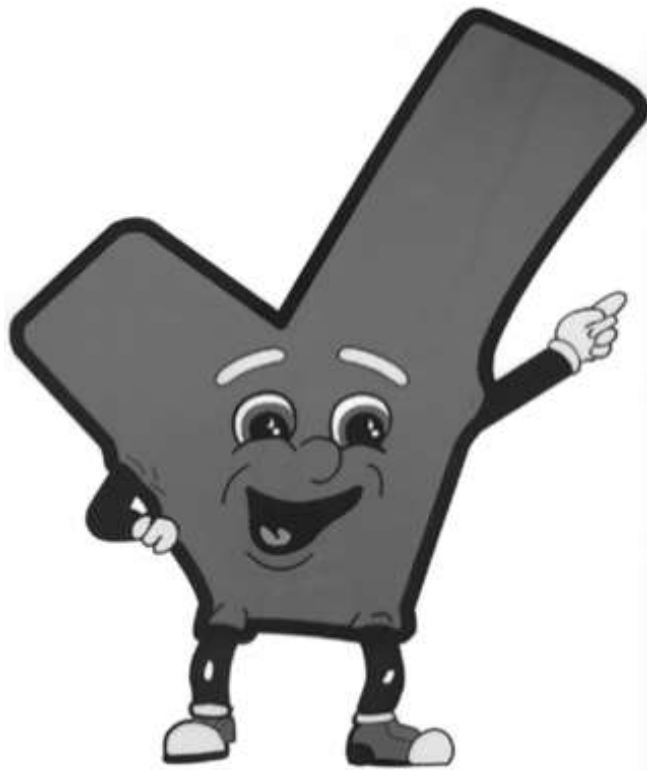


Check First



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

★ This is the most important lesson of the entire unit. It should be first.

Materials Needed for Lessons

- Charlie Check-First poster
- 3 Steps poster
- Reinforcement Activities (optional)
- Letter to the Parents/Guardian
- Safety Person Letter

Objectives for Students

- State the safety slogan: “**Check First** before you go anywhere with anyone for any reason at any time.”
- Explain how the Safety Person procedure works.
- State a safe response to the lure of friendliness.
- State a safe response to the lure for assistance.
- State a safe response to the lure of easy money or bribes.
- State a safe response to the lure of authority.
- State a safe response to the lure of an emergency.
- State a safe response to the lure of a lost pet.
- Explain what to do if the Check First and Safety Person procedure do not work.

Make sure to create scenarios that are relevant to your students!

☆ If your children are very street-wise, they will reject the idea of checking first with anyone. Many of them may be very independent and will laugh at or ignore the Check First concept. If so, please stress the 3 Steps they should follow. Even if you are focusing primarily on those steps, it is still beneficial to include the Check First concept.

You make decisions every day. Some of them are simple and are really not too important. Others may make the difference between being safe and getting hurt. When you follow the safety rules you will be taking a big step toward being safe. Are you a Safety Kid? Let's see how much you know about keeping personally safe.



How many of you are familiar with this safety mascot? Introduce Charlie Check-First if they do not know him.

He has a basic safety rule that you should remember. "Check First before you go anywhere with anyone (for any reason at any time)."

Discuss who they can check with to see if it is OK to go. (Mom, Dad, babysitter, grandparent, the adult who is in charge of them at the time)

The rest of the rule says that if you cannot check, then the answer is NO!

You cannot tell if a person is safe or kind just by looking. That is why you really need to Check First with a responsible adult. If you are unable to do this, then you need to follow 3 steps to help you determine what to do.

Refer to the 3 Steps poster:

To help you make smart decisions, follow the 3 steps:

1. Judge

It is important to check out *situations*, not just people. Before you decide to go somewhere or do something you need to judge or evaluate the *entire situation*.

2. Think

Think about the consequences, or what might happen, if you follow through with the action (going somewhere with someone or doing something). What might the consequences be if you do *not* do it?

3. Act

Once you have judged the situation and evaluated it carefully in your mind, then you act upon it. Make sure you are following safety tips or procedures as you do it.

There may be a time when relying on the Check First rule or the Safety Person procedure does not work. You may end up in a worse situation if you spend time trying to follow these steps when they are just not possible.



