

Children's Connection Curriculum

Session Topic: People who make me feel safe (Self-Esteem)

Developmental Level: Elementary and Middle School

Purpose: To have discussion with children about who are safe people in their lives and to have them identify them.

Materials Needed: "People who make me feel safe" worksheet, pen/pencils/markers—Circles of Trust activity and handout

Description of Session: Ask students what they think is safety. Discuss their answers. Share with them about what makes a person safe. Discuss and create safety plans providing different examples to students that may happen and what they would do. Have students fill out worksheet with people that they feel are safe to them. Have them share qualities of that person and how they make them feel when they are with them.

Move on to the Circles of Trust activity with Circles printout. This shows the balance of people in our lives, positive and negative. The important thing is knowing which ones really understand you and you feel comfortable turning to.

Discussion Questions:

1. What is safety? At home? School? In public?
2. What makes a person safe?
3. What is a safety plan? Do you have one?
4. Who are safe people in your life?
5. What makes them safe?
6. How do they make you feel when you are with them?

Reference: Children's Connection Counselors