

# THE BUDDY SYSTEM

## Grade 1



### Lesson Materials



- *Billy Brings his Buddies* poster
- *Billy and Basmah Bring a Buddy Along* storybook

Available in several formats:

- Video – [billybuddy.ca/video](http://billybuddy.ca/video)
- Downloadable PDF – [billybuddy.ca/storybook](http://billybuddy.ca/storybook)
- Print Book – [protectchildren.ca/storybooks](http://protectchildren.ca/storybooks)
- Billybuddy.ca activities:
  - *Billy Matching Activity* **OR** *Billy Memory Game*
  - *Buddy System Scenario*
- Parent/guardian letter
- *My Buddies* home activity
- *My Safety Journal* home activity

Suggested Time: 45 minutes

Teaching the buddy system is proven to be more effective than the outdated technique of “don’t talk to strangers.” The term “stranger” is an ineffective concept for teaching safety to children as it is too abstract for younger learners to understand. Often, once a child has met an individual who has been nice to them and does not look scary, the child no longer perceives them as a stranger.

## Presentation

### Activate Prior Knowledge

Arrange students for a floor-time discussion. Ask the children: Who do you go with when you go...

- to the store?
- for ice cream?
- to the park?
- out for dinner?
- to a movie?
- online?

### Direct Instruction

#### *Introduce the Buddy System*

Introduce Billy and Basmah to the class using the ***Billy Brings his Buddies* poster.**

Explain that the children’s personal safety is important and there are ways they can increase their safety. Explain that they are going to learn about the safety strategy Billy and Basmah learned about called the buddy system. The buddy system teaches children that it’s important to be supervised when they go places and when they go online because it increases their safety.

Explain to the children that a buddy for kids their age is somebody who is old enough to take care of them and supervise them (someone 12 years old and up).

This may include:

- Mom or dad
- Older sister or brother
- Grandma or grandpa
- Babysitter
- Aunt or uncle

## Outcome

Students will understand that they need supervision when travelling places and going online to increase their personal safety.

Students will understand how to use the buddy system as a safety tool.

Students will be able to identify people in their life who can supervise them (a safe buddy).

## Background

A key component in personal safety is teaching children that staying together with a buddy when travelling places or going online can enhance their safety and reduce their vulnerability to victimization. For children this age, a buddy is someone who is old enough to supervise and take care of them (someone 12 years old and up).

## Storybook

In partners, or independently, have children go to **billybuddy.ca**. Instruct them to click on the **Billy and Basmah Bring a Buddy Along video storybook** to have the story read aloud to them. (Alternatively, you can read the story to the children). Ask them to listen to all the places Billy and Basmah teach them to bring a buddy along.

After reading the storybook, ask the children:

- When do you need to bring a buddy along? (e.g., when going to the playground or store, walking to and from school, playing online games, watching videos online).
- Who is someone who takes care of you? (e.g., mom or dad, grandma or grandpa, babysitter).

## Guided Practice

### Billybuddy.ca Activity

Choose either the **Billy Matching Activity** or the **Billy Memory Game** from the Games & Activities section of **billybuddy.ca**. Ask students to complete the activity or play the game to practice identifying safe buddies for Billy.

**Optional:** Partner with a Grade 6 class so older buddies can help Grade 1 students with the website and the activities. This is also an opportunity to practice using the buddy system online.

## Closure

Review the **Buddy System Scenario** with students. Ask them to look at the picture and colour the happy face if the child in the picture is being safe or the sad face if the child isn't being safe and should be using the buddy system.

Reinforce the message by having the students name two buddies they go places with, offline or online, to help them stay safe.

## Follow-up

Hang up the **Billy Brings his Buddies poster** in your classroom and refer to the buddy system throughout the year. Personal safety strategies are effective when they are incorporated into daily life.

Send the **Parent/Guardian Letter** and the two home activities (**My Buddies home activity** and **My Safety Journal home activity**) with students to complete with their parent(s)/guardian(s). Ask students to bring their completed *Billy's Safety Journal* home activity sheet back to school to share with the class.

We welcome your feedback at  
**KIKfeedback@protectchildren.ca**

Visit **kidsintheknow.ca**  
for additional resources and information about  
child safety.



**kids in the know** is a program of the Canadian Centre for Child Protection Inc. Each lesson is designed for the grade identified on the first page. Lessons are designed to be taught sequentially.