In that case, you need to make a decision based on your intuition, or *gut* feeling.

Most of the time we can have a fairly good feeling for what may be good, bad, right, wrong, safe, or dangerous. These feelings may be based on family traditions, lessons learned, or your natural instinct to want to take care of yourself.

Make up one or two scenarios that are relevant to your children. Discuss all 3 steps for them to follow for that scenario. Some examples are on the next page.

You need to follow this rule and these steps in order to be safe. The only exception is a Safety Person.

A Safety Person is someone your parent or guardian selects and is someone you can trust at all times. You can go with that Safety Person without checking first or worrying about the consequences.

You should have only two or three Safety Persons, not a long list of them.

Some families use code words. Who knows how they work?

(This is a secret password between the child and parent. If the parent needs to have someone else pick up the child, he or she gives the code word to that person. It is important for the child not to reveal the code word or give hints or clues. Stress that they are to stand at least two arm lengths away from the person, even if he or she wants to whisper the code word!)

☆ It's important to remember that most of the world is filled with good and kind people! But there ARE some who may try to trick you or hurt you. And because you cannot tell what a person's thoughts and plans are just by LOOKING at him or her, then you need to Check First and have a responsible adult help you make the decision.

There are many different "tricks" that someone may use against a child. Let's look at a few scenarios and see what you would do.

Apply the rule and the 3 steps as you discuss or role-play the following scenarios. Create more of your own and make sure that the situations are realistic and may be ones that children actually encounter or are tempting.

Remind them the goal is to make smart and safe decisions!

Lure of Friendliness

Discuss examples of a lure of friendliness; how someone may try to befriend a child.

You are walking home in the cold rain and the parent of one of your friends stops and offers you a ride. What should you do? (It doesn't matter if you know the person or not, you still must **Check First** to make sure it's OK. If you can't check, the answer is **NO**. Review all 3 Steps in your mind. Is this person one of your Safety Persons?)

You are at the soccer field waiting for a parent to pick you up after practice. Most of the kids are gone, but your ride is still not there. One of the other parents that you do not know, but have seen at the field, offers to take you home. What should you do? (It doesn't matter if you know the person or not, you still must **Check First** to make sure it's OK. If you can't check, the answer is **NO**. Review all 3 Steps in your mind. Is there a way you can call your parent and find out what to do?)

Lure of Bribes and/or Easy Money

Discuss a variety of money-making schemes, as well as bribes that an adult might use to entice them. (Taking quick money is usually not safe! It could be a trick to get you in a car or house. It could be part of a drug deal or another illegal action. They also need to resist offers to model, have photos taken, run errands, etc.)

You and some friends are in front of a local store. An unmarked van pulls up and the driver asks you if you could give him a hand. He has a lot of boxes in the back of the van that need to go into the store. They are not heavy or big, but there are a lot and he doesn't have a lot of time. He will give each of you \$10 to get the boxes out of the van and into the store. You really could use that money! What should you do?

(First of all, you should immediately take 2 giant steps back away from the car. Then do NOT do what he asks. It doesn't matter if he offers you money, video games, pizza, a puppy, or anything. It might be a trick to get you into the van. Remember, adults do not need that kind of help from children. You can earn money in a safer way.)

Lure of Assistance

Children love to help others. It is important for them to know that adults can get help from other adults.

You are walking down your street and your neighbor asks you to come into his house to help him. He needs to get something that is in a tight area and he is too big to get to it. You are the right size to reach and get it. He seems like such a nice guy. What should you do? (You need to tell the person that you cannot do that right now. You need to Check First. Adults do not need help from children! They can get help from other adults!)

You are on your way home from school and a car stops by you. The driver tells you that his GPS is not working right and it got it him to your street instead of where he needs to be. He wants you to look at the list of names on the trip list to see if you know of any of them and if he is close. He says he will hold it out the window so that you do not need to get too close. What do you do? (You need to tell the person that you cannot do that without Checking First. Adults do not need help from children! They can get help from other adults!)

What do you do if someone wants you to look for a lost child? This person is upset and wants your help to look for a toddler. (Tell him or her you need to Check First. Adults can get help from other adults.)

Lure of a Lost Pet (or other animals)

The lure of a lost pet or other animals must definitely be covered. It is a major lure, as it is usually effective! Discuss this example and others.

