

Objective

By the end of this lesson, the student will learn basic self-defense concepts, including how to recognize safe and unsafe situations, simple movements to protect themselves, and the importance of asking for help from trusted adults.

Materials and Prep

- No materials needed, just a safe space to move around.
- Prepare a comfortable area where the student can practice movements without obstacles.
- Be ready to engage in fun discussions and role-playing scenarios.

Activities

- **Safe vs. Unsafe Game:**

Play a game where the student has to identify whether a situation is safe or unsafe. Describe different scenarios, and let the student respond with thumbs up for safe and thumbs down for unsafe.

- **Movement Practice:**

Teach the student simple movements like “step back” and “turn away.” Encourage them to practice these movements while saying, “I can move away to stay safe!”

- **Role-Playing:**

Act out different situations where they might need to use their voice or body to protect themselves. For example, practice saying “No!” loudly and confidently in a fun way.

- **Trusted Adult Discussion:**

Talk about who the trusted adults are in their life, like parents or teachers, and why it’s important to ask for help. Create a fun song or chant about asking for help.

Talking Points

- "Can you tell me what safe means? Safe is when we feel happy and protected!"
- "What do you think we should do if we feel scared? Yes! We can move away or talk to a trusted adult!"
- "Let's practice saying 'No!' together! It's our special word to say when we don't want something!"
- "Who are some trusted adults you can talk to? Great! They are there to help us!"