



Lesson Plan #5

All Secrets Can Be Told: *Listening to My Instincts*

Presenter Overview: The human body is wired with an impressive inner warning system. These gut feelings work every day to protect us against unhealthy and unsafe situations. By teaching children to recognize, trust and listen to their instincts, we can help them stay safe.

Because secrets play an important role in crimes like bullying and sexual abuse, students learn the difference between safe and unsafe secrets. Children are reassured that they can tell a Trusted Adult or other grown-up about any secret, especially if they are scared or have been threatened not to tell. Children learn they can always tell a grown-up about bullying, abuse or being hurt in any way, even if they've been keeping it a secret for a long time.



Key Points:

- Instincts are an inner siren that tells us to slow down and be careful.
- Listening to our instincts can help keep us safe.
- If someone's behavior sets off our inner siren, we can tell a Trusted Adult.
- Some secrets we keep at first, to surprise people - but all secrets can be told.
- We can tell about any secret, especially those we've been told not to tell.



Vocabulary:

Instincts, gut, inner, siren, recognize, react, weird, uncomfortable, disappointed



Props and Activities:

1. Toy emergency vehicle with siren (or picture of emergency vehicle)
2. Class PowerPoint, PreK-2; Slides #19-20
3. Student Handout, *Listening to My Instincts* on p. 49
4. Class Activity, p. 48
5. Posters, *Trust Your Gut Feelings* and *All Secrets Can Be Told*

All Secrets Can Be Told: *Listening to My Instincts*



Quick Review: In our last lesson, we learned that bullying and abuse are against the law. We learned, and say this with me, "*My Body Belongs to Me!*" The private parts of our body are just that - private. Together, we practiced saying, "*It is Against the Law to mess with my Bathing Suit Zone - stay away!*"

We can tell a Trusted Adult about *Stormy Behaviors* like bullying, hitting and looking at or touching in the *Bathing Suit Zone*. It's not tattling; it's getting help with our safety. We also learned that we should always tell the truth, because it's not fair to say someone did something wrong when they didn't. Wow, we really learned a lot of important information last lesson!

Lesson Introduction & Learning Objectives:

Today, we'll learn how our bodies have a special warning system, like an inner siren, which can help keep us safe. We will talk about being aware of our inner siren and how we can use it to help us stay healthy and safe. We will also talk about safe and unsafe secrets, and how all secrets can be told. We can tell about any secret, even secrets we've been told not to tell or ones we've been keeping for a long time.



Discussion & Activities

1. (**Show picture of emergency vehicle and/or sound a siren.**) What does a siren tell us?
 - *Something is wrong.*
 - *Someone is in danger.*
 - *Someone has been hurt.*
2. How do we feel when we hear a loud siren? (Allow 5-7 student responses.)
 - *Worried.*
 - *Scared.*
 - *Excited.*

3. Yes, most of us pointed to our belly, our “gut.” Does anyone know what we call those feelings?
Instincts.

What are instincts? (**Show PowerPoint Slide #19.**)

- *Feelings we have inside that can give us important information about things around us.*
- *Sometimes instincts warn us that things are unsafe.*

Some people call instincts “gut feelings” because many of us can feel them in our gut or belly.

4. Instincts are our very own inner sirens. Like yellow traffic lights, they tell us what?
- *Slow down.*
 - *Be careful.*

5. Let’s talk about how our instincts work in everyday situations:

When something comes toward our eyes quickly, what do we do? *Blink.*

When we touch something very hot? *Pull our hand away quickly.*

When something big is thrown at us? *Bring our hands up and turn away.*

When we are suddenly scared or hear a loud noise? *Jump or freeze.*

6. Have you ever had a weird or uncomfortable feeling about someone or something, but didn’t know why?
(Show of hands.)

Has somebody ever said or messaged something that gave you a funny, or sinking, feeling in your belly?
(Show of hands.)

Most of us have had those feelings at one time or another. What makes us feel that way?

Our instincts. Our inner siren.

If we get a weird feeling in our belly about someone or something, what is our inner siren telling us?

That something isn’t right and to be careful.

If someone or something makes our inner siren go off, giving us a funny feeling in our belly, do you think we should tell a parent or another Trusted Adult? *Yes.*

Do you know what the best part is about our inner siren? (**Pause**) We don’t have to wait until something happens. We can tell a Trusted Adult about the funny feelings we are having right away!!

(Show Poster Trust Your Gut Feelings.)

7. Okay, who can tell us: What is a secret? (**Show PowerPoint #20**)

Something you don’t tell anyone; something you keep to yourself.

