



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Demonstrate the ability to use decision-making skills to enhance health.
- Demonstrate the ability to use goal-setting skills to enhance health.
- Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
nasbe.org/HealthySchools/States/State_Policy.asp

It's critically important that kids learn early the basics about personal safety and what to do in an emergency. The discussion questions and activities in this Teacher's Guide will help your students know what to do when encountering strangers and how and when to call 911.

Related KidsHealth Links

Articles for Kids:

Do You Know How to Be Street Smart?

KidsHealth.org/kid/watch/out/street_smart.html

How to Use 911

KidsHealth.org/kid/watch/er/911.html

When It's Just You After School

KidsHealth.org/kid/watch/house/homealone.html

When It's Just You in an Emergency

KidsHealth.org/kid/watch/house/emergency.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. We all meet people we don't know every day. People we don't know are called "strangers." Can you name some places where you might meet a stranger?
2. Most strangers are just people we don't know. But some strangers are not nice to kids. How do you know who is safe and who is not? Can you tell just by looking at them? For example, if someone is wearing nice clothes, walking a cute puppy, and being really friendly, does that mean you can trust them? Why or why not?
3. Have you ever heard someone say, "Trust your instincts"? Your instinct is that little voice inside you that tells you when something is OK or not OK. (Think about the feeling you get when a dog growls at you. You wouldn't reach out to pet it, right? That's your instinct at work.) Everyone has instincts, even little kids. Can you think of a time when your instincts told you a situation didn't feel right? What did you do?
4. If you felt you were in danger, who are some people you could ask for help? In an emergency, you could also call 911. It can be confusing to know what's a real emergency, but here's an idea: A car accident or a fire is an emergency; a kite stuck in a tree is not. An emergency is when someone is hurt badly or might be hurt badly. Can you think of some other times when calling 911 is the right thing to do? Can you think of some times when it's not?

