



Safe People

Lesson 1

LESSON AIMS

- Everyone knows what trust means.
- Everyone knows how to identify trustworthy people.
- Everyone can identify who their trustworthy people are.

LESSON OUTLINE

1. **Welcome and Theme Song:** Use this time to discuss behaviour expectations during Shine meetings.
2. **Do You Trust Me?:** An object lesson to help define what it means to trust others.
3. **Trust Me: The Blindfolded Challenge:** Three different activities to choose from that reinforce why we need safe people to put our trust in.
4. **Keys to Choosing Safe Adults in Your Life:** Five things to consider when choosing safe adults.
5. **Pick 5:** An activity that uses five fingers to help choose five different safe adults.
6. **Cyber Safe Bingo:** An opportunity to suggest ways to be safe online.
7. **Trust God, Run Safe:** Proverbs 3:5-12 (The Message) guides us to place our trust in God and safe people, especially when online.
8. **Closing Prayer.**

MATERIALS NEEDED

- ☐ Large zip top bag
- ☐ Pitcher of water
- ☐ 3 sharp pencils
- ☐ Tarp or garbage bags
- ☐ Chair
- ☐ Trust poster from page 8
- ☐ A blindfold and objects of different sizes, or a blindfold and a box that is open at the top and objects that are different to touch, or a blindfold and objects to create an obstacle course
- ☐ Keys from pages 9 to 13
- ☐ Scrap paper and markers for each group
- ☐ Sheets of poster board for each group
- ☐ Safe bingo card from page 14 for each small group
- ☐ 2 pieces of paper for each student
- ☐ Marker/pencil for each student

Welcome and Theme Song

Welcome the students to Shine. Spend a few moments highlighting and discussing behaviour expectations. (See **Shine Introduction** page 5 for theme song lyrics.)

Do You Trust Me?

Materials Needed: A plastic zip top bag, a pitcher filled with water, 3 sharp pencils, a chair, and a tarp or garbage bags under the chair to create atmosphere, and a volunteer who is willing to trust you! Trust poster from page 8.

Do: Welcome the students to today's session. Ask if there is someone who is willing to be a volunteer for an experiment. Emphasize needing a volunteer who really trusts you. Have your volunteer come and sit on your chair. Greet the students as you take a large zip top bag and pour a pitcher of water into it. Make sure to securely seal the zip top. Hold the water-filled bag over the volunteer's head and ask if they have faith that they won't get wet. Then, stab the SHARP pencil all the way through the bag. *(Be sure to practice this before doing it with the students. You'll want to determine if it works best for you to stab the pencil through quickly or slowly. Do whatever works best for you. You DO NOT want the student to get wet.)* Then, stab your remaining pencils through. *(Tip: Too many pencils will add mass to the bag and the pressure might be too much for the zip top. Beware of the exploding bag! You do not want the student to get wet.)*

Share: I'm so glad that [name of student] volunteered to be my helper with this experiment. [Name of student] do you have faith in me? Do you trust that I won't spill this entire bag of water over your head? You do, that's great! Would you still trust me if I told you I'm going to stick this pencil *(Hold up pencil for everyone to see.)* through the bag of water? *(Allow volunteer to respond.)* Do you think it is possible for me to stick the pencil through both sides of the bag and not get [name of student] wet? Great! Is everyone ready, because here I go. Watch the bag of water as I stick in my pencil. Did it work? Are you still dry? Would you trust that I won't get you wet even if I poked another pencil through this bag? *(Encourage responses.)* Let's try it again. *(Poke second pencil through bag.)* Wow, do you still trust me? Do you trust me to get one more pencil through the bag without getting you wet? *(Poke third pencil through bag.)*

Thank you for helping me. Did you get wet at all? It seems impossible doesn't it. You trusted me when it seemed to make no sense. And yet, here we are with a bag still full of water and three pencils poking holes in it, and it didn't leak.

Discussion Questions:

1. What does the word trust mean to you?
To trust is when we believe that someone will do what they say and won't let us down.
(Show poster and post where student can see it.)
2. Pause for a moment. Are there people in your life who you trust? Who might they be?
(Allow students to share people who they trust: parent, teacher, friend, etc.)
3. What kinds of things help us to know we can trust someone?

Share: *Trust means believing someone will do what they say and won't let us down.* We trust people, like family and friends, who care about us and want the best for us.

Blindfolded Trust Activities

Pick one of the following options to try with your students.