8. I am going to tell you some secrets. You decide if they are the kind of secrets that make you feel happy, the kind you can’t wait to tell. [*Raise both hands to answer “Yes”; no hands to answer “No.”*]
- a. A surprise party. *Yes.*
 - b. Telling a friend what you got someone for their birthday. *Yes.*
 - c. Surprising your Dad with some cookies when he gets home from work. *Yes.*

Very good! Surprises like these are **safe secrets**; they are told quickly, and they make us feel happy.

9. I am going to tell you some more secrets. Again, you decide if they are the kind of secrets that make you feel happy. Are these **safe secrets** you can’t wait to tell? [*Raise both hands to answer “Yes”; no hands to answer “No.”*]
- a. A boy bullies you on the bus every day and says he’ll hurt you if you tell. *No.*
 - b. Your neighbor touches you in the *Bathing Suit Zone* and threatens you not to tell. *No.*
 - c. An older student steals your lunch money and says not to tell or he’ll kick your dog. *No.*

So, these secrets are different. How do they make us feel? *Sad, mad, worried, scared, unsafe, etc.*

That’s why we call them **unsafe secrets**. What can we do if someone tells us to keep an **unsafe secret**?

We can tell a Trusted Adult as soon as possible. Right. All secrets can be told.

Let’s all close our eyes and take a minute to remember: Who are our Trusted Adults?

10. Can we tell a Trusted Adult about an **unsafe secret**? *Yes.*

Can we tell a Trusted Adult about an **unsafe secret** we’ve been keeping for a long time? *Yes.*

It’s never too late to tell a Trusted Adult about **any** secret. (**Show Poster All Secrets Can Be Told.**)



Can we tell a Trusted Adult about unsafe secrets we've been told not to tell? **Yes.**
Yes. Even if someone would be disappointed in us. Or threatens to hurt us, or a pet, if we tell.
Our Trusted Adults are here to help keep us safe!
Let's all say this together: **"All Secrets Can Be Told."** [Repeat with students.]

Class Activity

PreK - 2: I Have A Secret: Each student shares with the class one safe secret (surprise) they recently kept and then told. (Examples: A birthday present, visitor, new game.)
If students don't have a safe secret to share, encourage them to make one up.

(Note to Presenter: This activity should be repeated each year, as it reinforces the lesson and allows students to celebrate happy moments in their lives.)

Optional Activity: Read book, "I Have A Secret! Do I Keep It?" by EJ Thornton.
Available at www.bookstobelievein.com/IHaveASecret.php for ages 3-8.



Lesson Recap: Let's remember these 5 things from today's lesson:

- Instincts are an inner siren that tells us to slow down and be careful.
- Listening to our instincts can help keep us safe.
- If someone's behavior sets off our inner siren, we can tell a Trusted Adult.
- Some secrets we keep at first, to surprise people - but all secrets can be told.
- We can tell about any secret, especially those we've been told not to tell.

End of Lesson Presenter Checklist:

- _____ Review [Lesson Recap](#) (in yellow box above).
- _____ Distribute [Student Handout](#), *Listening to My Instincts* for children to color, p. 49.
- _____ Review and send home with students.
- _____ Display [Class Posters](#) *Trust Your Gut Feelings*. and *All Secrets Can Be Told*. Discuss.
- _____ Suggest students share and practice their [Class Activity](#) at home with their families.

Additional Resources:

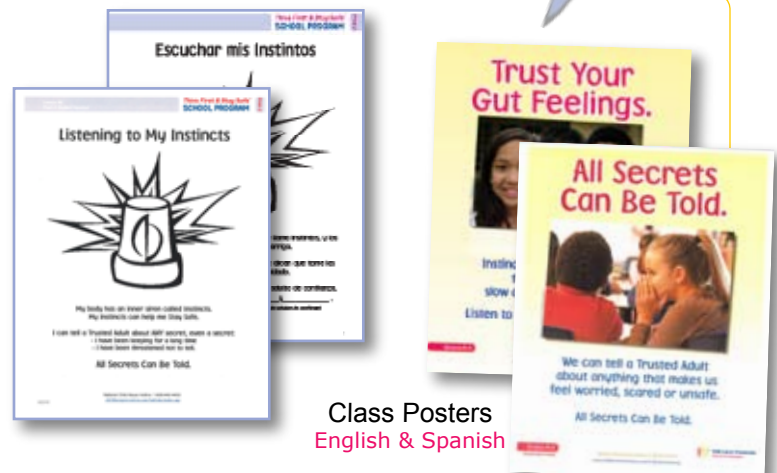
Posters: *Trust Your Gut Feelings & All Secrets Can Be Told* - Included in program and available for client download @ www.childluresprevention.com/downloads

For Students: Student Handout, *Listening to My Instincts*

For Parents: *Think First & Stay Safe* PARENT GUIDE
Order at www.childluresprevention.com/order/index.asp or p. 191.
Resources available in English and Spanish.



Presenter's Notes:



Student Handout
English & Spanish

Class Posters
English & Spanish