You and a friend are at the park and someone (it doesn't matter if you think you know this person or not) comes up to you and says that his puppy is stuck in a drainage pipe. The puppy is scared and won't come out. But he loves kids; so if you go over and look in the pipe he'll come out to play with you. What should you do?

Discuss the need to Check First before going even to look in a pipe. You really don't know what this person has in mind. You need a responsible adult to help you decide. If this is not possible, go through the 3 Steps carefully in your mind.

Lure of Emergency and/or Authority

Discuss examples of lures of emergency and/or authority. (An emergency situation does not always need to involve a person in a uniform.)

There are lots of people who can be very helpful to you. A police officer, a firefighter, a paramedic, or a doctor can all give you assistance. Imagine that you are at the park and a firefighter comes up to you and says that your house is on fire and he is supposed to take you there to be with your family. What should you do? (Check First—especially if it involves getting in a car! If you cannot check, the answer is NO.)

(You may be worried about you family, your pet, or your possessions, but tell him or her you need to **Check First**. You do not know if this is a real emergency or not without checking with someone else. You can always get help from the police, a paramedic, a firefighter, etc. But if anyone comes to you when you did not ask for help, then you need to Check First. It doesn't matter if the person wears a uniform or not. If you cannot check, then you cannot go!)

Someone in a police officer's uniform approaches you and wants you to go with him or her because your friend is in trouble and needs you. What should you do? (Check First!)

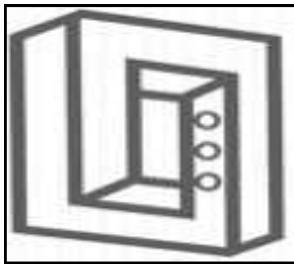
A badge, a uniform, a police car, or a gun is not sufficient proof that someone is a legitimate authority figure. Explain that you cannot go without checking first. A police officer is always your friend. He or she will understand and be pleased that you are following some safety rules. You can always go to an officer when you need help! But if one comes to you when you do not need help, just politely say that you need to Check First.

Closure

Many kids think it is easy to be cautious of people they do not know. But judging people and staying safe is not as simple as *how well you know a person*. It is more complicated than that. Why? Discuss.

☆ (Avoid using the word *stranger*. If students bring up the word as part of the discussion, do NOT repeat it. Just tell the class that it is more important to think about the entire situation, and forget that word. If the teacher repeats the word *stranger*, the children leave with the thought that they just had a lesson on *stranger danger*. It is important to change this thinking!)

Things are not always as they appear. Looks can be deceiving! *Discuss the Deception Puzzle on the next page.*



People can be deceiving also! You may *think* you know someone, but it may not be well enough for your safety. So the safest way is just to Check First.

It is possible that there may be a time when Check First does not work and a Safety Person does not work. If this occurs, you need to follow the 3 Steps:

1. **JUDGE** the whole situation
2. **THINK** about what you feel may be best
3. **ACT**, following the safety rules that you know.

