nurse). You do not open the door, but she says very loudly that, “Your mom has been in an accident. She’s OK, but she doesn’t want you to be here alone. So come with me and I’ll take you to the hospital to see her.” What should you do? (The correct response is to Check First.)**

**Keep the door shut and locked. You do not need to say anything to the person at the door. Call your mom or dad or babysitter or some other adult you trust. (They should have emergency numbers by the phone. This is an important tip to review in another lesson or now.) If you cannot do this, you can call 911. (This is also an important tip to review in another lesson or now.) Someone will tell you the right thing to do.**

**Remember, if you ever need help you can go to a police officer. But if someone who looks like an officer comes to you when you don’t need help, then you need to Check First.**

## Safety Person

**Your parent or guardian should give you the name of a Safety Person. This is someone you can trust and you can go with; without having to Check First.**

**It is very important for your parent to pick this person, not YOU! And you only go with that person if you cannot Check First!**

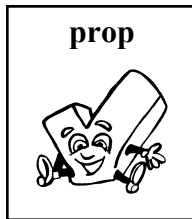
**I am going to give you a paper to take home tonight to tell your parent all about a Safety Person. Please make sure you give it to her or to him!**

(This is an important back-up tip for times when a child is not able to Check First. Please send this home and discuss it with parents at conferences or other opportunities.)

## Closure

*Have the children close their eyes and imagine their playground (or a stadium) packed with people. Stress that almost all of those people are good, kind, loving, and helpful. But since they do not know if one of them is going to be kind or mean just by looking, they need to follow the safety tip and **Check First**.*

*Repeat the rule several times while holding up Charlie Check-First.*



**“Check First before you go anywhere with anyone.”**

*Repeat the second part of the rule several times while holding up Charlie Check-First.*

**“If you cannot check, the answer is NO!”**

*Make sure each student can recite Charlie’s rule before the lesson ends! Let those children who can say the rule give Charlie a hug.*

*Use the Safety Kids Songs CD to reinforce the **Check First** rule.*

*Choose one or more of the Reinforcement Activities from the following pages.*

**Be a Safety Kid!**



## Reinforcement Activities

Although some of these activities may not be appropriate for your grade level, they may give you ideas of things your children would like to do. Adapt them to your needs.



### **Songs**

Sing songs using the *Safety Kids music*. Words are included in the appendix. Children love the repetition of the words, and the songs help them remember the rules.

**Materials needed:** *Safety Kids Songs*



### **Puppet Show**

Students color puppets, cut them out, and attach them to craft sticks or straws. Students can work in pairs or small groups to do a **Check First** puppet show based on what was discussed in the lesson.

**Materials needed:** puppet patterns, craft sticks or straws, tape, crayons



### **Musical Art**

Play the *Safety Kids Songs* as students begin to create a picture of a *safe scene* with Charlie and children. After a minute, stop the music. When the music stops, children get up and walk around. When you start to play the music again they must find a different paper to go to and add something to that drawing. Continue starting and stopping the music until children have had the opportunity to go to several drawings.

**Materials needed:** *Safety Kids Songs*, drawing paper, crayons or markers



### **Tissue Paper Charlie**

Each child receives a picture of Charlie on card stock or other sturdy paper. Review Charlie's rule (written under his picture) with children. Give students some tissue paper squares and a small amount of glue. Have students crumble the paper into a loose ball. Dip the ball in the glue and attach it to Charlie. Continue until Charlie is filled in completely.

**Materials needed:** Charlie Check First master, 1-1/2" red, blue, yellow, and black tissue paper squares, glue, card stock





### **Fancy Charlie**

Use Charlie Check-First master to create a fancy Charlie with different art supplies (yarn, glitter, sponge painting, etc.). Have students cut him out and add a speech bubble stating Charlie's rule.

**Materials needed:** Charlie Check-First master, glitter, yarn, paint, sponges, tissue paper, construction paper.



### **Rule Review**

Children stand in a circle. One child states the first word of the rule and bounces the ball to another student. That student then says the next word of the rule and bounces the ball to someone else. This continues as the entire rule is said. This may be repeated often to give everyone a chance. Use the rule: "**Check First** before you go anywhere with anyone for any reason at any time."

**Materials needed:** large rubber ball, open space



### **Musical Rule Review**

Play the *Safety Kids Songs* as students play musical chairs. There should be one chair less than the number of students. Stop the music. Children need to find a seat. The one who is left without a seat must say the **Check First** rule and then sit out. Remove another chair. Continue until there is only one person left.



**Materials needed:** *Safety Kids Songs*, chairs



### **Hot Charlie**

Children sit in a circle and pass the Charlie Check-First ball around as *Safety Kids Songs* plays. The teacher stops the music. When it stops, the child holding the ball must say the rule: "**Check First** before you go anywhere with anyone" and then sits out. Play continues until only one child remains.



