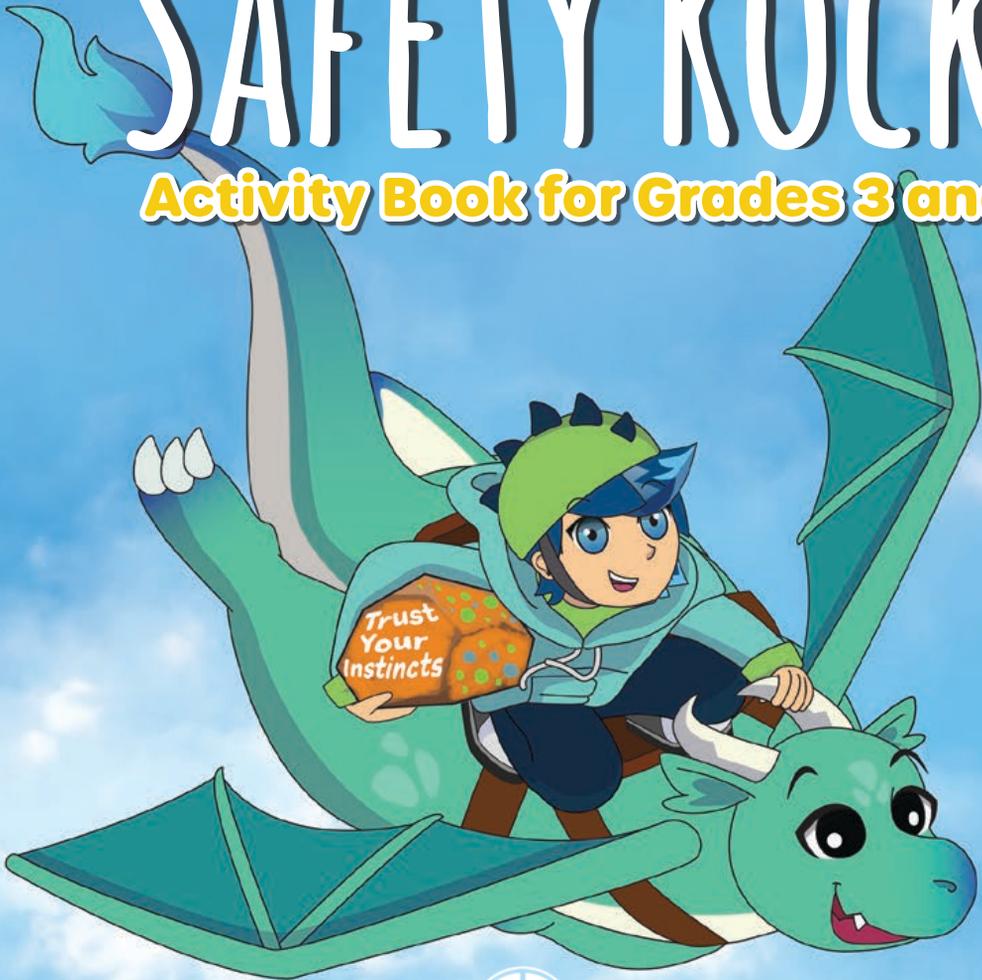




# SAFETY ROCKS

**Activity Book for Grades 3 and 4**



CANADIAN CENTRE for CHILD PROTECTION®  
Helping families. Protecting children.

Using safety habits every day helps keep kids safe.

## NEED TO TALK TO A GROWN-UP?

If you want to talk about something that is bothering you, or you are worried about a friend, call

**Kids Help Phone at 1-800-668-6868.**

It is free and open 24/7.



# TABLE OF CONTENTS



Meet Jack, Olivia and Friends .....	2
Feelings and Emotions .....	4
Get Into the Habit .....	8
7 Safety Strategies .....	10
Safety Net .....	16
Personal Boundaries Keep Us Safe ..	18
Safety Meter .....	20
KEEP and SPEAK Secrets .....	21
Use the Clues .....	24
Safety Rocks! .....	26
Answer Key .....	28

# MEET JACK, OLIVIA AND FRIENDS



**Jack and Olivia are best friends who just got their very own pet dragons. Their new friends need names.**

**Can you help them pick awesome names for their dragons?**



JACK &

OLIVIA &





Here are other creatures that live in the neighbourhood with Jack, Olivia and their dragons.