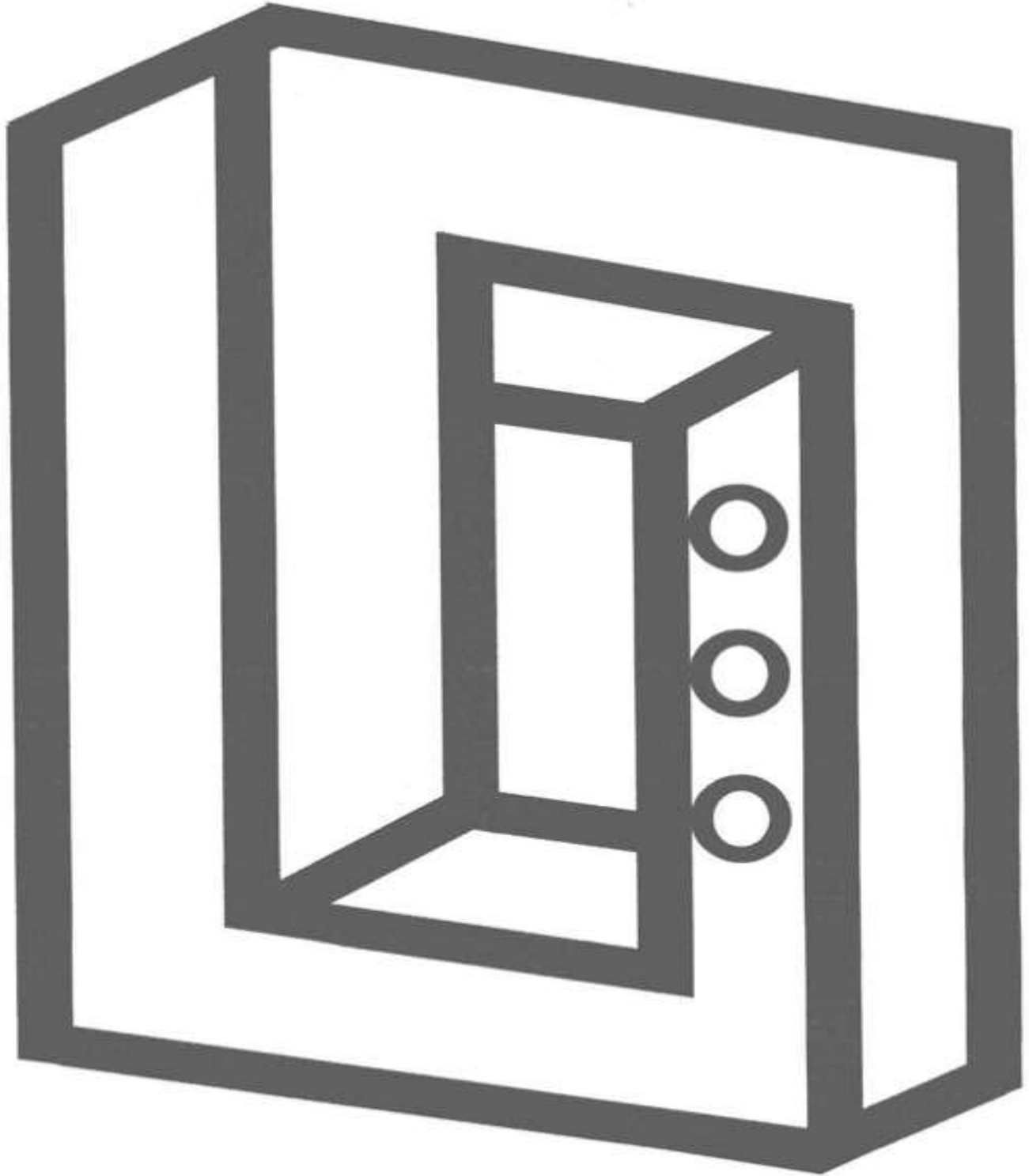
That means that you need to judge or evaluate the entire situation and act according to your intuition, or *gut* feeling. You may have an internal feel for what is best in that situation. This is a last resort when the Check First procedure does not apply well.

Most of the time we can have a fairly good feeling for what may be good, bad, right, wrong, safe, or dangerous. These feelings may be based on family traditions, lessons learned, or your natural instinct to want to take care of yourself.

You need to make smart and safe decisions all through your life. The best and safest procedure to help you make a good decision is to “Check First [with a responsible adult who is in charge of you at the time] before you go anywhere with anyone (for any reason at any time)!”

Choose any or all of the following Reinforcement Activities during this lesson or as a review on another day.

Be a Safety Kid!



Looks can be deceiving!
Are the holes inside or outside????



Below are some words you may think of when talking about the Check First rule. Add some of your own words on the blank lines. Use these words to create a word search.

Write the words in the puzzle grid below. They may be vertical, horizontal, or diagonal. Write random letters in the empty spaces to finish the word search. Share your puzzle with a friend.

safety person uniform check no ride	officer judge situation emergency first	_____



