Grade Four
Personal Safety Curriculum

CSA (Catholic Safety Agent)
Catechist Packet

Grade 4
Unit 3 - Lesson 5
Handling Stressful situations

Objectives
The students will:
- Demonstrate the ability to accept responsibility and consequences for their actions by participating in the Act – 2 Situation Cards – “Stressful Situations.”
- List and role-play appropriate alternate behaviors that enhance personal safety: SAY “NO, GET AWAY,” and GO TELL.
- Demonstrate assertiveness with respect in response to a safe situation through the group exercise with the Act – 2 Situation Cards.
- Practice communication skills by acting out ways of communication – by phone, e-mail, hand signals, and body language.

Materials:
ACT TWO Situation Cards-“Stressful Situations” cards copied onto card stock and cut at dotted lines.
Appendix 2, CVOL Stressful Situations Document
- The last time we were together, we had some practice learning the decision making process. Remember how we evaluated making lunch?
- If you practice making small decisions by taking things one step at a time, you will find it easier to make safe decisions when you are in stressful situations.
- Just as a professional basketball player automatically shoots the ball into the hoop when he receives a pass, you can practice making correct decisions so that when the pressure is on, it will be almost automatic to make a good decision.
- Let’s review the steps in decision making. Look at page 13 of your booklets. You should have the steps in this order:
  1. Identify the problem
  2. Consider the choices
  3. Brainstorm alternatives
  4. Evaluate the consequences
  5. Make the decision

CVOL (Grade 4) Lesson 5
Consequences:

- As we have seen in our problem solving, every decision we make has consequences. The consequences of our decisions can be short term or long term.

- An example of a decision with a short term consequence would be deciding to have the spaghetti for lunch. By the time you have your dinner you will probably have forgotten what you had for lunch.

- Decisions which have consequences that will affect you for a long time are often decisions which you have time to do some research or ask questions about.

- It could be something like, “Do I want to go to summer camp?”, or, “Do I want to go to a summer camp where I will learn about baseball, or one where I can learn to play a musical instrument?” Deciding where you’ll be staying for a week or more is a pretty big decision.

- Sometimes we make decisions on the spur of the moment which seem like small decisions, but they actually can have long-term consequences. In fact, sometimes we make decisions and they don’t seem to have consequences at all until later.

- That’s why it is important to listen to parents and other trusted adults when they give you rules—even if they seem silly some times.

- Keeping personal information off the internet, taking and sending pictures in the fun of the moment may not seem like any big deal, but it can be. Especially with the way things are communicated so quickly. Sometimes we don’t take the time to think of the consequences. A picture you thought was funny could easily be turned into something that is rude, and disrespectful.

- Our intentions may be good, but we need to remember Adam and Eve. They made choices which have consequences for us even today.

- People have the choice to take something good and use it for evil. The best way to stay safe is to follow the rules of your parents, leaders at school and other appropriate adults and authority figures. They are in a position to know and understand consequences that you might not.

- As you cope with the problems of your every day life, you should always remember that there are adults who are there to help with problems big or small.

- If you have a problem and you aren’t sure has a short-term consequence—like lunch—or if it’s bigger than that, always ask for help.
Demonstrating Assertiveness and Problem solving under stress

- Earlier we practiced saying “No” in some stressful situations. Now we are going to use those abilities along with the skills you have learned since then, to make some decisions under very stressful situations which may have pretty big consequences.

- We’re going to practice making decisions. I have eight cards with some stressful situations in which you will be asked to deal with choices and consequences. Let’s see how we do in figuring out our choices and the consequences.

- Let’s start with the first card:

  The cards are labeled from “I” to “P”. The situations are more stressful as the letters progress.

  Continue to play a few cards with the group as a whole. When you think the students are ready, divide the remaining cards among them. Have the students form groups of three or four and work through the steps to making a good decision.

  Give the students time to complete their problem. Then have the small groups present their problem to the entire group. Use Appendix 2 to keep them on track. Make note of other feasible choices and consequences.

Communication skills

- Our Helper for this unit has been the Angel Gabriel. The name ‘Gabriel” means “God has shown Himself Mightily”. The skills you have been learning will help you become strong and mighty in protecting yourself and others.

