

Classroom Help Box

Grades: K-2

National Health Education Standard (NHES) 4.2.4: Demonstrate ways to tell a trusted adult if threatened or harmed.

Objective: Students will learn to determine who trusted adults are and methods for communicating a need for help in a threatening situation.

Materials: Cardboard box, stickers, glue sticks, scissors

Procedures:

1. The teacher will lead a class discussion on safety. Various possible scenarios in which children may feel threatened or harmed on campus, in the home, or in the community will be discussed.
2. The teacher will ask the students to share ways in which they would report a need for help. Students may offer answers such as tell a teacher, tell the closest adult, or tell a parent. Other methods should also be discussed, such as writing a letter to the teacher, calling the police and dialing 911, or using the "Classroom Help Box."
3. The teacher will explain that the help box is there for students to drop a note into when they need help from the teacher. They may be too shy to ask directly, or just want their problem to remain confidential. It may be beneficial for the students to be allowed to write in their first language.
4. They will be instructed to include their name and date on the paper, write down their problem, fold up the paper, and place it into the slot of the help box.
5. The teacher will reassure the students that only he/she will look through these notes and that issues will be discussed privately.
6. The teacher will give the students a moment to reflect on any current issues they are having with which they need assistance. This is a practice run and done so that the students feel comfortable utilizing the box.
7. During this time, the teacher will pass around the box and allow the students to put one sticker or drawing or word onto the box.
8. Then the students will fold up their papers and place them in the slot.
9. The box will be sealed and remain on the teacher's desk.

Closure: Questions about the box will be answered at this time.

Connection to Other Subjects: English Language-Arts
1.0 Written and Oral Language Conventions
Students write and speak with a command of standard English conventions.

Extensions for Gifted: The students can discuss the use of this box with a parent and explain its purpose.

Adaptations for Learning Disabled: Students should be allowed to ask for peer assistance when necessary.

DISCLAIMER: The lesson plans and information therein are for general information only. For guidance on individual health issues and diagnosis and treatment of specific conditions, consult a physician or other health-care professional.