1. Blindfolds Catch

Materials Needed: A blindfold and several objects of varying sizes and that will catch your students' interests.

Choose a volunteer from the group and blindfold them. Have them sit on the floor near the front of your meeting space. Place the items you have chosen around them. The rest of the group stands at the other end of your meeting space facing your volunteer. Choose one of the students to approach your blindfolded volunteer as quietly as possible and take one of the items. If they make noise and the volunteer hears them, then the blindfolded person points to them and says, "heard you". The person's turn then ends and then another player gets a chance. The game ends when all the objects are gone or until a person can safely "steal" an object. They can become the new blindfolded volunteer who sits among the objects. Play for about five to seven minutes.

2. Blindfold 'What Is It?'

Materials Needed: A box with high sides and an open top; a blindfold; interesting items such as a plastic bug, slime, etc. (Keep items out of sight.)

Recruit a volunteer. Blindfold them and have them stand behind a table with the box on top. Explain to the students how the game works. You will show an object to the crowd, who will not say anything. Place the object into the box in front of the volunteer. Invite the volunteer to put one hand into the box and guess what they are touching without looking in the box. If they guess correctly, consider choosing another volunteer to come up and play another round with the next item. Continue playing for about five to seven minutes.

3. Blindfold Relay

Materials Needed: Enough blindfolds for half the students, chairs, benches, balls, pylons and other items that can be used to set up an obstacle course between the two ends of your meeting space.

Quickly, have someone set up your room (or a hallway outside your room) with an obstacle course that blindfolded students won't see ahead of time. Put students into pairs and have one partner put on the blindfold; the other partner will be the guide. Have guides lead their blindfolded partner to the obstacle course and through it. Once they have reached the other side, the students switch roles. Once the second partner is blindfolded, have a couple of helpers quickly the obstacle course around. Then, have partners lead their blindfolded partner back through the course and to your meeting space.

After completing a blindfold activity, use the following discussion questions.

Discussion Questions:

1. When you were blindfolded, which of your senses did you have to rely on?
2. How did it feel to let someone guide you when you couldn't see? How did it feel to touch something you couldn't see?
3. Did you feel safe when your partner was leading you?
4. When it's dark, how do we know when it's safe?
5. Think about people you trust. What makes them feel safe to you?

Share: Not everyone has a safe person in their life. It can feel like being in the dark—hard to see what’s in front of you. Today, we’re going to talk about what makes a person safe.

The Keys to Choosing Safe Adults in Your Life

Materials Needed: Five keys from pages 9 to 13 enlarged and printed on legal-sized paper. The keys are labeled: “Listens”, “Dependable”, “Respectful”, “Helpful” and “Caring”.

Share: Each of us needs people in our lives whom we can trust and go to when we are facing a difficult situation, or something makes us feel uncomfortable. How do we determine if someone is a safe person? Here are a few “key” ideas to keep in mind as you choose your safe adults.

1. A safe person **listens** carefully to what you are saying and will believe you.
2. A safe person is **dependable**: they do what they say, they keep their word, and their actions match their words.
3. A safe person is **respectful** of your thoughts, feelings and boundaries you set. They don’t push you to break boundaries.
4. A safe person will be **helpful** to you in finding solutions to problems you are facing.
5. A safe person is **caring** and wants what is best for you. They want you to be safe emotionally, physically and mentally.

Discussion Questions:

1. Can you think of a person you know who has these five key characteristics?
2. Will you be comfortable going to them when you are facing a difficult situation or needing someone to listen to you?
3. You’ve thought of one safe person. Can you think of a few more? Think about teachers, coaches, a parent or someone from church or our camp/program?

Pick 5

Materials: A sheet of paper and a pen/pencil for each student.

Share: It was great to think about who your trusted adults can be or where you should look for them. Now, let’s take a few minutes and each choose who our five trusted adults will be.

Do: Give out a piece of paper and a pen to each student. Have them write “My Trusted Adults” across the top of the page and then draw an outline of their hand below it. Ask your students the following questions based on each digit of their hand. When complete, have them take this home and put it somewhere safe as a reminder of their trusted adults. (Note: If a student is having a hard time thinking of a name for a category, let them skip it. Perhaps they will come up with a name later to fill in. It is okay if they don’t have someone in each category as long as they have at least one person they trust.)