Count how many times you see them as you read through the book.

SYL

LOU

PRY

BOW



# FEELINGS AND EMOTIONS

How are Olivia and Jack feeling?



- Match the emotion words to the faces
- Draw an emoji in the blank circle
- Cross out the emotion words on the list as you go

**Mad**

**Happy**

**Scared**

**Surprised**

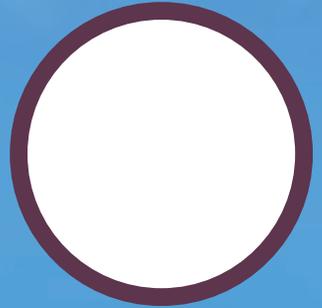
**Grossed out**

**Sad**

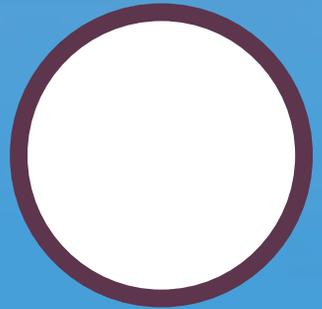
**Worried**

**Embarrassed**

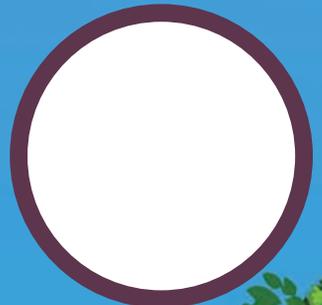
1. \_\_\_\_\_



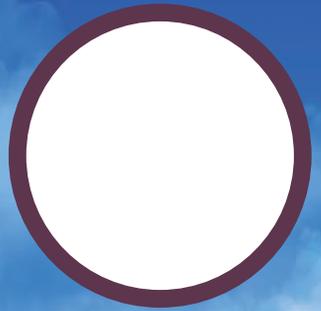
2. \_\_\_\_\_



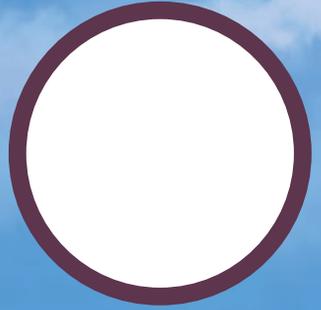
3. \_\_\_\_\_



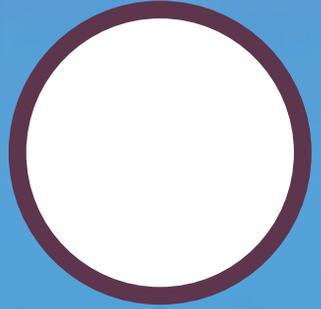
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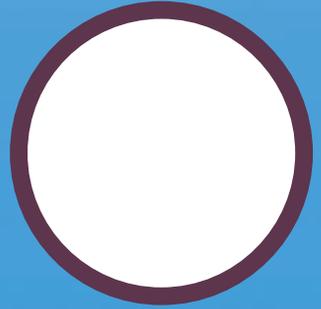
5. \_\_\_\_\_



