

LESSON 3

MAKING A P.L.A.N.



Today's Lesson: Lesson 3

In today's lesson, your child learned about making a **P.L.A.N.** and that one should always be made before going places. That way, the grown-ups in charge or **Grown-Up Buddies** know where the child is going and what they are doing. Your child learned that it's important to make a plan—and stick to it—to stay safe. Each step of a **P.L.A.N.** helps keep your child safe. First, **P** is important because your child should always have **Permission** from the grown-up in charge or a **Grown-Up Buddy** before going anywhere or doing anything. **L** tells the grown-up in charge or a **Grown-Up Buddy** the **Location** where the child will be. This is a very important step because if it changes, your child must begin the **P.L.A.N.** process again. **A** tells the grown-up in charge or a **Grown-Up Buddy** about the **Activity** your child will engage in while he or she is gone. Finally, **N** is the **Name** and phone **Number** of the person(s) your child is with. At the end of this lesson, your child learned that the **P.L.A.N.** can sometimes change and what to do when it does.



Human Trafficking Prevention

Students learn that making a **P.L.A.N.** before they go places is an important safety choice. Students also learn what to do if their **P.L.A.N.** changes. Students learn the adult in charge of them or their **Grown-Up Buddy** must always be part of the **P.L.A.N.**, and the **P.L.A.N.** begins with their permission. Students organized their **P.L.A.N.** sequencing cards into each of the steps. Students will practice developing a new **P.L.A.N.** when something in their original **P.L.A.N.** is changed, emphasizing human trafficking prevention components.



Caregiver Connection

Asking children what they think about possible situations helps them envision what they might do if a situation like that ever happens to them. By asking them what they think or feel about something before and after the situation, it lets them know that they can talk with you about anything and that you are there to help them figure out what to do. By regularly engaging your child in such conversations, your child is more likely to come to you with real-life situations that occur, ask more questions, and benefit from your input. Remember that non-judgmental conversation with your child will always help keep an open relationship with them.

Activities to Try at Home

You are encouraged to use the following resources with your child at home. Each may be downloaded and printed.

- [Steps-to-Safety: Helping Your Child Create a Safety P.L.A.N.](#)
- [Create a Family Password](#)



Tips to Further Today's Lesson

Help your child complete a **P.L.A.N.** for an everyday situation, such as going to the movies with a friend, having a sleepover, or going to the park or mall. Reinforce the importance of each step of the **P.L.A.N.** and stress why each step helps to keep your child safe and should not ever be a step that they skip.

At the end of this lesson, your child will see that sometimes situations arise that put them in a position where they might be tempted to change their **P.L.A.N.** Talk with your child about the importance of sticking with the **P.L.A.N.** and how that will keep them safe. In the event that your child wants to change the **P.L.A.N.**, model the appropriate way to do that by repeating the process, beginning with getting **Permission**.

For more ways to talk to your child about staying safe, visit [Safer, Smarter Families](#). For additional resources, visit [Lauren's Kids](#). To report abuse, call the [ChildHelp National Child Abuse Hotline](#) at 1-800-422-4453, and you will be referred to your local reporting agency.

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