



INSTRUCTOR'S GUIDE



Safety Instructor and founder of **safetyNETkids**, Master Glenn Olson, demonstrates his enthusiasm and kid-friendly teaching style as he shows you, the instructor, how to acquire and maintain class focus on the lessons and activities in the **safetyNETkids** programs.



Master Glenn Olson, founder of safetyNETkids, is a 6th degree Black Belt -Taekwondo and Safety Instructor. Maser Olson is dedicated to child safety and is the driving force behind the safetyNETkids curriculum and video series. Glenn Olson has taught these programs hundreds of times to thousands of kids over the past 25 years and shares his

experience with you in this video. This Instructor's Guide is a companion to the safetyNETkids curriculum series. Master Olson demonstrates:

SETTING THE MOOD AND TONE

Gain control of the group and maintain attention by establishing the mood and tone for each lesson. Glenn demonstrates proper responses, "listening position" and other details of class preparation.

TEACHING POINTS

For ease of use, the Teaching Points are listed at the appropriate times during the video allowing you to follow along, using the curriculum as a guide.

ACTIVITIES

Activities are an integral part of the learning process and an interactive way to reinforce the lesson's message. See many of the activities demonstrated in this video.

TIPS AND TECHNIQUES

You will benefit from Glenn's years of experience in teaching the lessons and performing the activities as he provides you with lots of tips and his techniques for managing the group and ensuring your drills and activities run smoothly.



SAFETY PROGRAM



The **safetyNETkids** Child Safety Program gives children “practical responses to real threats” and helps ensure they are “No Easy Target”. Encourage the children to be strong and loud in their responses. Abductions, unwanted touches and abuse are real threats facing children today. **Teaching this program could save a child’s life.**

LESSONS AT A GLANCE



LESSON 1: Saying “NO”

The first lesson in this program is an underlying theme throughout the five additional lessons. It is imperative to teach kids when it is appropriate to say “no” to an adult. They will need to exercise confidence and speak in a loud voice to get the point across.



LESSON 2: Unwanted Touches

This lesson teaches children how to set boundaries as well as teaching confident responses to unwanted touches. In case children are ever touched inappropriately, they must know that it was not their fault so this lesson further helps them to identify outlets (people to whom they can safely turn).



LESSON 3: Strangers and People You Know

Roughly one third of abductions occur with a stranger, meaning two-thirds of abductions involve someone with whom the child is familiar: a neighbor, friend, acquaintance of the family or even a relative. This lesson shows the correct response to take in most every situation.



LESSON 4: Home Safety

Because children often feel the safest in or around their homes, this lesson will help children create positive safety habits while doing such things as answering the phone and door, playing in their own yard, and interacting with neighbors.



LESSON 5: Passwords

Having a password between children and parents is easy and every family should have one. Passwords are secret words or phrases that parents set up with their children for use whenever someone other than the parents has to pick them up from school or another event.



LESSON 6: Easy Defense

Although abductions where a child is grabbed and pulled away are fairly rare, children should still be prepared with the proper response to take in that instance, just in case. This lesson provides that training.



BULLY PROGRAM



The **safetyNETkids** Bully Program addresses the growing issue of bullying in a positive manner that builds confidence. The age-specific lessons teach children how to be builders, the power of good friendships and how to deal with confrontations in a non-violent way and without becoming a victim. While this program can be taught on its own, it is especially effective as a companion to the Safety and Confidence Programs.

LESSONS AT A GLANCE



LESSON 1: Be a Builder

Children and adults, alike, are quick to point out weaknesses in others. This lesson will open the children's minds and help them realize that using positive words can be as delightful as handing out chocolate.



LESSON 2: Power in Numbers

Through this lesson, children will learn the attributes of a good friend. Because bullies most often target only one child rather than picking on two or three at once, this lesson will also encourage children to stand together by "being there" for their friends when they need them.



LESSON 3: Walking and Talking with Confidence

The manner in which someone walks and talks can often determine whether or not a bully decides to pick on them so this lesson will teach children the importance of holding their heads high and speaking confidently.



