

# 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?