

## **Module 3 – Personal Safety**

### **Activity 1: Class Discussion**

***Ask the students to discuss some situations where they felt unsafe.***

*(Understand that each student has different life experiences and may or may not have ever been exposed to unsafe situations.)*

How did they handle themselves?

What made them feel unsafe?

What would make them feel safe?

How do they ensure that they are aware of their environment?

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### **Activity 2: Guest Speaker**

The instructor should call the local police department and inquire about inviting a police officer into the classroom as a guest speaker.

Ideas for discussion include street smarts, gang violence, and indicators of unsafe situations.

The instructor could also have the students write down questions ahead of time and give to the officer for talking points or to answer questions.

#### **AND/OR**

Invite a trained professional to class and have him or her teach some basic self-defense techniques.

The police department might direct you where to call, and many martial arts schools offer this class.

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### Activity 3: Case Scenario & Class Discussion

#### Case Scenario:

Jamie is a home care aide who is assigned to provide care for Mr. Smith. This is the first time that she has visited this neighborhood. As she pulls into the trailer park, she notices MOB (which stands for members of the Bloods) painted on the side of one of the trailers. She knocks on the door and a young man with a red bandana answers it. She explains why she is there, and she is escorted to back to Mr. Smith.

During her visit, she overhears the young man who answered the door talking angrily on his cell phone and hears, “He did what? He is on his way here? Well, I have something waiting for him.”

While the young man was pleasant to her, it is obvious that there soon may be some confrontation that could pose great danger. When Jamie walks back into the kitchen, she sees a gun on the counter.

#### Class Discussion:

*What should Jamie do?*

*Why might Jamie be in danger?*

*What makes this situation dangerous?*