- Angels are God’s messengers. We need to become good messengers too. Let’s take a look at how we communicate or pass information from one person to another.

- Name some ways in which we communicate.

  Allow the students to share different ways they communicate including talking, writing, e-mail, by phone, texting, hand signals, satellite, computer, yelling

  Once they have mentioned a few, see if you can get them to guess what you are doing. You are going to act out or mime some of these ways to communicate.
• I am going to act out some of the ways we communicate. See if you can guess what I am doing.
  
  → Pretend you are talking on the phone.
  → Pretend you are a baseball coach sending signals to a batter.
  → Pretend you are typing on a computer.
  → Pretend you are signing to a person with deafness.
  → Pretend you are praying.

Affirm their correct guesses.

• When we first began this program, we talked about body language. How we carry ourselves gives clues to people around us:
  
  → Are we approachable?
  → Are we easily fooled?
  → Are we paying attention to what is going on around us, or are we in a daze?

Without even realizing it, you are communicating with others all the time.

• In our next lesson we will be pulling all these things together and looking at all the ways you’ve learned how to keep yourself safe from abuse, help others, and know your limits. We will also brainstorm about our helpers and how we know a person is a trusted adult.
Unit 3-Stressful Situation Response

**Catechist note:** The situations described on the cards are stressful in different ways. Children at the fourth grade level are becoming more aware of their friendships, loyalty and the importance of belonging to social groups outside their families.

**Instructions:**

The cards are marked with “I” to “P” on the bottom of the card. The situations are increasingly more difficult as the letters progress. Write the five steps to decision making on the board. Start with Situation “I” and talk through each stage of the process with the children for this mildly stressful situation (Finding the correct clothes.)

Present the situation and allow children to work in small groups to discuss the options in each of the steps to making a good decision.

**CARD “A”**

You need to decide what to wear to a slumber party.

**Problem:** You want to be appropriate and fit in.

**Choices:**
1. Look at what you have in your drawers or closet
2. Call someone else who is going to see what they are wearing
3. Ask a brother/sister for advice

**Consequences:** Open for interpretation

**Decision:** You decide to do what? Why?
CARD “B”

You just saw your friend steal $10 from the counter at your house.

**Problem:** You don’t want to embarrass your friend, but stealing is bad, and your mom needed the money for milk and groceries.

**Choices:**
1. Tell your friend you saw what they did
2. Don’t say anything at all
3. Tell your parents

**Consequences:**

**Choice 1:**
- a. Your friend will deny it
- b. Your friend could say they are sorry and give the money back.
- c. Your friend could say they’re sorry, but they really need the money
- d. Your friend will get mad at you and never speak to you again

**Choice 2:**
- a. You would feel guilty because you know your mom needed the money
- b. Your mother would be frantic looking for it
- c. Your friend may steal more things

**Choice 3:**
- a. Your parents will get mad and start yelling
- b. They will take your friend home and talk to their parents
- c. They won’t do anything

**Decision:**

CARD “C”

Your friend was copying off your English test and the teacher just called you to stay after class to speak with her.

**Problem:** You helped your classmate cheat **AND/OR** Your teacher thinks you are a cheater

**Choices:**
1. You can say you don’t know what the teacher is talking about
2. You can tell the teacher you knew they were copying off your paper

**Consequences:**
- a. You will have a bad reputation
- b. You may have to tell on your friend
- c. Your friends will be mad at you
- d. Your classmates think you are a tattle tale
- e. Your classmates may be glad someone finally put a stop to the cheating
- f. Detention
- g. They will tell your parents and they will ground you

**Decision:**
Card “D”
Your best friend had a death in her family. Your parents are making you go to the funeral home. What do you say to your friend? What do you do?

Problem: 1. You are very close to your friend and you want to let them know you are thinking of them but there will be a lot of people there you don’t know.
2. You have never known any body who died before.
3. What if you say the wrong thing?

Choices: 1. Don’t go.
2. Don’t mention anything when you see your friend.
3. Ask your mom or dad to go with you and stay by you.
4. Ask your mom or dad ahead of time what to do.
5. Write a note to your friend telling them you are sorry, and just give it to them when you get there.
6. Ask your mom if you can get a couple of friends to go with you and all go together.

