

## IMPORTANT NOTE

This program is designed to teach **survival skills** as well as **empowerment** and **safe-thinking strategies** simultaneously. The instructor can feel free to modify the guidelines with the **exception** of the lesson and safety portion of the activity. These portions have been carefully crafted with the input of **safety and survival experts**. It is important to teach this part of the program **as scripted**.

**AT NO TIME** should anyone be placed in an area or practice skills where injuries could occur. For instance, hiding in a place near sharp objects or where objects may fall, running through wet grass or mud, throwing real objects, etc.



### 21<sup>st</sup> Century Skills

Safe Thinking Skill: **ACT WITHOUT DELAY!**

1. Critical Thinking – Applying the best strategy to use in various situations.
2. Communication – Responding immediately to any H.E.R.O. signal the instructor gives. Reviewing the H.E.R.O. strategies and principles for optimal safe thinking and action.
3. Collaboration – Exploring the empowerment strategy: **We can use all of our H.E.R.O. skills, in any order, to stay safe!**



### Materials Needed

- Print out or project H.E.R.O. Visual Aid (Provided)
- Print out ALTOGETHER! Worksheet (Provided)
- Pens/pencils



### The Lesson

Display the H.E.R.O. Visual Aid or write the following on a board or poster so they can see:

**H** – A hero **HIDES!**  
**E** – A hero **ESCAPES!**  
**R** – A hero **RUNS!**  
**O** – A hero **OVERCOMES!**

Q: “If there was someone here who was trying to harm us, would we use the H.E.R.O. responses in order? In other words, in every situation do we always **HIDE** first, then **ESCAPE**, then **RUN**, and then **OVERCOME**?”

A: “No! It depends on the situation as to which response is safest. And you might need to use a combination of responses. We might to **OVERCOME**, then **ESCAPE** and **RUN** to a safe place to **HIDE**!”

“We use whichever H.E.R.O. skill we need, depending on the situation. Today we’re going to learn how to choose the best H.E.R.O. skill for different situations.”



### SAFETY NOTE!

It is important children understand any H.E.R.O. skill can be used at any time and in any order. The H.E.R.O. acronym is NOT designed in any sequential order or level of importance. Each skill is equally important and may have to be used multiple times.



### Practice

“I will see how well you respond to a H.E.R.O. signal I give you. You will not know what it is going to be until I give it. I am looking for you to:”

1. “Respond immediately!”
2. “Respond calmly!”
3. “Take care of yourself first!”

“If I give the **OVERCOME** signal, grab an item you could throw. **BUT – ONLY SHOW! DO NOT THROW!** This is a drill, so you won’t throw today. But if it’s not a drill you would throw and scream and yell! But today is just a drill.”



**H.E.R.O.**<sup>®</sup>  
 HIDE. ESCAPE. RUN. OVERCOME.



**4-5 ACTIVITY 5: ALTOGETHER!**

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Select one of the H.E.R.O. strategies.  
Give the signal. Watch how they respond to the signal given.

*"Now that you have learned the H.E.R.O. skills, you should be able to tell me which strategy or combination of strategies you think we should use."*

"We are outside playing on the playground. Suddenly, we hear a loud bang."

Q: *"Which signal do you think I would give you?"*

A: *"**RUN** or **HIDE**!"*

Q: *"What if you were at a park with your family? If I wasn't there to give you a signal, could you still **RUN** or **HIDE**?"*

A: *"Yes, I could **RUN**! or **HIDE**!"*

Q: *"How should we **RUN**?"*

A: *"**Danger Running** – zigzag as fast as we can."*

Q: *"What's important about how we **HIDE**?"*

A: *"Be quiet and find a Safety Triangle! Only come out if the teacher gives the all-clear signal or our parents call our name."*

*"Now, were going to go outside and practice running to a safe hiding place. When I yell, ***RUN! RUN! RUN!***" I want you to Danger **RUN** to (location of a safe hiding place or area to **ESCAPE**)."*

Take them outside to a designated play area where it is safe to **RUN**! Depending on the campus, have them Danger **RUN** to a room door or exit gate. Once they arrive at the location, they are considered safe. Discuss next steps at the location, such as hiding between cars if the gate leads into a parking lot or safety triangles if in a room.

Q: *"Are you ready to practice? Any questions?"*

Give the signal. Have them practice **RUN**!



### Assessment/Closing Discussion

*"Now let's look at how we did."*

- *"Give me a thumbs up if you thought we ran: Zig-zaggy."*
- *"Give me a thumbs up if you thought we ran: Fast."*
- *"Give me a thumbs up if you thought we: Started running immediately."*
- *"Give me a thumbs up if you thought we: Found our hiding/**ESCAPE** place."*

Concluding Activity: ALTOGETHER Worksheet. Compare children's answers to the Answer Key.



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