

6-12 character education lesson plan: trust and safety



Materials:

- Essays:
 - Tucker, A. 2011. Trust and Safety: It's Yours. Own It. Stage of Life.
 - Kestep. 2011. Trust and Safety: Defending Yourself Against Social Media. Stage of Life.
- Chart paper/markers or polling/word cloud technology tool

Opening Reflection:

- How do you keep yourself safe in today's world?
 - Utilize chart paper and markers or a polling/word cloud online tool to record responses.

Small Groups:

- Read two different essays (above) by teens about trust

and safety.

- Highlight ways these teens suggest you must learn to trust yourself for your own safety.

Whole Group:

- Why do you need to trust yourself?
 - Who is to blame when you make a mistake?
 - Why is it challenging to keep yourself safe in this world?
 - How can teens learn to trust themselves to be safe physically, mentally, emotionally, and spiritually? (Consider online and physical location)

Reflection (5 mins):

- Reflect on your own ability to trust yourself to keep you safe.
 - What are some ways you already protect yourself?
 - Where or how could you improve?