



## Corbin & Associates, Inc.

Lesson Plan of the Month  
(November 2001)

**Topic:** Personal Safety  
**Target Group:** Middle School  
**Prepared By:** Rick George  
**Agency:** El Monte P.D.  
**Address:** 11333 Valley, El Monte, CA  
**Phone:** (626) 453-3777

---

### **Objectives:**

After this unit of instruction, the student will learn how to be responsible for their own Personal Safety. They will learn how to avoid becoming a victim of both physical and property crimes while at school, at home and on the streets or in the neighborhood. They will also learn how to avoid becoming victimized by gangs.

### **Introduction:**

- A. State your name, department, background and experience
- B. Goals and objectives of personal safety
  1. Why the concern for personal safety
  2. How you can avoid problems / trouble
  3. Street smart the common sense approach
  4. What can we do to make it safe

### **Body:**

- A. Why should you be concerned?
  1. Crimes and violence against youth is serious
  2. Battery rate in L.A. county schools 1990 to 1999
    - a. Dropped from 1990 to 1994
    - b. Has started to rise from 1994 to 1999
  3. School violence nation wide
    - a. 14% of students said they were in a physical fight at school
    - b. 5% of students said they missed school one day last month for fear of physical violence (this is a drop)

B. What can you do?

1. Avoid gang involvement / association
2. Stay out of known gang areas and report them to SRO, PD or school Staff
3. Use six step plan to avoid gangs
  - a. Step 1 > Don't associate with, act like or use gang symbols
  - b. Step 2 > Say no thanks when asked to "hang with" them
  - c. Step 3 > Stay out of gang neighborhoods
  - d. Step 4 > Don't go where they "hang out"
  - e. Step 5 > Avoid gang gossip
  - f. Step 6 > Remember the only power gangs have over you is the power you give them
4. Always be prepared
  - a. At home lock all doors and windows
    - A. When alone
    - B. When you leave
  - b. Stay alert of the people around you (at school and in the neighborhood)
  - c. Talk to family and friends about how to avoid possible violent situations
  - d. Be aware of dangerous situations and locations
    - A. Dark alleys
    - B. Dark parking lots and streets
    - C. Don't stay out too late
5. Be street smart
  - a. Watch and know your surroundings
  - b. Don't go alone
  - c. Stay in well lit and open areas
    - A. On sidewalks
    - B. Near curbs
    - C. Avoid large bushes and doorways

6. Know where you can go for help
  - a. Friends or relatives house
  - b. School, store or public place
  - c. Use public phone (911 no coin required)
  
7. Personal security at school
  - a. Keep book bags and personal property with you or in your class
  - b. Avoid verbal confrontation (use our conflict resolution process)
  
8. What can we do?
  - a. While at school
    - A. Contact staff or SRO for help
    - B. Report problems you can't solve
    - C. Look out for each other
  
9. Who is responsible for safety in our school and neighborhood
  - a. The police
  - b. The school
  - c. The City Government
  - d. YOU

**Review:**

1. In review you learned
  - a. Why personal safety is important
  - b. What you can do
    - i. Avoid gangs and there areas
    - ii. Always be prepared at home, school and in the neighborhood
    - iii. Be street smart
    - iv. Know where and how to get help
    - v. Security at school
    - vi. Who is responsible

**Practice:**

1. Verbal review
  - a. Show of hands
  - b. Make a list of at least five ways of personal safety
  - c. Have students write them out (for their review)
  - d. Ask if students have any other ideas

Remember it is our responsibility to make our community safe.

**Sources:**

National Youth Violence Prevention Resources Center @ [www.safeyouth.org](http://www.safeyouth.org)

Stand up and Start a Youth Crime Watch @ [www.ncjrs.org](http://www.ncjrs.org)

Violence in the Community @ [www.ojjdp.ncjrs.org](http://www.ojjdp.ncjrs.org)

Crime and Violence Prevention Center (Office of the Attorney General)

The Bureau For At-Risk Youth

**Corbin & Associates, Inc.**  
**National Training Corporation**  
**3752 Half Moon Drive**  
**Orlando, FL 32812**  
**Phone # (407) 851-5058**  
**Fax # (407) 855-8962**  
**E-Mail: [sroinfo@aol.com](mailto:sroinfo@aol.com)**  
**Web Site: <http://www.srotraining.com>**