Consequences: a. Your friend will think you don’t care
b. You will feel awkward, but your friend will be glad you came
c. Your parents will be with you to help you overcome your fear
d. Your friend will really appreciate your efforts

Decision:

CARD “E”
You are at the park and are waiting for your game to start. You go to the restroom. When you go in, there are two kids beating up another kid. There is no one else in there. They see you.

Problem: 1. Someone is getting hurt, pretty badly.
2. You don’t want to be next.

Choices: 1. Forget what you saw and get out of there
2. Go outside and yell for help
3. Try to stop the fight yourself
4. Go back to your field and tell someone there
5. Ask them “What’s going on? Why are you hitting him?”

Consequences:
a. The child could get really hurt
b. You might feel guilty later
c. Adults will come in and help
d. You could get hurt yourself
e. You could get mixed up in something and be late for your game

Decision:
CARD “F”

You are at McDonald’s with your friends. A handicapped boy comes in. Your friends start to mock the way he walks and talks. The boy is your cousin. You have been trying to be friends with these kids for a long time.

**Problem:**
1. You want to be in with the “in” crowd, but you know they are being mean.
2. Even if it wasn't your cousin, all people deserve respect.

**Choices:**
1. Laugh at the jokes and turn away so your cousin can’t see you
2. Yell at the kids for being so mean
3. Get up and give your cousin a big hug and introduce him to your friends

**Consequences:**
a. Your aunt will tell your mother and you will get in trouble
b. You will feel terrible and ashamed
c. You will make a scene at the restaurant
d. You will be uncomfortable for a few minutes
e. You will show your friends how to treat others with respect
f. Show your cousin you are proud of your whole family

**Decision:**

CARD “G”

You and two friends have walked to the park. You are playing on the equipment and one of your friends falls and says, “Ouch!” She grabs her ankle and starts to cry.

**Problem:** Your friend is hurt and there are no adults nearby.

**Choices:**
1. You can see if she can walk on her ankle
2. You can leave her there and run for help
3. One of you can stay with her, while the other one goes for help.
4. If you have a cell phone, you can all stay together while someone calls for help.
5. You can holler for help from someone else in the park.

**Consequences:**
a. She may hurt her ankle more
b. If you leave her alone she will be more frightened
c. Help would be on the way pretty soon
d. You don’t know who would be coming to help

**Decision:**
CARD “H”
You are home alone with your dog. The next door neighbor is looking in on you while your mother is at the doctors. She called to say be sure your doors are locked. There are strangers in the area. Your dog starts to bark.

Problem: You are scared in your house all alone.

Choices:  
1. Go downstairs and check all the doors  
2. Take the dog with you and go check all the doors  
3. Just go hide in your closet  
4. Keep the neighbor on the phone while you check your doors  
5. Keep your neighbor on the phone and look around to find out why the dog is barking

Consequences:  
a. Make the house safer  
b. The neighbor would help you stay calm while you check to make the house safer.  
c. You could walk into danger  
d. You will get annoyed at the dog for barking at nothing.

Decision:
ACT ONE

SOMEONE OFFERS YOU A SOFT DRINK

A JUNIOR HIGH STUDENT INVITES YOU TO A DANCE—but you aren’t allowed to go until you are in 6TH GRADE

YOU ARE AT A FOOTBALL GAME SITTING WITH FRIENDS. YOUR PARENTS ARE SEATED IN ANOTHER SECTION. SOMEONE OFFERS YOU A SWEATER because they think you look cold

YOU ARE AT A SLEEPOVER AND ONE OF THE OTHER KIDS HAS A BEER. THEY WANT EVERYONE TO TRY IT. YOU ARE THE LAST ONE.

YOU ARE WAITING OUTSIDE OF SCHOOL AND A FRIENDS MOM OFFERS YOU A RIDE HOME. YOUR MOM TOLD YOU TO WAIT FOR HER.

YOU ARE INVITED TO A PARTY AND YOU KNOW THERE WILL BE NO GROWN UPS AT THE HOUSE

YOU ARE AT THE ICE CREAM STORE AND THE MAN IN FRONT OF YOU OFFERS TO PAY FOR YOUR CONE.

YOU ARE WALKING WITH YOUR FRIEND AND A MAN DRIVES UP TO YOU AND SAYS “I NEED HELP—GET IN THE CAR.”