

Cora's Safety Superhero Training!

Time: 40 minutes

Welcome, Safety Superhero Cora! (5 minutes)

Today, we're going on a special mission to boost your safety superpowers! We'll learn how to understand tricky situations, how to keep ourselves safe, and who can help us if we need it. Our goal is to make sure you feel strong, confident, and prepared!

Quick Check-in:

- What does 'being safe' mean to you?
- Have you ever helped someone else feel safe?

Understanding the Challenges: The 'Villains' (10 minutes)

Every superhero needs to understand the challenges they might face. Let's talk about some tricky behaviors:

Interactive Definitions:

Let's use our big paper/whiteboard for a 'Word Splash'! What do these words mean to you?

- **Bullying:** When someone repeatedly and intentionally says or does mean or hurtful things to someone who has a hard time defending themselves. It's about an imbalance of power.
Examples:
 - Making fun of someone regularly.
 - Leaving someone out on purpose all the time.
 - Spreading rumors or lies.
 - Pushing, tripping, or hitting.
- **Harassment:** Unwanted behavior that makes someone feel uncomfortable, scared, or upset. It can be a type of bullying. Examples:
 - Repeatedly making mean jokes about someone's appearance or background.
 - Sending unkind messages.
- **Violence:** Using physical force intended to hurt, damage, or kill someone or something.
Examples:
 - Hitting, punching, kicking.
 - Using a weapon.

Why Do Some People Act This Way? (Causes of Violence)

It's important to understand, but not excuse, these behaviors. Let's brainstorm why someone might act violently:

- **Strong Feelings:** Like unmanaged anger.
- **Prejudice:** Unfairly disliking someone because they are different (e.g., their culture, how they look).
- **Past Experiences:** They might have experienced abuse or seen a lot of violence.
- **Difficult Life Situations:** Sometimes people are going through very hard times (socio-economic status, meaning big life challenges) and don't know healthy ways to cope.

Safe and Unsafe Situations & Personal Boundaries:

Think of this as your 'Superhero Force Field'. Your body, your feelings, and your personal space are YOURS. You have the right to decide who comes into your space and how they treat you.