Share: Look at the hand that you have drawn. We’re going to write the name of an adult we choose as our trusted adults on each finger.

Thumb: Who is a trusted adult at school you could talk to?

Pointer finger: Who is another trusted adult at school?

Tall finger: Who is a trusted adult in your family or a family friend?

Ring finger: Who is a trusted adult at camp or this church?

Pinkie finger: Who is a trusted adult from your sports team, music lessons or community centre you could talk to?

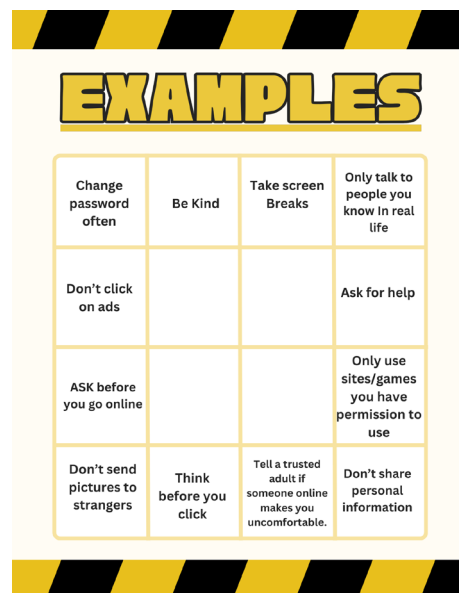
Cyber Smarts Bingo

Materials Needed: Scrap paper and markers for each group, sheets of poster board to record each group's brainstorming ideas, and a copy of the safe bingo cards for each group from page 14.

Share: We're going to divide into teams and brainstorming ideas on how we can be safe while online.

Do:

1. **Split into Teams:** Divide the group into small teams. Each team should have an adult or youth leader to guide the activity.
2. **Brainstorm Tips:** Teams are to brainstorm online safety tips and share their ideas with the large group. Write 16+ tips on the poster board during the large group discussion (examples: "change your password often," "think before you click," etc.).
3. **Create Bingo Cards:** Give each team a safe bingo card. Have them choose 16 tips from the poster board list to fill their bingo cards.
4. **Play Bingo:** The leader reads out tips from the poster board in random order. Teams mark tips on their Bingo cards as they hear them.
5. **Shout 'SAFE!':** When a team gets four tips in a row (horizontally, vertically, or diagonally), they shout "SAFE!" and share their winning row with the group. If time allows play another round.



Discussion Questions:

1. How can you tell if an online friend is safe or trustworthy?
2. Can you give examples of information that is safe to share with strangers? What information is not safe to share with strangers?
3. Which bingo tips will help you stay safe online?

Trust God, Run Safe!

Materials Needed: A piece of paper and a marker/pencil for each student.

Share: In the Bible we read (Proverbs 3:5-12): “Trust God. Run to God! Run from evil!” (The Message)

What are you scared of? The dark, spiders, snakes, someone laughing at you, the ocean. *(If you have time, give out paper and pencils and have students draw something that they are afraid of. Allow willing students to show what they have drawn.)* We're all scared of something... even if we don't want to admit it! *(Share a personal fear).* There are definitely people in the world who we can love, trust and rely on when something goes wrong, but unfortunately there are people in the world that make bad choices and deliberately try to trick us. This can happen a lot online, when we least expect it! They can figure out ways to message us, tell us what we want to hear, and then potentially even try to hurt us. But thankfully we can learn ways to make sure that doesn't happen. When we look at the bingo card suggestions, we can understand the ways that we can stay safe, have fun and keep away from harmful people.

God helps us by bringing safe people around us. Can you think of someone you can REALLY trust? For some of you that might be a teacher, or someone at church, or a family member. Take a second to think about who that person is and what makes them trustworthy. Even if you can only think of one person... that's okay! I want you to remember that safe person, and know that if you make a mistake, get scared, or someone reaches out to you online, you can go to that person, and they can help you!

We know that there are people who can't be trusted, but thankfully we have a loving God who knows us and loves us, forgives us when we mess up, and can ALWAYS be trusted! Just like our volunteer who sat below the bag of water today, we can trust that God will never let us down or leave us. He wants us to walk closely with Him so that we can hear and recognize His voice! And we can be so thankful because God has even sent His Holy Spirit to live inside of us and guide us, even when we're online or we get a weird friend request from someone we don't know. The Holy Spirit can lead us and help us make the right choices.