The safety strategies and other information provided in this lesson are intended as general information only, not as advice. Educators should review the materials in advance of presenting them, and exercise discretion in presentation keeping in mind the age, maturity and emotional health of the students participating in the lessons.

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# Parent/Guardian Letter

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Teacher: \_\_\_\_\_ School: \_\_\_\_\_

Date: \_\_\_\_\_

Dear Parent(s)/Guardian(s),

To promote in-class and at-home discussions on child personal safety, the Canadian Centre for Child Protection (C3P) has created the **Billy Brings his Buddies Grade 1 Lesson**.

Why is the **Billy Brings his Buddies** program so important? Research shows the vast majority of Canadian parents may be using incorrect or outdated techniques to keep their children safe from abduction or sexual exploitation. One of these outdated techniques is the often repeated phrase, "Don't talk to strangers." The term "stranger" is an ineffective concept for teaching safety to children as the term itself is too abstract for younger children. Often, once a child has met an individual (offline or online) who has been nice to them and does not appear scary, they no longer perceive the individual as a stranger. The *buddy system* is a protective factor that increases protection from abduction and victimization by building children's confidence and critical thinking skills. In recent years, there has also been growing exposure to inappropriate content online. Teaching children to use the buddy system while playing games and watching videos online helps to promote positive and safe online experiences.

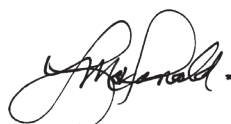
Today at school, your child learned about the buddy system through C3P's **Billy Brings his Buddies** program. The goal of the program is to teach children the importance of supervision to increase their personal safety and having someone (a buddy) accompany them when they are going places and when they are online. Through age-appropriate lessons and activities, children learn the importance of always bringing a buddy along, whether they are walking to and from school, going to the store, having fun at the playground, or playing games online.

For children in Grade 1, a buddy is someone who can supervise and take care of a child (someone 12 years old and up), such as parent, grandparent, older sibling, or babysitter. Using the buddy system is one way children can reduce their vulnerability to victimization and increase their safety.

To further reinforce this important personal safety strategy, we encourage all parents to review the buddy system with their child and complete the two activities attached to this letter. On the back of this page, you will find details on these and other at-home activities!

We hope you and your child enjoy the **Billy Brings his Buddies** activities!

Sincerely,



Lianna McDonald, Executive Director  
Canadian Centre for Child Protection Inc.



# Parent/Guardian Letter

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## Personal Safety Activities for Families

1. Visit the Parents section of **billybuddy.ca** with your child. Together, you and your child can complete the activities:
  - Watch the video storybook, Billy and **Basmah Bring a Buddy Along**.
  - Play games and activities to practice identifying safe buddies and safe use of the buddy system.
2. Discuss the importance of using the buddy system. Questions you can ask include:
  - Who takes care of you? *Answers might include: mom, dad, grandma, grandpa, older sibling, babysitter.*
  - When is it important to have someone with you who can take care of you? *Answers might include: when you are at the playground, going to the store, playing online games, watching videos online.*
  - Who is with you when you are online? *Answers might include: Mom watches videos with me, Grandpa plays games with me. Why is this important? Answers might include: it keeps me safe, they can help me if something happens online that is not safe for kids to see.*
3. Complete the **My Buddies activity**. Have your child draw examples of buddies they may go places with or go online with to increase safety.
4. Complete the **My Safety Journal activity**. Use any evening or weekend activity to reinforce the buddy system safety strategy. Before bed, fill out the journal activity with your child. Discuss an activity your child did that day and in the journal write about why they did or didn't have to use the buddy system. For instance, if they went to the playground, they would describe how they brought a buddy with them, or if they watched their favourite video on a family member's phone, they would describe how they watched it with a buddy. If the activity was doing arts and crafts, they would describe why a buddy wasn't necessary in this situation. Your child will be asked to share their journal entry with their class, so please send it back to school.

Visit **kidsintheknow.ca** for more information on child personal safety or to access other age-specific prevention materials.



# Home Activity

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## My Buddies

Think about the people who supervise and take care of you.

Draw a picture of them below and trace the dotted lines.



# Home Activity

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## My Safety Journal

Please bring back to school to share with the class.

**My Activity** (Write what your activity is)

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**Did I use the buddy system?** (Circle one)

**YES****NO**

**Why or why not?** (Describe why this activity did or did not need the buddy system)

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**My Drawing** (Draw a picture of your activity)





The Buddy System | BillyBuddy.ca

BRING A BUDDY ALONG!