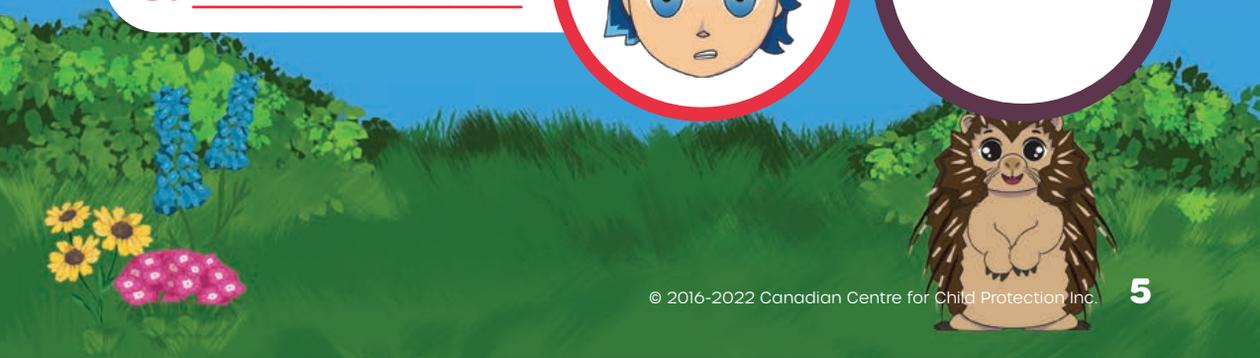
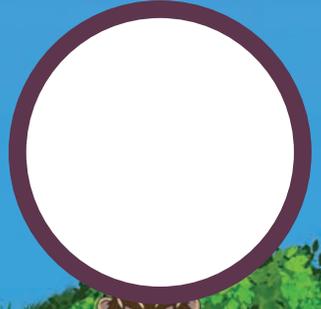
6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_



# What do you do with your emotions?



Read about Jack and Olivia's emotions and answer questions about your emotions.

## Jack feels happy when...

- He plays with a friend.
- He plays at the park.
- He gets a new toy.

When do you feel happy?

---

---

## When Jack feels happy, he...

- Laughs.
- Dances.
- Smiles.

What do you do when you feel happy?

---

---

## Olivia feels sad when...

- Her friend can't come over.
- Her parents don't listen to her.
- Somebody is mean to her.

When do you feel sad?

---

---

## When Olivia feels sad, she...

- Cries.
- Asks for a hug.
- Hugs her dragon.

What do you do when you feel sad?

---

---



Think about how you feel and name it.



Write down the emotion you feel right now and draw an emoji.



**Raging**



**Bliss**



**Horror**



**Okay**

---

Pay attention to how you feel. Talking about your feelings is **healthy**.



# GET INTO THE HABIT

## Jack's Morning Routine



Jack has a regular way of doing things, in a particular order, but his morning routine is all mixed up.

Read about Jack's routine and put it back in the correct order by numbering each section of the story from 1 to 6.



Some mornings Jack has cereal for breakfast, and other mornings he has toast or eggs.



When they get to school, Jack and Olivia play on the playground until the school bell rings.

After breakfast, Jack and his dragon head to the bathroom to brush their teeth.



Sometimes Jack and Olivia ride their bikes to school with Olivia's dad, and sometimes Jack's mom drives them.



When they ride their bikes, they always wear their helmets. When they get a ride, they always fasten their seatbelts.



When Jack wakes up in the morning, he isn't always excited to get out of bed. Once he is up, he gets going.



Jack makes his bed, then picks out his clothes and gets dressed.



## How does something become a habit?

- You do it **regularly**
- You do it **repeatedly**
- You do it **automatically** without thinking about it



Hmmm...

# 7 SAFETY STRATEGIES

Make safety a habit for life!



## SHOUT NO! RUN – TELL Someone

If someone asks you to do something that makes you feel confused or uncomfortable, leave the situation and tell a safe grown-up about it.



## KEEP and SPEAK Secrets

All secrets should have an ending and eventually be told to someone. **KEEP** Secrets are safe secrets. They can be kept because they have an ending—like a surprise party, a present, or scavenger hunt. They don't hurt or make you feel sad. **SPEAK** Secrets are unsafe secrets. They are secrets that don't have an ending—like secrets about touching or picture taking—and they might make you feel sad. It is important to tell a safe grown-up about **SPEAK** Secrets.



## The BUDDY System

There is safety in numbers. Bring a buddy with you when you go places.





## Trust Your INSTINCTS

Your instincts are the feelings inside you that warn you of danger. These feelings can be your heart beating really fast, not being able to catch your breath, feeling tingly, or like you have butterflies in your stomach. Pay attention to these feelings—they are your body's alarm system.



## DIGNITY and RESPECT

All people have the right to be safe and treated with respect.



## If asked to go and your parents don't know, SHOUT NO!

Always ask your parents/guardians before going anywhere. No matter who asks you to go somewhere, check first with your parents/guardians.



