

# Lesson 1: I am special, so are you!

**Duration:** 50 mins    **Objectives:** Students will:
 

- Identify and appreciate similarities and differences between themselves and others.
- Understand the importance of, and actions that demonstrate, respect for self and others.

**Resources:** Poster 1 (displayed in classroom); Teacher Notes (L1) and Worksheets 1.1-1.3; Sticker 1; whiteboard and markers.

| Time      | Content  |
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| 2 mins    | <p><b>Introduction</b></p> <p><i>Introduce series of lessons:</i> We will be spending four lessons over the next four weeks talking about how to keep ourselves safe. Each week will cover a different safety message.</p> <p><i>Introduce Lesson 1:</i> E.g. Today we're going to talk about the first safety message 'I am special, so are you!'. We're going to learn about what makes us special and why it is important to respect ourselves and others.</p>  |
| 22 mins   | <p><b>Part A: Appreciating Individuality</b></p> <p><i>Discuss the statement: 'Being different is what makes us special'</i><br/>Do people agree or disagree? Discuss how boring would it be if we all looked the same, had the same ideas and acted the same way.</p> <p><i>Q: Is everybody special?</i><br/>Discuss responses. Conclude we all have things about us that are unique, e.g. our appearance (except identical twins), personality, DNA, fingerprints, talents, ideas and therefore we are all special.</p>  |
| (10 mins) | <p><i>Activity:</i> Use year level appropriate <a href="#">Worksheet Sheet 1.1</a> to identify similarities and differences among classmates.</p> <p><i>Q: Why do you think it's important to remember that you're special?</i><br/>Discuss responses which may include: If we recognise that we are special, we will: be happy; love ourselves; take care of ourselves; keep ourselves safe; try new things; be confident in our abilities; will be successful in life (school, sport, hobbies).</p> <p><i>Q: Why do you think it's important to remember that other people are special too?</i><br/>Discuss responses which may include: we will treat them with kindness and respect (as they deserve); we look after them; we will get along with them; they will be happy and successful too.</p> <p><i>Q: What happens if we forget how special we are or how special someone else is?</i><br/>Discuss responses which may include: We miss out on knowing how great we are or how great someone else is; we don't use our talents; we don't look after ourselves; we don't treat each other with respect/in a kind way; we can hurt other people's feelings; we don't do the amazing things with our life that we are capable of.</p> |

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| 21 mins   | <p><b>Part B: Expecting Respect</b></p> <p><i>Q: What is respect?</i><br/>Discuss responses which may include:<br/>Treating others in a kind way; using good manners; listening to others when they have something to say; not being mean or hurting someone on purpose.</p> <p><i>State:</i> No matter who we are, we should be treated with respect and we should treat other people with respect too.</p> <p><i>Q: Who do you think is the most important person of all to respect?</i><br/>A: Myself. Discuss why. Responses may include: we need to respect ourselves to look after ourselves properly – to keep safe, to be happy and to use our talents to succeed; if we treat ourselves with respect it is easier to respect others.</p> |
| (14 mins) | <p><i>Activity:</i> Use year level appropriate <a href="#">Worksheet 1.2</a> to identify how you can treat yourself and others with respect.</p>  |
| 5 mins    | <p><b>Conclusion</b></p> <p>Recap main points using quiz (<a href="#">Worksheet 1.3</a>)</p> <p>Opportunity for further questions from students</p> <p>Distribute Sticker 1 to students</p> <p>Advise the next safety message we will learn is 'Safety is my right'</p>   |

**Further information and resources:**

This lesson is part of the *Safe Start: Protective Behaviours for Children and Young People* (Safe Start) program.

For further **resources** visit the Children's Safety Australia website 'resources page' ([www.childsafety.org.au/resources.html](http://www.childsafety.org.au/resources.html)) or email [admin@childsafety.org.au](mailto:admin@childsafety.org.au).

For information regarding Safe Start **training opportunities** visit the Personal Safety Australia website ([www.personalsafetyaust.com](http://www.personalsafetyaust.com)) or email [admin@personalsafetyaust.com](mailto:admin@personalsafetyaust.com).