**Materials needed:** open space, *Safety Kids Songs*, approximately a 5" rubber bounce ball (with a marker, draw Charlie Check First on the ball). or use a bean bag

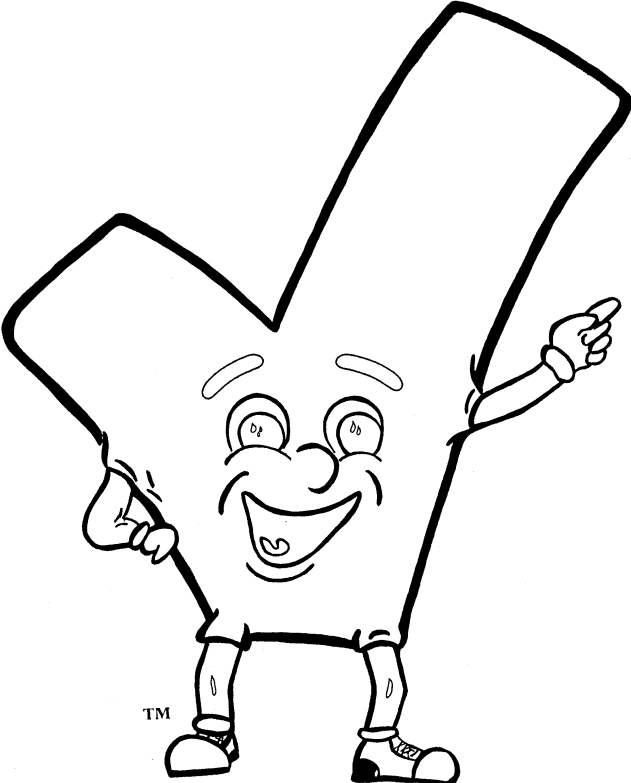


### **Make a Safe House**

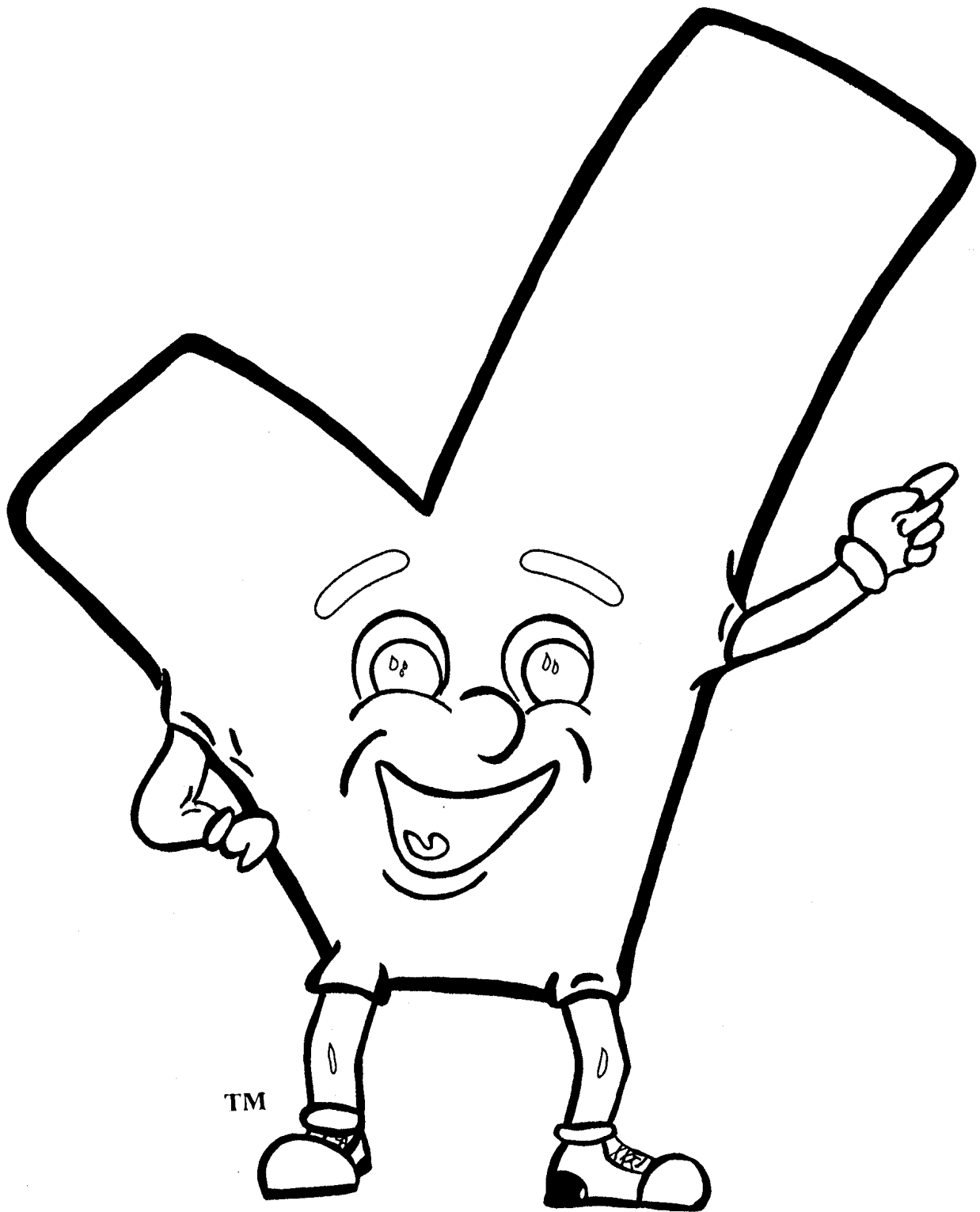
Provide students with a variety of shapes that can be assembled to make a simple house. Cut your own shapes or use the patterns and copy them on colored paper. Remind students, when assembling their houses, of the importance of keeping the door closed!

**Materials needed:** shape patterns, construction paper, glue

Stick Puppet Patterns  
(4 Safety Kids and Charlie)



Check First



Charlie Check-First says:  
"Check First before you go anywhere with anyone!"