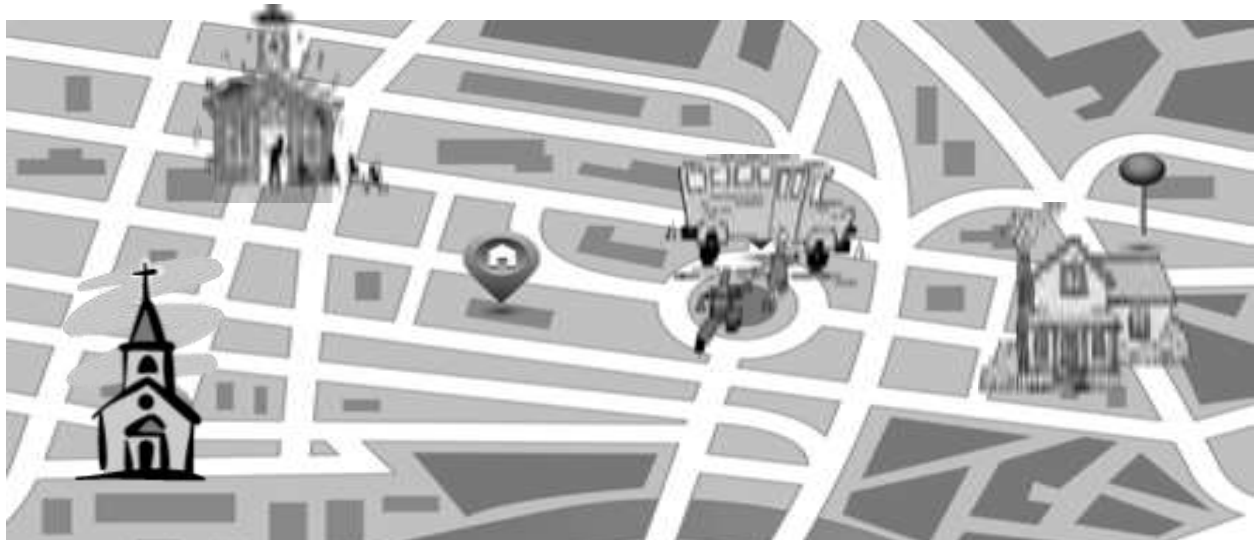
Check First Reinforcement Activity # 2

On the Way Home...

Are you a *Safety Kid* on the way home from school or the bus stop? Do you:

- take shortcuts?
- go the same way every day?
- know of a Safety Person or a Safety House that is on the way?
- know where to go to get help?
- know the names of the streets?

Draw a map that shows your school and your house. Use the back of this paper or something else. Make sure to include streets, any landmarks, stores, water areas, parks, and anything around you. If you cannot make a map for “On the Way Home”, then draw a map of your immediate neighborhood.



- ✓ **Mark your house and any Safety Houses you know.**
- ✓ **Label the streets.**
- ✓ **Draw a dotted line to show the path that you follow on foot or by bus.**



Check First

Reinforcement Activity # 3

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically, and diagonally in all eight directions.

B	E	P	S	T	N	O	I	S	S	I	M	R	E	P	S	C
A	F	A	E	S	C	A	N	N	O	T	!	R	Y	E	I	O
U	S	R	E	R	Y	E	O	Y	U	R	E	L	D	C	T	D
S	A	E	F	I	E	N	T	Y	C	H	D	E	C	I	U	E
L	H	N	E	F	C	O	K	-	W	N	C	P	O	L	A	W
I	O	T	N	T	S	Y	.	Y	E	I	E	T	N	O	T	O
K	C	S	T	R	K	N	N	I	S	X	R	G	X	P	I	R
N	R	H	T	Z	M	A	R	I	X	K	C	I	R	T	O	D
I	N	C	E	P	B	F	O	K	N	O	W	L	Q	E	N	V
H	G	T	L	C	E	N	Q	B	H	N	R	M	H	Q	M	W
T	R	D	L	R	K	T	X	Y	E	N	O	M	Y	S	A	E

ANYONE
ANYWHERE
CANNOT
CHECK
CODE WORD
DECISION

EASY MONEY
EMERGENCY
FIRST
FRIENDLY
KNOW
LOST PET

PARENT
PERMISSION
POLICE
SITUATION
THINK
TRICK

Hidden Message:



Safety Check Point

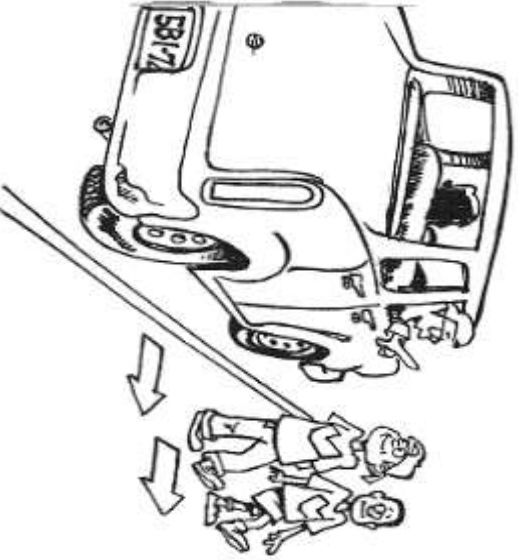
Decode the safety tip to know what to do if an adult asks you to help them. Use the key at the top.