LESSON 4: Name Calling

Children learn early in life that name calling can often hurt more than physical bullying. Instructors are encouraged to share real-life stories during this lesson to demonstrate the point that emotional wounds are slow to heal.



LESSON 5: Being Threatened

This lesson teaches the proper response to threats and ensures that children can identify the "outlets" (people they can talk to) available to them. In addition, this lesson will provide sound fundamentals in responding to threats as children grow into their teenage years.



LESSON 6: Easy Defense

Because the last thing parents want their children to do when confronting a bully is to respond with violence, this lesson will provide methods of escape for when a bully is grabbing them. These methods are not only simple and effective, but safely prevent the episode from escalating to violence.



CONFIDENCE PROGRAM



Confidence is the central theme to all of the **safetyNETkids** programs. True confidence comes from being comfortable with yourself: realizing your strengths, weaknesses, talents and knowing exactly for what it is you stand. A confident child and teen will be far less likely to give into peer pressure and will more easily avoid following others down a wrong path or seeking escapes such as drugs and alcohol. The **safetyNETkids** Confidence Program focuses on helping children develop a healthy self-image for life.

LESSONS AT A GLANCE



LESSON 1: Your Special Gifts

This lesson will focus on both mental and physical talents. Too often children and teens focus on their limitations or faults. This affects people in many ways but usually prevents them from stepping out with confidence or trying new things.



LESSON 2: Identifying Weaknesses

Weaknesses are simply the areas that, once identified, allow personal improvements to be made. This lesson teaches that the first step in completely accepting oneself and being totally confident within is realizing that everyone has weaknesses.



LESSON 3: For What Do You Stand?

The purpose of this lesson is to help children solidify the basic values of honesty, hard work and family. Every parent desires that their children stand up for what it is they believe and that they not waiver simply because of peer pressure or the need for acceptance.



LESSON 4: Building Your Support Group

This lesson teaches students the importance of surrounding themselves with friends who accept them just as they are. Making good friends and being a good friend are the keys to building and maintaining a solid support group.



LESSON 5: Daring To Be Different

Children will learn not to be afraid of trying new things in this lesson. Whether it's a new subject at school, a different style of clothing or an activity such as dance or Taekwondo, children should be encouraged to discover and pursue their passions whole-heartedly.



LESSON 6: Accepting and Liking Yourself

In this final lesson, children will learn the importance of a positive attitude, of not comparing themselves to others and of having good friends. Confident people surround themselves with people who accept them just they way they are.



INTERNET SAFETY



The **safetyNETkids** Child Safety Program would not be complete without addressing the threats that face our children as they become more involved in online activities like web browsing and social media. Abductions originated via online contact are very real due to the fact that kids are now online in ever-increasing numbers and getting started earlier and earlier in life.

LESSONS AT A GLANCE



LESSON 1: Internet and Online Basics

Being connected to the Internet is more and more a part of everyday life for kids and this connectivity is beginning at an earlier age than ever. This lesson teaches basic Internet safety and provides guidelines for online interactions.



LESSON 2: Think... Then “Click”

This lesson focuses on making children aware that when they “click” to post on a blog or “click” on a link to navigate to website, these things cannot be undone. Many times, these posts, email and messages become public property for anyone to see.



LESSON 3: Online Socializing

Kids master the mechanics of the internet quickly but often lack good judgement when making decisions. This lesson focuses on the “do’s and don’ts” of online interaction whether it is with someone the child already knows or someone new they “meet” online.



LESSON 4: Cyber Bullying

It is estimated that 1 in 4 kids will be a victim of cyber bullying. This lesson equips the child being bullied with appropriate responses and educates the class on the effects of being bullied to help ensure they don’t engage in or perpetuate cyber bullying activities.



LESSON 5: Internet Information

The Internet contains a vast amount of information. Some of it is better than others. The objective of this lesson is to help students find and evaluate website content quality.



LESSON 6: Mobile Devices

Internet connected mobile devices are everywhere. This lesson provides students with the fundamentals of mobile device safety, settings and inner workings to arm them with the knowledge necessary to make good decisions.