## If asked to share and your parents aren't aware, SAY NO!

Always get permission from your parents/guardians before sharing personal information or pictures, online or offline.



# What's the safety strategy?



Choose the best safety strategy that matches the picture.



**SHOUT NO! RUN – TELL Someone**



**TRUST Your INSTINCTS**



**KEEP and SPEAK Secrets**



**DIGNITY and RESPECT**



**The BUDDY System**



**If asked to go and your parents don't know, SHOUT NO!**



**If asked to share and your parents aren't aware, SAY NO!**



1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_



3. \_\_\_\_\_  
\_\_\_\_\_



4. \_\_\_\_\_  
\_\_\_\_\_



5. \_\_\_\_\_  
\_\_\_\_\_



6. \_\_\_\_\_  
\_\_\_\_\_



7. \_\_\_\_\_  
\_\_\_\_\_

# How do you make safety part of your life?



**Think about all the ways you make safe decisions every day. Answer the questions about your personal safety choices.**

**1. I feel confident about my personal safety (e.g., I know about how to keep myself safe).**

**True**

**False**

**2. Name the strategies you use every day to keep yourself safe:**

---

---

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**3. What can you do to increase your safety walking to and from school or to and from a friend's house?**

---

---

---

**4. How can you increase your safety while on the internet?**

---

---

---

**5. Should all secrets be kept to yourself? Explain.**

---

---

---





## Mix 'n' Match



Draw a line to match each word with the correct meaning.

**Luring**

To be kind and thoughtful of others and for others to be kind and thoughtful of you.

**Respect**

A person who is 18 years old or older.

**Privacy**

Limits that help you to be safe.

**Boundaries**

All children must be helped and protected from harm and abuse.

**A grown-up**

A person who is 13 to 17 years old.

**A teenager**

**Rights of the child**

When someone tries to trick you into doing something they want you to do.

To have the right to keep information about you and your family to yourself.



# SAFETY NET

Who are safe grown-ups in your life?



## Did you know?

A grown-up's job is to...

- protect kids
- teach kids
- take care of kids
- help kids when they make mistakes or do something wrong



Identify a safe grown-up in your life for each situation.

- If you need help at school, who would you go to for support?

---

- If you hurt yourself at a friend's house, who would you go to for support?

---

- If you were scared at home, who would you go to for support?

---

- If you were sad, who would you go to for support?

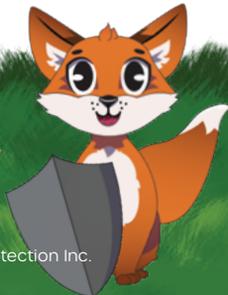
---

- If you were worried at school, who would you go to for support?

---

- If you were happy, who would you share that with?

---





Fill in the net with safe grown-ups in your life.

EXAMPLE

M  
O  
M



How do your safe grown-ups show that they care about you? Write your answers below.

**EXAMPLE** My mom makes me my favourite cookies.

---



---



---



---



---



---



# PERSONAL BOUNDARIES KEEP US SAFE



## What are personal boundaries?

- They are your measure for what is safe and unsafe, what is healthy or unhealthy, what is comfortable or uncomfortable.
- They help you set personal limits around what is okay and not okay.

FYI

## Did you know? Children have rights.

- All children have a right to be safe.
- All children have the right to be respected.
- It is okay for a child to tell grown-ups (tell THREE grown-ups!) if someone makes them feel uncomfortable or does something that is wrong.



## Boundaries and picture-taking... Did you know?

A person needs to agree to having their picture taken.

If a person is doing something private, it isn't okay to take their picture.

Like when...

- They are in the shower.
- They are in the bathroom.
- They are changing.
- They are sleeping.

What is another example? \_\_\_\_\_

## What do you think?

Is it okay for kids to send pictures online without permission from their parents/guardians?

**NOOOOOOOOOPE!**

Is it okay for a person to take embarrassing pictures of their friends without them knowing?

**NOOOOOOOOOPE!**

Is it okay for a person to post or send embarrassing pictures of people to others without their permission?

**NOOOOOOOOOPE!**

Is the internet a public place?

