

Strangers Are Just Strangers

5-6 Year Olds

Day 4 of 5

Objectives

To review Rules 1, 2 and 3:

- Stay an arm's reach away.
- Don't talk to strangers.
- Don't take things from strangers.

To teach Rule 4:

- Don't go anywhere with someone you don't know.

To role-play the rules so the child has an opportunity to demonstrate the techniques.

To continue to allay concerns and put forth the idea that strangers are not bad, they are just people you don't know.

Introduction for adult

Once again, the first two rules were designed to teach children to be alert when they're by themselves. The last two rules are focused on reducing the actual possibility of abuse or abduction by strengthening children's ability to avoid getting involved with someone they don't know when they're by themselves.

Remember, role-playing is acting out so children learn the skill, not just the concept. It should never create fear or anxiety. Be positive and assuring.

Introduction for children

Do you remember the first three rules we learned about strangers?

1. Stay an arm's reach away, keep a circle of safety around yourself and pay attention.
2. Don't talk to someone you don't know when you're by yourself.
3. Don't take anything from someone you don't know.

Today we're going to watch the children on the video as they learn one more rule.

Watch video

<https://www.youtube.com/watch?v=W0ZFHbLCFI&list=PLSrCYUKewj4fovjoOqyXkWnJ9mFR4Tcfo&index=3>

Role-play

When do we need to follow these rules?

When you're all by yourself or with your friends and there is no grownup taking care of you.

The last rule is really easy to remember because it rhymes: IF YOU DON'T KNOW, YOU DON'T GO.

Repeat this rhyme and make it part of each role-play. This helps reinforce the idea and make it more automatic.

RP: What if you were in your yard waiting for the car pool and a woman you never saw before stopped to say that she was going to drive you to school today? What would you do?

IF YOU DON'T KNOW, YOU DON'T GO. Stand up, back up and go in and tell the adult in your house.

What if she had a bunch of the other kids from your school already in the car? What would you do?

Children tend to think it would be all right because there are children they know in the car. They need to go inside and check with an adult before going.

RP: What if a man stopped in your yard and said, "My truck is right out there and I have some kitties? If you come over there, I'll let you pick one out and then we'll go to your house and ask your Mom if you can keep it."

IF YOU DON'T KNOW, YOU DON'T GO. Stand up, back up and go in and tell the adult in your house.

What if your mom has told you that you can have a kitten some day?

Mom will take you to get one when it's time. For now, you should stay an arm's reach away, don't talk, back up and go to an adult.

RP: What if a stranger keeps getting closer or keeps talking to you, or bugging you, what should you do?

IF YOU DON'T KNOW, YOU DON'T GO. Stand up, back up, run into the house and tell an adult.

What if you feel scared?

Where do you run?

Children usually run behind bushes, under cars, etc. You want to clearly establish that they should run TO someone who can help them. They never should run away; they always should run TO help.

When you run, you also need to scream so the grownup will know something is wrong.

What would you scream?

Example: "I need help"

Children need to practice this. Many children never yell. Many feel self-conscious or that they might get in trouble for yelling. Just as role-play is the key to all of the techniques, being able to yell for help when you need to is a skill.

Anytime you feel scared, yell as loud as you can, back up and run to an adult who can help you.

Review

Do you think I'm teaching you about the stranger rules to make you scared?

Are strangers bad?

No, they're just strangers - people you don't know.

By learning the rules, you can keep yourself safe and you won't be scared.