

Safety Around Strangers

7-8-9 Year Olds

Day 3 of 3

Objectives

To learn the concepts of choice, agreements and consequences.

To apply these concepts to everyday life.

To understand the role of choice in day-to-day events.

To establish that children must be responsible for themselves when they are by themselves.

Introduction for adult

One of the things that increases risk for children of this age, is the emergence of feelings of invincibility - "it won't happen to me" - and the development of resistance to adult authority. This results in breaking the rules, often without regard for possible consequences. This conversation is designed to enable children to begin to take responsibility for the choices they make and to experience a higher level of individual freedom by establishing the relationship between choices and consequences.

Introduction for children

We're going to spend some time talking about how you take care of yourself and keep yourself safe by thinking about choices, agreements and consequences.

Watch video

https://www.youtube.com/watch?v=94Xat_iMmEQ&list=PLSrCYUKewj4fovjoOqyXkWnJ9mFR4Tcfo&index=13

Role-play

Can you tell me, in your own words, what it means to make a choice?

Choice means to select with care, to select after consideration.

What kinds of choices do you make every day?

Can you tell me what an agreement is?

It is a spoken or unspoken understanding about how things will be done.

Another word for agreement is "rules." But are they really the same thing?

Do we use your ability to follow the rules – to keep your agreements - to decide what you get to do?

Talk about some examples. If a child walks to school with friends, what agreements should there be? How do children let you know they can keep the agreements? Talk about other examples that night, apply and invite them to discuss these with their families.

If you break the agreements you've made, what happens? How would you define consequences?

Consequence means something that follows naturally as a result of your actions.

Is thinking through situations a part of making good choices?

Can you give me an example of a choice you've made without thinking and the consequences of that?

A good example is watching television before doing homework and then running out of time to finish an assignment.

Making an agreement doesn't mean you will automatically do it. Each and every time we have to choose to keep our agreements, to break them, or to change them.

Is there anything wrong with changing agreements that don't seem to be working?

RP: What if I want to drop you off at a store while I go shopping at another store nearby, but you feel scared and don't think you would be able to handle an emergency. What would your choices be?

Actually role-play what the child would say to you.

If you say nothing and just stay scared, is that a choice?

Absolutely, it is.

If you tell me how you feel and ask me stick with you, is that a choice?

RP: What if we need to run out for a meeting and you are a little afraid to stay home alone. Would you speak up? Could you ask to go to a neighbor's? Could you ask to have someone come and stay with you? Do these choices all have different consequences?

Is there a limit to the number of choices there are in the world? Probably the only limit is our ability to think of them.

But making choices is important because they give you more control in your life.

RP: Role-play other situations that are relevant to the children's age and family situations. This is an especially good time to address something that has happened in the past or to prepare for an upcoming situation.

NOTE: The Negotiating Privileges and Responsibilities chart is an invaluable way to plan for new privileges a child wants or a new responsibility parents might want a child to take on.

Negotiating Privileges and Responsibilities

Identify a privilege that you would like to have. Write it down. Then write down all of the responsibilities that go along with that privilege.

Privilege	Responsibilities
1.	1. 2. 3. 4. 5. 6.

When you are finished, ask yourself, "Do I feel I can handle the responsibilities that come with the privilege I'd like to have?"

If so, use this list to talk with your family about the privilege you would like to have.

Negotiate with them a clear agreement (usually for a trial period).

Remember, if you do not keep the agreements, the consequence is loss of the privilege.

You are responsible for what happens as long as you and your parents are clear about it and keep the agreement which is negotiated.