**YEEEEEEEEEEEESSS!**



## Healthy or unhealthy boundaries?



Read each example below. Is it okay or not okay?  
Write the number under **OKAY** if it is okay. Write  
the number under **NOT OKAY** if it is not okay.

1. At school, a student walked up and took a bite out of Jack's sandwich.
2. Someone asked Olivia permission to borrow her eraser.
3. Someone yelled at Jack.
4. Someone made fun of Jack's pants.
5. Without Jack's permission, his cousin took a picture of his messy morning hair and showed people.
6. Someone was peeking at Olivia when she was in the bathroom.
7. Olivia's cat walked in on her when she was changing her clothes.
8. A teenager wanted Olivia to play a touching game and to keep it a secret.
9. Olivia wanted to sneak a picture of her brother when he was sleeping.
10. Jack asked his friend if he could take a picture of him riding his new bike.

**NOT OKAY**

**NOT OKAY**

**OKAY**

# SAFETY METER



Read each example and decide where to colour the safety meter to show how safe or unsafe the situation is.

1. Jack sent a picture of himself skateboarding to his auntie.



**EXAMPLE**

2. A person started chatting with Olivia in a game and asked her to send him a picture.



3. Olivia's cousin asked her to keep a secret about touching.



4. Jack's friend told him a secret that wasn't safe. Jack told his dad about it.



5. Olivia saw pictures online that made her feel uncomfortable. She put her tablet down and told her mom.



6. Jack's friend was chatting with people in games online without permission from his parents/guardians.



7. Olivia's friend sent an embarrassing picture of Olivia to their friends.



8. Someone asked Jack something online that was creepy and weird.



9. Someone sent Olivia an inappropriate picture and told her not to tell her mom.



# KEEP AND SPEAK SECRETS

There are two kinds of secrets:



# Jack's Weird Wrestling Story

Jack loves playing in his neighbour's backyard with their dragons. His neighbour has a huge play structure that is awesome!

Jack also likes going over to his neighbour's house to help him with jobs because his neighbour pays Jack money. He tells Jack not to tell his parents about the money because they won't let Jack keep it. Jack is saving up to buy a cool toy for his dragon.

Lately, Jack feels uncomfortable going to his neighbour's house. His neighbour has been acting weird. Sometimes they wrestle when he is over there, and it is sort of fun, but also uncomfortable. His neighbour got really hot when they were wrestling, so he took his shirt off. He told Jack to do the same thing to cool off. He also said it would be more like real wrestling. He video recorded them wrestling. Jack didn't like it.

Jack likes his neighbour, but he doesn't want to wrestle with him anymore. Jack is afraid to tell his mom because he thinks she won't let him play there anymore. What do you think Jack should do?



## Answer questions about the story.

1. What did Jack's neighbour do that was weird?

● _____	● _____
● _____	● _____

2. Jack's neighbour gave Jack money and told him not to tell his parents. What type of secret is this?

---

### Think about:

Why do you think Jack feels uncomfortable?

Why do you think it is hard for Jack to tell his parents?

How should Jack tell his mom and dad about his neighbour?

**FYI**

### Did you know?

- It can be tough to tell someone.
- It can be confusing to tell someone.
- It can be uncomfortable to tell someone.



Sometimes grown-ups don't hear exactly what kids are saying. **Keep telling them until they do.** **If one doesn't hear you, tell another grown-up.**

It is hard for Jack to tell his mom the **SPEAK Secret** because:

- He feels embarrassed.
- He likes his neighbour.
- He is scared his parents won't believe him.
- He is scared he will get into trouble.
- He is scared he will get his neighbour in trouble.
- He still wants to be able to go to his neighbour's house.
- His neighbour told him not to tell anyone.



**Think about three safe grown-ups who you could tell if something happened that made you feel uncomfortable. Write down their names.**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# USE THE CLUES



Use the clues to decode the word.