Do you remember the scripture verse? Proverbs 3:5-12 “Trust God. Run to God! Run from evil!”

Discussion Questions:

1. How can having safe people in your life make life better?
2. Why can we trust God to be our safe person too?

Closing Prayer

Father God, we thank you so much that you are a God who know us by name, you know when we have messed up, and you see the choices we make, and you STILL love us! We thank you for being a God that we can trust, and that you stay with us all the time. Help us to be smart when we interact with other people online—to be kind to others, to show love, and to understand that there are harmful people out there, but you give us smart tools to keep us safe. Please bring around us friends and adults who can be trusted and help us to reach out to those safe adults when we need help. Help us to run toward you and away from evil! We love you God!

PARENT/GUARDIAN EMAIL

Consider sending a note like the following to your parents/guardians, letting them know what was discussed during this lesson, and providing them with the discussion questions to start conversations at home.

Sample Email: Today we talked about the meaning of trust. Here's the definition we shared: *Trust means believing someone will do what they say and won't let us down.* We also gave the students five keys to help them choose safe adults they can go to in a difficult situation. Here are the five key words describing safe adults: they listen, are dependable, respectful, helpful, and caring.

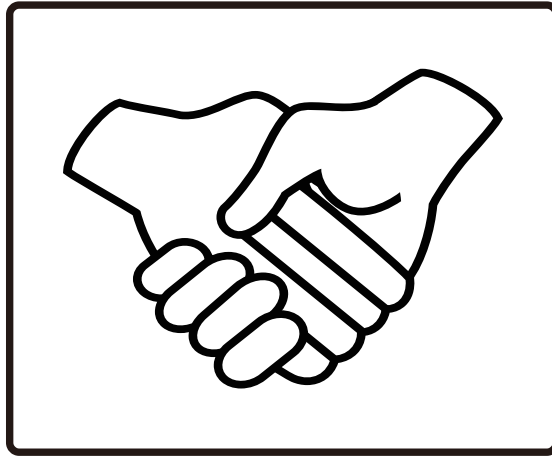
Here are a couple of conversation starters you can use at home:

1. What does the word trust mean to you?
2. Tell me about ways you can be safe when online.

Additional Resource for Leaders

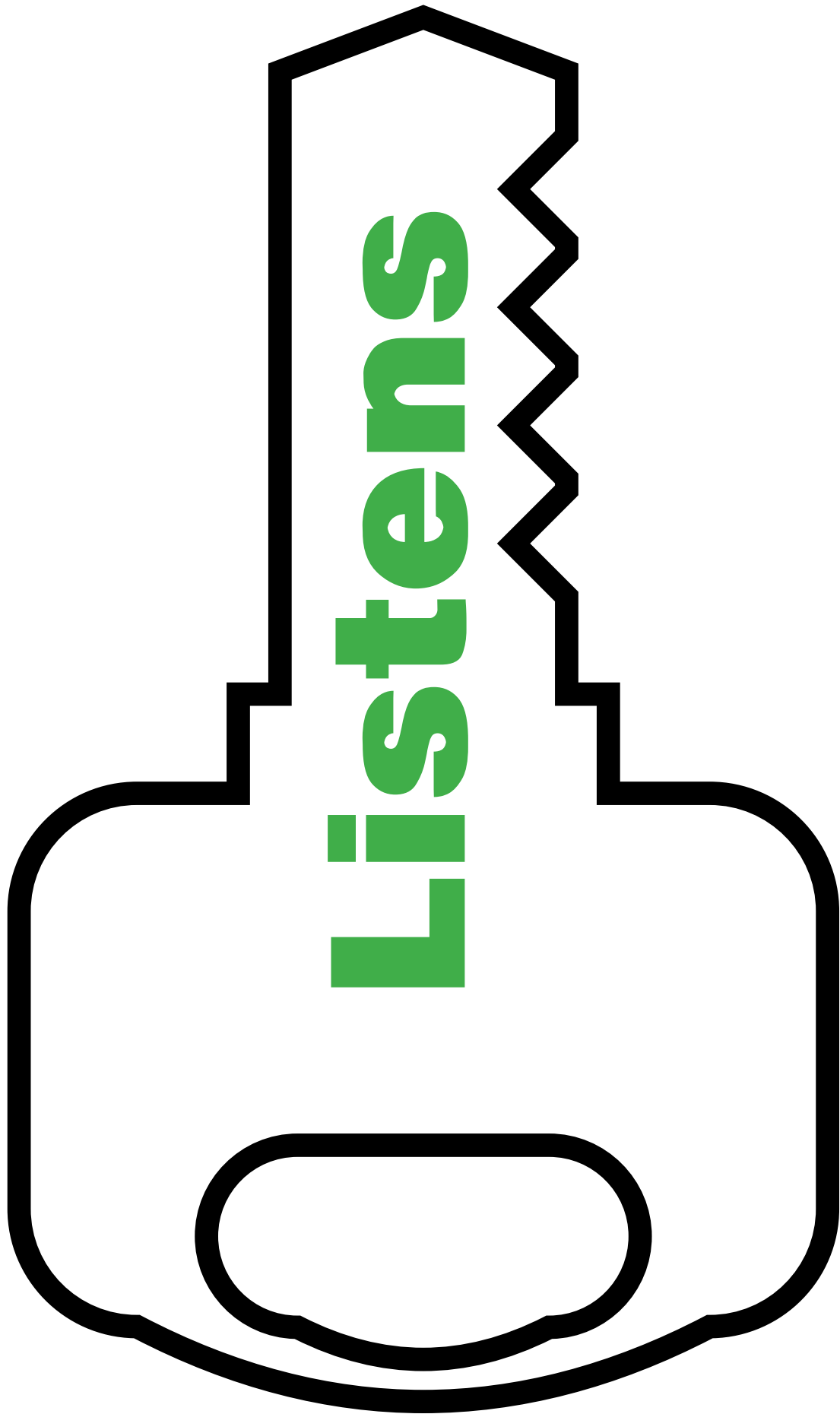
Learn more about teaching children about “tricky” people, read [this article](#).

