



AACPS Digital Citizenship

Lesson Title: Tell a Trusted Adult

Grade 1

Time: 30 minutes

Overview: Students watch the “Know the Rules” rap video. They discuss telling a parent, guardian, or other trusted adult if anything happens to them. Students post word cards of possible trusted adults and then draw pictures of their own trusted adults on a “Trust Tree.”

Objectives: Students learn to tell their parents, guardians, or other trusted adults if anything happens to them.

Materials:

- Computer lab or computer connected to an LCD projector
- “Know the Rules” rap video
- “Trusted Adult Word Card” (attachment 1)
- “Trust Tree” activity sheet (attachment 2)
- Tape
- Crayons or markers

Maryland Technology Literacy Standards for Students (MTLSS)

Standard 2.0–Digital Citizenship:

Students will demonstrate an understanding of the history of technology, its implications on society and practice ethical, legal, and responsible use of technology to assure safety.

Activities: Tell students: *Today we’re going to learn who trusted adults are in our lives and what to do if anything ever happens to us. Let’s see what Clicky says we should do.* Show students the “Know the Rules” rap video. *The safety message we are going to focus on today is: I will tell my parents, guardians, or other trusted adults if anything happens to me. What should you do if anything ever happened to you or if you had a problem?* Tell a trusted adult right away.

- *Who is a trusted adult?* Someone you can talk to about anything; someone you feel happy being around; someone who is a good listener; or someone who has helped you before.
- *What kinds of things should you tell a trusted adult about?* Anything you want to; things that make you feel scared, uncomfortable, or confused; a problem you are having; or anything that makes you happy. Remind students that trusted adults will help them no matter what the problem is.
- *If someone approaches you or tries to hurt you, touches you in a way that makes you feel scared, uncomfortable, or confused, or if you are in any kind of danger, you should tell a trusted adult right away.*
- *Who can be a trusted adult in your life?* As students give ideas, have them post the trusted adult word cards (attachment 1) on the board. Write any other answers on the board, or on the blank cards provided, and then read the list of trusted adults as a group. Emphasize that not all adults are trustworthy, and students should only go to adults they feel secure and

comfortable around.

- *You should always go to an adult who makes you feel safe and comfortable. It's important to know that not all adults are trustworthy; if a person you trust ever does something that is not OK, always know that there are other trusted adults you can go to for help.*
- Give each student a "Trust Tree" activity sheet (attachment 2) and crayons or markers. Have them choose three trusted adults in their lives to draw and label on their "Trust Tree." If needed, students can look at the word cards posted on the board for help in spelling the names of their trusted adults. *You can see from your trees that you are surrounded by adults who care about you and your safety. Remember that these people are trusted adults who you can talk to. They are ready to listen and help you if you need them. It's never too late to tell a trusted adult if something is bothering you.*

Closure: If time permits, have students share one adult from their "Trust Tree" with the class and explain why they know this person is a trusted adult in their lives. Have students take their "Trust Tree" papers home to show their parents or guardians.

Extension: Have students write a letter to their trusted adult telling this person why they have chosen him or her and what trusting him or her means. Encourage students to share the letters with their trusted adult.

Know the Rules: Tell a Trusted Adult

Grade 1 • Attachment 1

Trusted Adult Word Cards

Mom

Grandma

Dad

Grandpa

**Foster
Mom**

Aunt

Know the Rules: Tell a Trusted Adult

Grade 1 • Attachment 1

Trusted Adult Word Cards

Uncle

Neighbor

**Big
Brother**

**Principal
or
Teacher**

**Big
Sister**

**Law
Enforcement
(Police Officer)**

Know the Rules: Tell a Trusted Adult

Grade 1 • Attachment 1

Trusted Adult Word Cards

Coach

**Church
Helper**

Babysitter

**Friend's
Parent**

Know the Rules: Tell a Trusted Adult

Grade 1 • Attachment 2

Trust Tree

