

# DENVER SAFE FROM THE START CURRICULUM OUTLINE



## **Introduction • General Safety**

Stay Away from Danger – a puppet show that introduces Denver Safe from the Start: What does it mean to stay safe? What is danger? What should we do to stay safe?

## **Session 1 • Ways to Stay Safe**

*Safety Rules:* Recognize, Refuse & Report

In this lesson, we focus on learning common safety rules for guns, fire, crossing streets, sharp tools, riding in a car, etc. The children will learn to recognize safe and unsafe situations and how to take action to keep themselves safe.

## **Session 2 • The “Always Ask First” Rule**

Always ask the person in charge first if someone wants you to go somewhere with them or give you something.

- What does “in-charge” mean?
- What is a stranger?
- Always ask first before going somewhere with someone.
- Always ask first before accepting gifts from someone.

## **Session 3 • Safe/Unsafe/Unwanted Touches**

Safe Touches (hugs, high-fives, handshakes) make you feel cared for, loved, and important. It is okay to say “NO” to unwanted touches even if they are safe. Unsafe touches (push, hit, punch) are touches that hurt your body or feelings. Unwanted touches make you feel uncomfortable; safe touches can also be unwanted touches. If someone gives you a touch that you don’t like, you can always say, “Please don’t do that.”

## **Session 4 • The Touching Rules**

Private parts are the parts of your body covered by a bathing suit or underwear. No one should ever touch your private parts except to keep you clean and healthy. No one should ever ask to see your private parts or make you touch or look at theirs. In this lesson, the children will learn about the safety steps for what to do if someone breaks the touching rules.

- Say “NO”
- Get away
- Tell a grown-up

## **Session 5 • Never Keep Secrets about Touching**

It is never a child’s fault if someone breaks the touching rules. It is also very important to never keep secrets about any type of touch. If someone tries to break the touching rules or if the child is in another dangerous situation, they should follow the safety steps learned in session four.

For more information, please contact us at [Prevention@DenverCAC.org](mailto:Prevention@DenverCAC.org)