**Boundaries**

**Feelings**

**Help**

**Privacy**

**Tell**

**Luring**

**Respect**

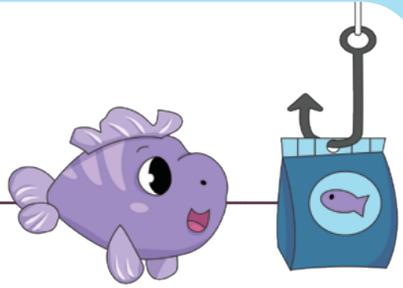
**Abuse**

**Internet**

**Safe Grown-up**

## 1. Lou Ring

Word: \_\_\_\_\_



## 2. Pry V. See

Word: \_\_\_\_\_



## 3. Bow N. Drees

Word: \_\_\_\_\_





**4. Rhymes with yell**

Word: \_\_\_\_\_

**5. R \_ \_ p \_ c \_**

Word: \_\_\_\_\_

**6. Has the letters to spell the words rap and fun**

Word: \_\_\_\_\_

**7. s a u b e (unscramble)**

Word: \_\_\_\_\_

**8. Rhymes with yelp**

Word: \_\_\_\_\_

**9. \_ n \_ \_ r n \_ \_**

Word: \_\_\_\_\_

**10. Has the letters to spell the words gee and fins, with a left out l**

Word: \_\_\_\_\_

# SAFETY ROCKS!



**Collect rocks outside and paint safety messages on them.**

**Keep them in a basket and look at them whenever you need to or hide them in your neighbourhood to share safety messages with others.**

**Practice drawing your messages on the rocks below.**





# ANSWER KEY

## **Meet Jack, Olivia and Friends (P 3)**

Lou = 9 Syl = 13

Bow = 10 Pry = 9

## **How are Olivia and Jack Feeling? (P 4-5)**

1. Surprised
2. Happy
3. Embarrassed
4. Scared
5. Grossed out
6. Mad
7. Sad
8. Worried

## **What do you do with your emotions? (P 6)**

Answers will vary.

## **Think about how you feel and name it. (P 7)**

Answers will vary.

## **Jack's Morning Routine (P 8-9)**

3, 6, 4, 5, 1, 2

## **7 safety strategies (P 12-13)**

1. KEEP and SPEAK Secrets
2. If asked to share and your parents aren't aware, SAY NO!
3. Trust Your INSTINCTS
4. The BUDDY System
5. If asked to go and your parents don't know, SHOUT NO!
6. SHOUT NO! RUN - TELL Someone
7. DIGNITY and RESPECT

## **How do you make safety part of your life? (P 14)**

1. - 4. answers will vary.
5. Some secrets should be told to a safe grown-up.

## **Mix 'n' Match (P 15)**

Luring: When someone tries to trick you into doing something they want you to do.

Respect: To be kind and thoughtful of others and for others to be kind and thoughtful of you.

Privacy: To have the right to keep information about you and your family to yourself.

Boundaries: Limits that allow safe behaviour with others.

A grown-up: A person who is 18 years old or older.

A teenager: A person who is 13 to 17 years old.

Rights of the child: All children must be helped and protected from harm and abuse.

## **Safety Net (P 16-17)**

Answers will vary.

## **Healthy or unhealthy boundaries? (P 19)**

OKAY: 2, 7, 10

NOT OKAY: 1, 3, 4, 5, 6, 8, 9

## **Safety Meter (P 20-21)**

1. Safe
2. Unsafe
3. Unsafe
4. Safe
5. Safe
6. Unsafe
7. Unsafe
8. Unsafe
9. Unsafe





### **Jack's Weird Wrestling Story (P 22-23)**

1. Pays Jack money, tells Jack to keep the money a secret, takes off shirt/tells Jack to take off shirt, video records them wrestling.
2. **SPEAK Secret.** Jack should tell his parents.

Other answers will vary.

### **Use the Clues (P 24-25)**

- |               |                  |
|---------------|------------------|
| 1. Luring     | 6. Safe Grown-up |
| 2. Privacy    | 7. Abuse         |
| 3. Boundaries | 8. Help          |
| 4. Tell       | 9. Internet      |
| 5. Respect    | 10. Feelings     |



The safety strategies and other information provided in this book are intended as general information only, not as advice. The Safety Rocks Activity Book is primarily designed for use with young children in an educational context.

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