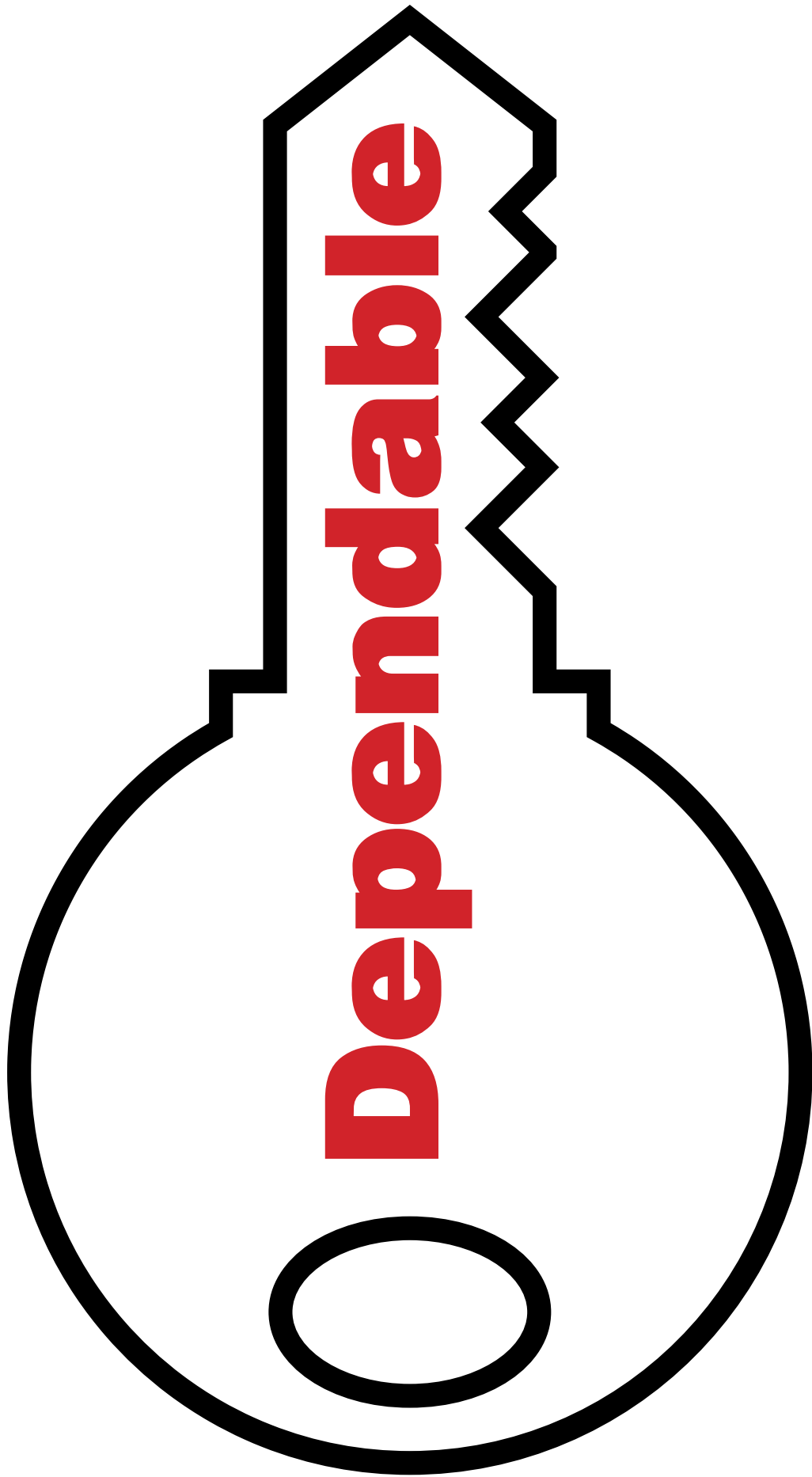


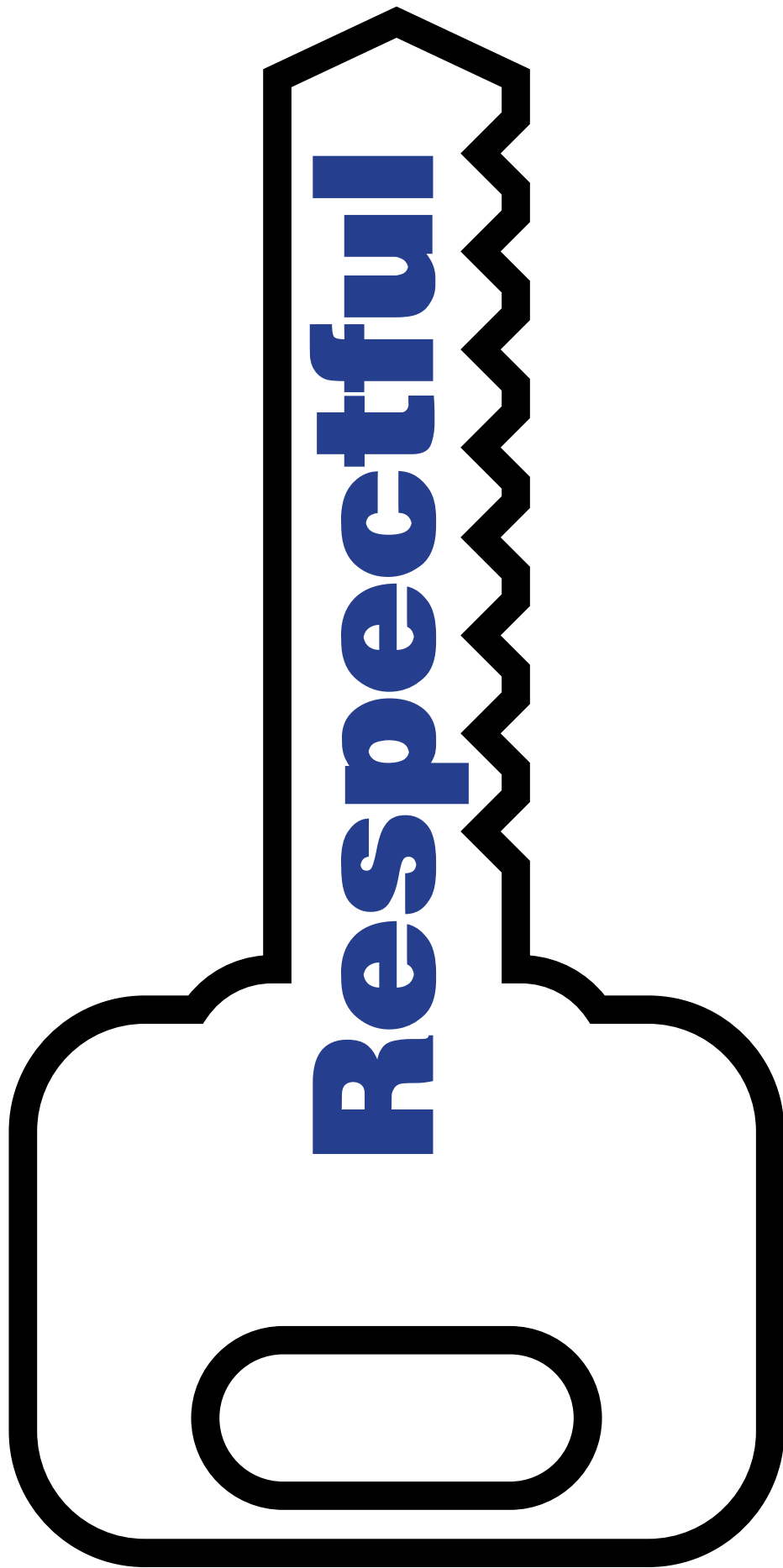