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	8	7	6	5	4	3	2	1

2 23 6 12 23 22 23 7 22 13 13 12 7 23 16 13 20 24 9 22 2 23 22 13
 14 17 22 12 9 20 23 8 7 24 6 24 24 2 6 22 20 23 9 12 9 7 26 6 11 19
 13 7 11 6 22 20 13 8 8 2 23 6 11 16 13 11 19 14 17 26 8 7

Check-First



Check First!

Adults can get help from other adults!





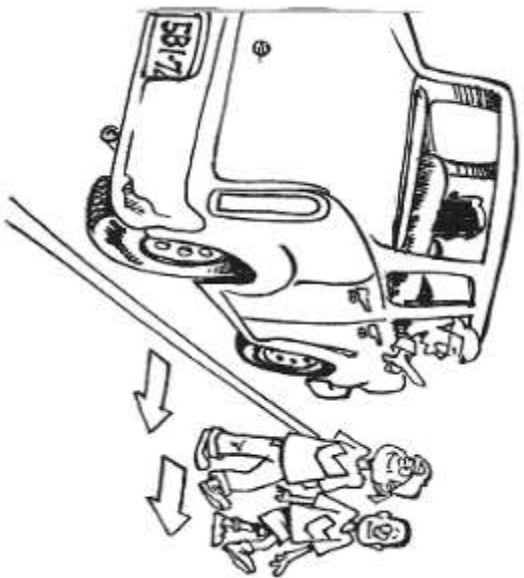
Safety Check Point

Decode the safety tip to know what to do if an adult asks you to help them. Use the key at the top.



A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	8	7	6	5	4	3	2	1

Y O U D O N O T N E E D T O H E L P A N Y O N E
 2 23 6 12 23 22 23 7 22 13 13 12 7 23 16 13 20 24 9 22 2 23 22 13
F I N D A L O S T P U P P Y, U N L O A D A T R U C K,
 14 17 22 12 9 20 23 8 7 24 6 24 24 2 6 22 20 23 9 12 9 7 26 6 11 19
E T C, U N L E S S Y O U C H E C K F I R S T!
 13 7 11 6 22 20 13 8 8 2 23 6 11 16 13 11 19 14 17 26 8 7



Check First!



Adults can get help from other adults!



Reinforcement Activities Check First

Choose one or more of these activities to use.



Musical Art

Play music 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, students 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* music, drawing paper, crayons or markers



Unique Charlie Doll

Students make a stuffed Charlie doll using wallpaper from sample books. After tracing two large check marks on wallpaper, students staple or hot glue (with teacher help) three sides of the paper. Have students stuff the doll with tissue or newspaper and close it. Add a face with markers or paint. Arms and legs may be added using construction paper or pipe cleaners.

Materials needed: wallpaper sample pages, check mark pattern, stapler or hot glue and gun, newspaper or tissue paper, construction paper, pipe cleaners.



Rule Relay

Write the rule on index cards—one word on a card. You will need two sets of these cards. Make the sets different colors so that they can be separated. Divide the students into two teams. One at a time, each member of the team runs up to the pile of cards that are shuffled, takes a card, and runs back. The next person repeats this procedure. When all of the cards have been gathered, each member of the team holds his or her card and they all line up in order so that the teacher can read the rule. The first team to get lined up properly wins. Use the rule: “**Check First** before you go anywhere with anyone.” If you need more words, add: “for any reason at any time.”

