

## THIRD GRADE: Called to Protect™ for Young Children: Secrets: Those You Keep and Those You Share

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### **Child Development:**

Parents remain the strongest influence for third graders, but the peer group continues to grow in importance as well. Third graders are social and are looking outside the family for new ideas and activities. Typically they play with their same-sex peers.

### **Lesson Overview:**

The focus of this program for third graders is continuing to build emotional and behavioral boundary skills. The corresponding lessons are designed to reinforce the concept that some secrets are good while others are not. The accompanying activities help the students learn to make decisions about which secrets can be kept and which should be told to a trusted adult.

### **Objectives for Third Grade Students:**

Students will:

1. Learn about different types of secrets.
2. Learn how to recognize a bad secret.
3. Learn how to tell a trusted adult when someone has asked them to keep a bad secret.

## THIRD GRADE: Lesson Plan A

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### Learning Objective 1:

Learn about different types of secrets.

Estimated Lesson Time: 20 minutes

### Materials needed:

None

### Activity:

Teacher:

"What is a secret?" (*Takes some ideas from class*)



"A secret is something you know but are not supposed to tell."

"Why would we ever need to keep secrets?" (*Ask the class for examples.*)

"Some things are kept secret because they are surprises." (*Ask the class for a examples.*)

## THIRD GRADE: Lesson Plan A

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You know what someone is getting for their birthday, but you've been asked not to tell so that you won't spoil the surprise.

- ▶ Should you keep this secret? \_\_\_\_\_
  - ▶ Why? \_\_\_\_\_
- 

"There are other kinds of secrets, too. Some things are secret because someone would get into trouble if another person found out. Sometimes people should be in trouble, but sometimes all they need to do is apologize."

For example: [You can ask the class for an example.]

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You call your sister a name in an argument. She says she is going to tell your parents. You apologize and ask her not to tell. You know you have hurt her feelings, and you do not want to do that again."

- ▶ Should your sister keep this secret? \_\_\_\_\_
  - ▶ Why? \_\_\_\_\_
- 

"Some things are secret because the information is private. If others knew, someone would be embarrassed."

For example: [You can ask the class for an example.]

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Your best friend made a bad grade in math. He told you about it but asked you not to tell."

- ▶ Should you keep this secret? \_\_\_\_\_
  - ▶ Why? \_\_\_\_\_
- 

"These all seem to be secrets you can keep without hurting anyone or making yourself feels bad. Like presents you want to unwrap, secrets can be hard to keep secret, but the surprise at the end will make someone happy. It is good to

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keep this kind of secret. We call these kinds of secrets 'good secrets' or secrets that bring goodness to you and others."

"But some secrets aren't so good. In fact, they can be downright bad. We call them "bad secrets" because they make you feel bad or they hurt you or someone else. Some secrets are like dark clouds. They may make you feel afraid or that something bad is going to happen. Your intuition tells you that if you do not tell someone about this bad secret, you or someone else could be hurt. Adults need to know about bad secrets so that they can help you stay safe."

"What are some secrets that might be bad?"

"A bad secret is something that makes you feel funny. Your intuition tells you it is bad."

For example: [You can ask the class for an example.]

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You see someone steal something in a store. This person tells you not to tell anyone about it.

- ▶ Should you keep this secret? \_\_\_\_\_
  - ▶ Why? \_\_\_\_\_
- 

"A bad secret is one where someone is in danger."

For example: [You can ask the class for an example.]

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You know that your brother takes off his helmet when he's riding his bike. He tells you that "you better not tell."

- ▶ Should you keep this secret? \_\_\_\_\_
  - ▶ Why? \_\_\_\_\_
- 

"A bad secret is when someone breaks rules about touching."

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For example: [You can ask the class for an example.]

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An adult breaks rules about touching you, but says they will hurt your dog if you tell.

- ▶ Should you keep this secret? \_\_\_\_\_
  - ▶ Why? \_\_\_\_\_
- 

### Student Assessment/Reflection:

Teacher:

"How would you feel if you were keeping a bad secret?  
What would you do?"

### Closing Prayer:

Teacher:

"Let's end our lesson with the Word of God and a word of prayer."

"Jesus said to his friends, 'You don't light a lamp and put it under a clay pot or under a bed. Don't you put a lamp on a lampstand? There is nothing hidden that will not be made public. There is no secret that will not be well known. If you have ears, pay attention!'" [Mark 4:21–23]

"Let us pray" (*pause for silence*).

"O God, you know the secrets of our hearts  
and search the thoughts of our minds.  
Strengthen us to speak up  
when we see something that is wrong  
and do not let us keep secrets that hurt others.  
We ask this through Christ our Lord. Amen!"