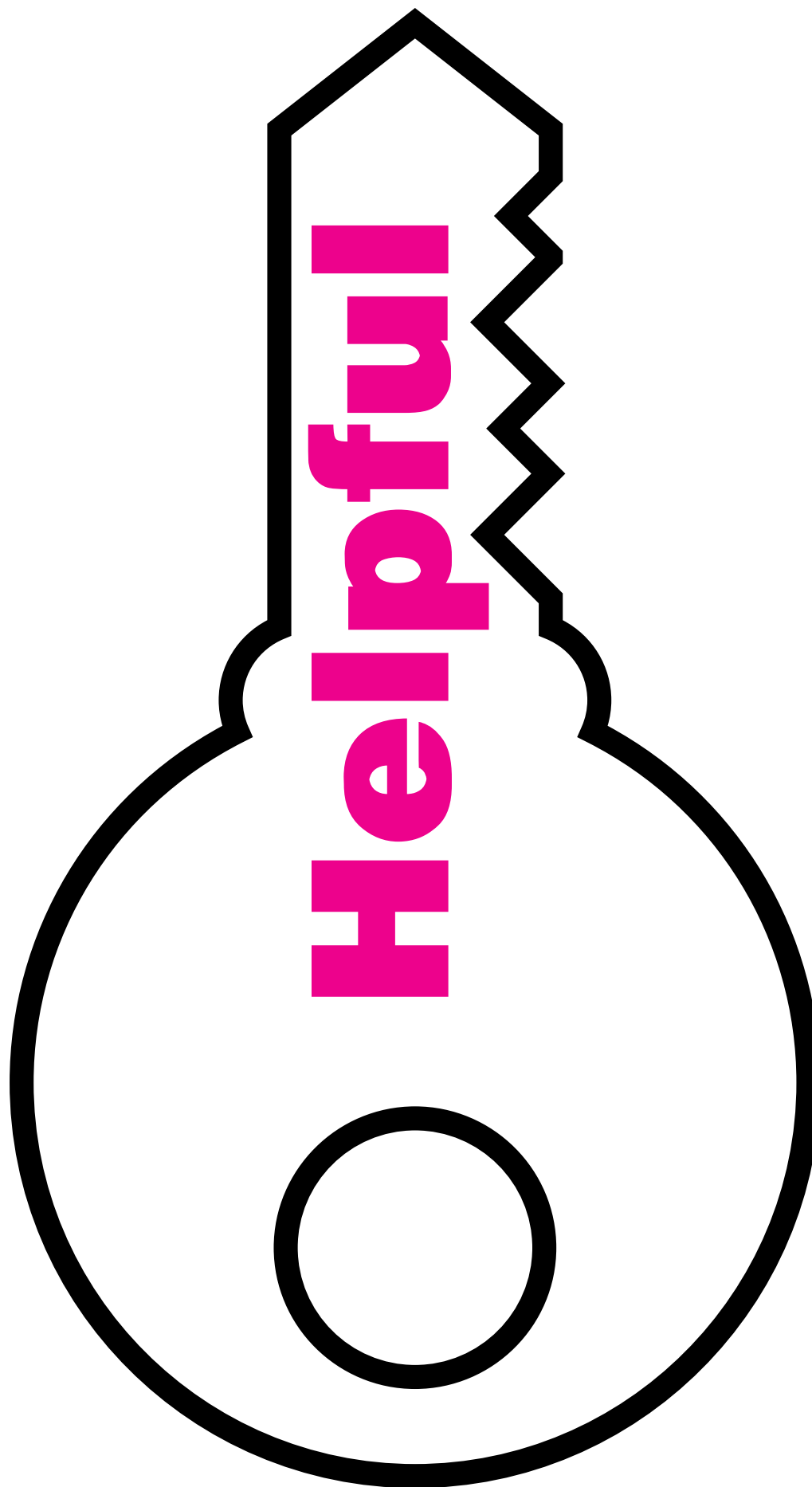
Trust

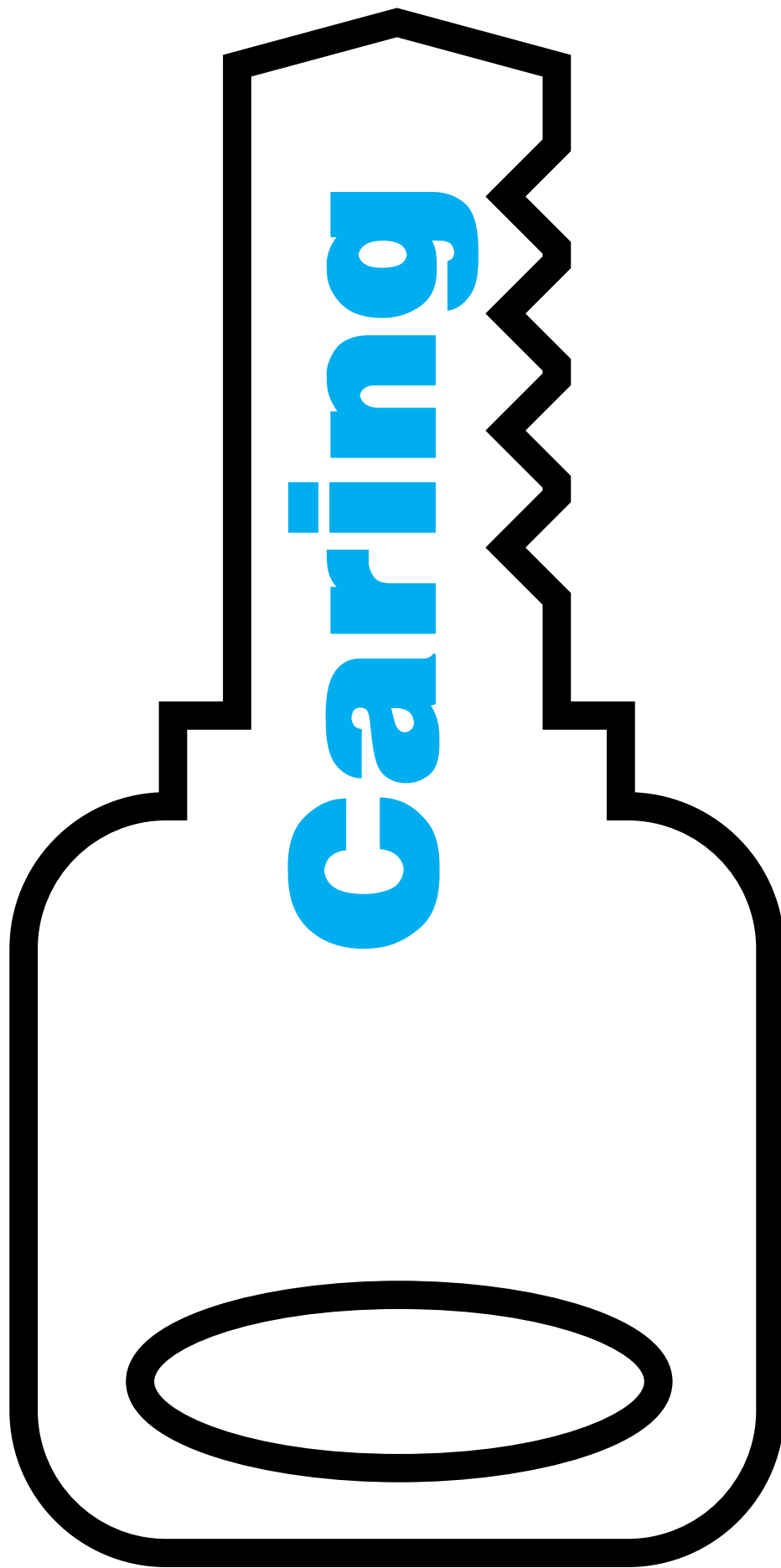
means believing
someone will do
what they say and
won't let us down.













SAFE BINGO



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