

Class 11 Guide: Getting to Know Someone

Pre-teach

This class is all about safe questions to ask when getting to know someone new. Although the lesson includes a brief conversation about where to meet new people, it might be beneficial to explore this concept in more detail in the days leading up to this class. One option is to have a brainstorming session with students about potential places to meet new friends. Make a list of all of the places and groups named by students (ex: at the library, playing online video games, or at a concert).

Some students may also prefer to draw the places, or to choose and paste pictures of places from images you have printed out in advance. Lead a discussion with students about the safety concerns for each of these options. For example, you might talk to students about bringing a trusted adult with them when they go to a new group for the first time. Or discuss that people they meet online might not be who they say they are.

Ask students to pick one option to meet new people. Have them either write or draw their choice on a piece of paper. Support the students as needed to list out the steps they would need to take first. For example, if a student wants to join a bowling group, the first step might be to go online and search for local bowling groups. Step two might be to contact the group leader and find out the bowling schedule. Step three could be to look at the bus schedule, and so on.

One other skill you can teach prior to this class are introductions. Have students walk up to each other, shake hands, and introduce themselves. ("Hi, my name is ____.") Help students practice introducing themselves and listening actively while the other person responds.

Finally, in the days leading up to this class, you can also teach the vocabulary from this lesson's Important Words Sheet (see suggested definitions below). To enhance understanding, you can ask students to come up with their own definitions for vocabulary words or to provide a sentence or scenario using the new word.

Vocabulary terms and definitions

- Relationship: two or more people who know each other; some types of relationships include family, friends, and coworkers
- Friend: someone you like to spend time with
- Stranger: a person you do not know
- Meet: when you first talk to someone new
- Ask: talking to someone to get an answer
- Talk: when you use your words, signs, or pictures to tell someone something
- Online: something that is on the internet

- Public: places where other people can come in and out and there are sometimes a lot of people, like a mall; or things online that other people can see
- Private: places where other people need your consent to come in and out, like your bedroom; or things online that only you can see

Post-teach

If possible, support students to take some of the steps they identified in the pre-teach lesson to meet new people. As students put these plans into action, ask them to report back to the class and share their experiences. You could also plan an outing as a class to a new location (example local library) and have students safely practice introducing themselves to new people. Prompt them to practice “okay to ask” questions from this lesson in these conversations. If you observe students sharing information that is too personal or private, have a conversation with them about why this is not a safe choice. Help them to identify safer conversation topics to use as they meet new people in the future.

Class 11: Getting to Know Someone

Estimated time: 1 hour to 1.5 hours

Objectives

Students will:

- Discuss safety when meeting new people.
- Identify and practice questions that are okay to ask a person they just met.
- Explore how individuals move on the Relationship Map from someone you don't know (outer red circle) to someone you are getting to know (middle yellow circle) and to your inner green circle of trust.

TEKS Alignment

Health Education, Subchapter C, Rule §115.38, Health 1

(19) Reproductive and sexual health--personal safety, limits, and boundaries. The student understands how to set and respect personal boundaries to reduce the risk of sexual harassment, sexual abuse, and sexual assault. The student is expected to:
(B) analyze the characteristics of harmful relationships that can lead to dating violence;
(C) analyze healthy strategies for preventing physical, sexual, and emotional abuse;
(D) analyze how a healthy sense of self and making and respecting decisions about safe boundaries and limits promote healthy dating/romantic relationships.

Materials

- Dry erase board and markers or chart paper and makers
- Pens/pencils for all students
- Blank index cards
- Class Healthy Relationship Toolbox
- Class Healthy Relationship Tools (I Statement, Relationship Map, NO!, and Consent Check-In Tools)
- Computer
- Projector
- Projector screen
- Class 11 PowerPoint
- Printed copies of Class 11 PowerPoint for all students (one slide per page)
- Okay to Ask? Activity Cards
- Tape

Class Preparation (5-10 minutes)

Give each student a copy of the PowerPoint so they can follow along and take notes. We found that student understanding increases when they have two options for viewing information: on the screen at the front of the room and on their own printed PowerPoint.

Display and discuss slides 1-4.

Meeting New People (10-15 minutes)

Display and discuss slides 5-10. Give students time to process the information and check in periodically for questions.

Okay to Ask? (15-20 minutes)

Display and discuss slides 11-18. Give students time to process the information and check in periodically for questions. For the activity introduced on slide 12, you will need the Okay to Ask? Activity Cards.

Brain Break (5 minutes)

Display slide 19. Use one of the suggested brain break activities from the slide notes, or come up with your own.

Getting to Know Someone Practice (10-15 minutes)

Display and discuss slides 20-22. Give students time to process the information and check in periodically for questions.

Moving into Yellow and Green Circles (5-10 minutes)

Display and discuss slides 23-27.

Questions (5 minutes)

Display slide 28. Collect any notecard questions from students. Before your next class session, research and prepare answers to students' private questions.

Exit Tickets (5 minutes)

Use slides 29-31 to check for student comprehension of major class topics.

How to Get Help (2 minutes)

Display slide 32. Discuss what to do if someone hurts them or makes them uncomfortable:

- *You did not do anything wrong.*
- *You are not alone.*
- *Talk to a trusted adult from your Green Circle of Trust.*
- *If the first person doesn't help, keep telling others until someone does.*
- *If it's an emergency, call 911. A police officer or ambulance might come to help.*

Power Huddle (2 minutes)

Display slide 33 and invite students to participate in the Power Huddle.

Closing (5 minutes)

Display and discuss slides 34-35.

Materials
Okay to Ask? Activity Cards

How are you?

Can I touch your
hair?

What do you like to
do for fun?

Where do you live?

What is your favorite
food?

What TV shows do
you like to watch?