



TITLE: Take a Friend

OBJECTIVES:

After completing this lesson, students will be able to:

- Demonstrate the meaning of the phrase “strength in numbers.”
- Explain why they are safer with a friend.
- Give examples of when they should take a friend.

Lesson time – 25 minutes

ITEMS NEEDED:

- 1. Stack of construction paper
- 2. A heavy box/bag or another weighted item
- 3. Poster board/butcher paper – use the marker to write Take a Friend in the center of the board/paper
- 4. Copy of Take a Friend Video
- 5. Crayons/markers
- 6. Copies of the Take a Friend Maze for each student. (optional)

ASK STUDENTS: Ask students to tell you what they think the saying “strength in numbers” means. Allow them to give you a definition in their own words first, and then tell them:

“Strength in numbers” means two is better than one. It means you are stronger when you have help. It means you are safer when you are with someone else.

DEMO 1:

1. Take a single piece of construction paper and hand it to a student. Ask him or her to rip it in half.
2. Tell students: Do you see how easy it was to rip this piece of paper? That’s because it was just one piece of paper.
3. Now give the entire stack of construction paper to another student and ask him or her to rip it in half.
4. Allow students to take turns trying.
5. Tell them: Do you see how hard it is to rip the entire stack of paper? That’s because it’s many pieces of paper together. They are stronger together, just like friends are stronger together.

DEMO 2:

1. Place a heavy box or bag (or a similar item) on the floor.
2. Ask one student to try and lift the box.
3. Ask the student if it was easy to lift.
4. Now have another student help him or her lift the box.

5. Ask: Do you see how it was much easier to lift the box when you had a friend to help?
6. How easy do you think it would be with more friends? Have several students lift the box together.
7. Tell students: This is a great example of the “take a friend” rule. It’s not impossible to lift this box on your own, but it’s so much easier with friends. That’s because being with a friend makes you stronger.

SHOW THE VIDEO: Play the “Take a Friend” animated video.

Ask: **Why did Jen and Marco stop Sam from going to the park alone?** (They knew it was safer to take a friend. They did the right thing by telling him to wait.) **How did they convince Sam that taking a friend is safer?** (They explained that two people are stronger than one and that friends can help you when you’re in trouble.)

6. Ask students to name situations in which they would use the rule to take a friend. Possible answers: walking to and from school, going to the park, walking the dog.

DISCUSS: Discuss these other examples of when students should check first. Encourage children to answer each question by saying “Check first!” together.

FOLLOW-UP Place the “Take a Friend” poster board on the floor. Ask students to gather around and draw examples of what it means to take a friend. They can use the situational examples they just discussed. They can also draw examples from the construction paper and heavy box demonstrations. Encourage all students to contribute to the poster. When finished display it

OPTIONAL ACTIVITY: *do the Take a Friend Maze handout together*

BE SURE: *to fill out the Safe Environment Education of Children, Youth and Parents Form and leave in the receptacle in the office. Thank you*

Thank you for all of your efforts in keeping young people safe!