Materials needed: index cards, open space



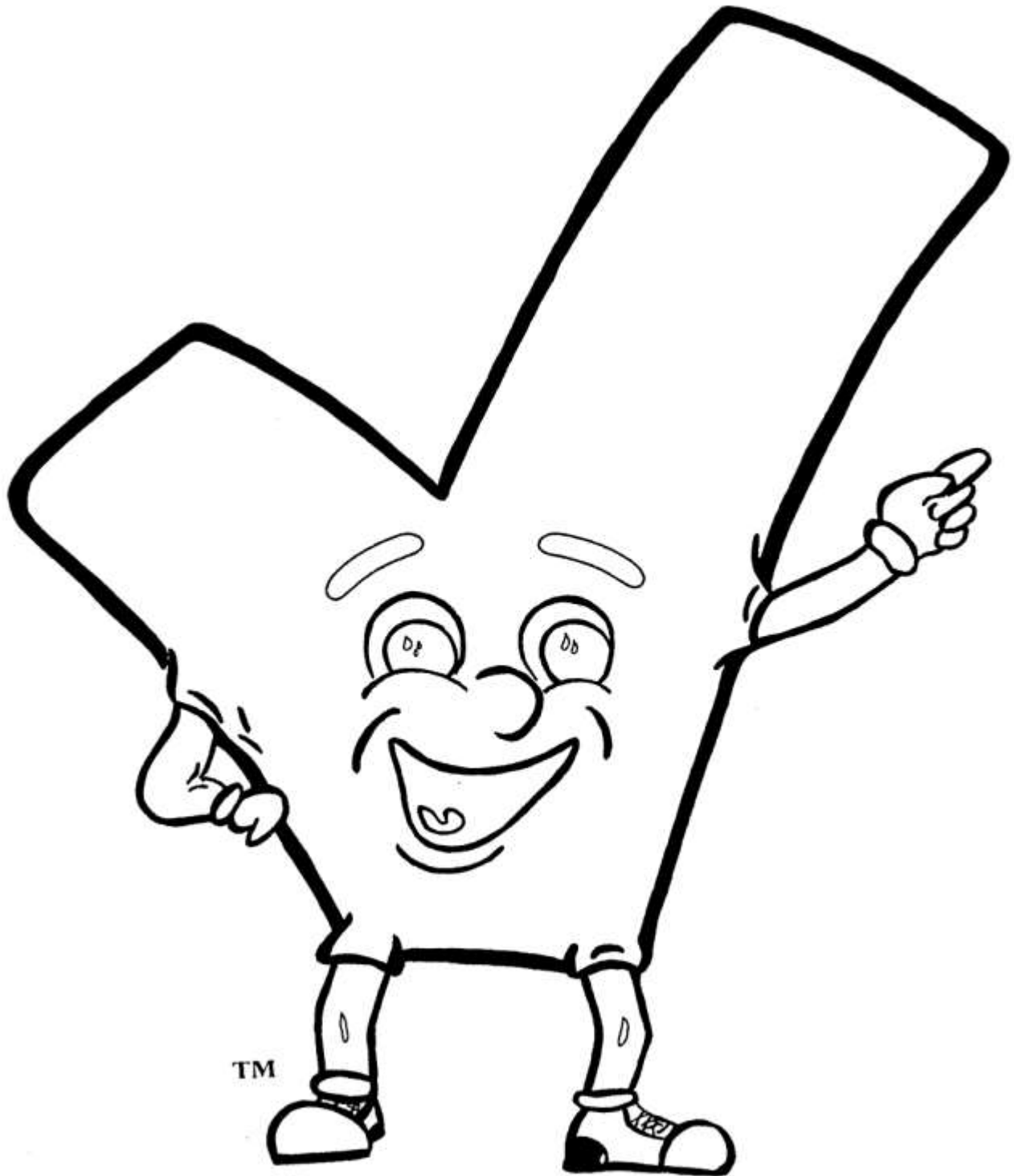
Adventures of Charlie Check-First

Option 1: Send the Charlie poster home with a different student each night. Students write about what they did and how Charlie reminded them to be safe.

Option 2: Each student writes a story, or “adventure”, about how he or she encountered a safety issue and how Charlie’s rules helped him or her stay safe.

Compile a class book entitled “The Adventures of Charlie Check-First.”

Materials needed: Charlie Check-First master poster



Charlie Check-First says:

"Check First before you go anywhere with anyone!"
(for any reason at any time)