

Safety Secrets 3 – Code Words and Signals

Goal: To teach students how to use code words and signals to communicate when they encounter danger

Time: 1 hour

Materials:

1. Flip Chart or Craft Paper
2. Pencils
3. Art Supplies on hand in the classroom.

Leader's Notes:

1. Creating code words and signals is a great way to communicate with your family or friends when you feel in danger.
2. This tactic is called Covert Communication, which means exchanging information in a hidden manner.
3. The purpose of Covert communication to get a message to family or friends, without others noticing.
4. View the scenario below...

A six-year-old boy felt uncomfortable around the assist soccer coach. The coach always yelled at the boy and grabbed him when he made a mistake on the soccer field. The boy told his father about this. They made up a signal that if the boy felt uncomfortable then he would scratch his left shoulder. This signaled the father to intervene in the situation.
5. If you want to develop code words, phrases, or signals, below are steps to execute it...
 - a. Decide on a signal, phrase, or code word that your family will use in public when you feel a threat.
 - i. Don't use a common word
 - ii. Don't choose one that is difficult to remember
 - iii. Decide what action will take place if the signal is used.
 - b. Create a phrase to use with your friends.
 - i. Have a second phrase that means "Are you ok if I walk away?"
 - ii. This way your friend has a discreet way of informing you that they need help.
 - c. If needed, decide how often the signal or code word will be checked
 - i. Once every five or ten minutes

Activity – Where's the Signal?

1. Divide students into groups of 4.
2. Each group will create a story with the following...
 - a. A person(s) in the group feel they are in danger.
 - b. The person in danger has created a code word, phrase, or signal with another person in the group.
 - c. There is another signal which means "Are you ok if I walk away?"
 - d. Once the signal is executed, there is an action will take place.
 - e. Optional: Decide how often the signal will be checked.
3. Each group will perform their scenario in front of the class.
4. After each performance, the class will identify the following...
 - a. The code word, phrase, or signal
 - b. The second code word which means "Are you ok if I walk away?"
 - c. What action took place after the signal was executed.
5. If the class could not guess the signals, then it was a good one.

Debrief the Activity

1. Can you think of a situation where signals and code words would have been helpful?
2. Do you think this is a good tactic to keep safe?
3. Can you think of family or friends that you would want to create this safety tactic with?
Why or why not?