Grade 7 Sample Lesson Plan:  
Unit 1 – Personal Safety

SOLs
7.1.M Recognize harmful and risky behaviors.
7.1.N Identify potential personal safety issues related to being home alone, caring for others, being in the neighborhood and community, and being online.
7.3.T Identify ways to maintain a safe and healthful environment at school and at home.

Objectives/Goals
• Students will be able to identify personal safety risks

Materials
• Flip Chart Paper, Sticky Notes

Procedure
• Post and review the 8 rules of safety.
• Post blank flip charts that are titled– harmful and risky behaviors/home alone, harmful and risky behaviors/caring for others, harmful and risky behaviors/being in the neighborhood, harmful and risky behaviors/being online.
• Ask students to identify harmful and risky behaviors for each of these situations; and have students scribe these on flip charts or onto sticky notes that are then added to the flip charts.
• Review the attached 8 rules for Home Alone Safety and 7 Internet Safety Rules. Ask for student contributions of additional rules that could help them or others maintain a safe environment at home, at school, and in the community. Add and display these on flip charts, titled “I will be safer if.... “
• Have students take turns read back all of the harmful and risky behaviors and then read the “I will be safer if...” statements. Ask them if they think these rules will help them be safer. If not, what additional rules would they add. Add those.

Assessment Idea
• Are students able to generate risks and safety solutions?

Handout
The next page includes a handout for the lesson. The handout is designed for print use only.
Knowing My 8 Rules for Safety

1. I always check first with my parents or the person in charge before I go anywhere or get into a car, even with someone I know.

2. I always check first with my parents or a trusted adult before I accept anything from anyone, even from someone I know.

3. I always take a friend with me when I go places or play outside.

4. I know my name, address, telephone number, and my parents' names.

5. I say no if someone tries to touch me or treat me in a way that makes me feel scared, uncomfortable, or confused.

6. I know that I can tell my parents or a trusted adult if I feel scared, uncomfortable, or confused.

7. It's OK to say no, and I know that there will always be someone who can help me.

8. I am strong, smart, and have the right to be safe.

- CHECK FIRST
- TAKE A FRIEND
- TELL SOMEONE I TRUST IF SOMETHING IS WRONG
- STAY STRONG, SMART, AND SAFE
Never send anything you wouldn’t say in real life.

Never give out your address, phone number, school or your parent’s names without permission.

Never send packages or pictures to people you’ve met online without your parent’s permission.

DO NOT share your passwords with friends.

Never install programs on your computer without permission.

Never agree to meet someone you’ve met online in person.

If you find something online that makes you feel uncomfortable, talk to a parent.