A DOWNSTREAM YOUTH SAFETY PRESENTATION

Being the Captain of My World

5th Grade Safety Presentation — Facilitator Pack



A complete, ready-to-teach 30-minute classroom presentation. Download it, print the handout at the back, gather a few simple props, and you can walk into any fifth grade classroom and teach it.

30 minutes	**5 activities**	**1 handout**
Four short parts	Hands-on "Maiden Voyage"	My Safety Contract

The goal is not to frighten children. The goal is to equip them — to help every student understand that they are the captain of their own body, their own space, and their own story.

A **Downstream** presentation from
Transition to Success LLC
nextstepsuccess.org

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How to use this pack

This pack was written for the classroom volunteer — the friend, parent, or community member who goes into a school, often just once a month, and wants to leave fifth graders safer than they found them. You do not need special training to teach it. Everything you need is in these pages, in the order you will use it.

- **Get the school's approval first.** Do not present until the school has approved the visit, and follow its safeguarding procedures throughout — including its reporting procedure if a student shares a concern.
- **Read the four parts in order.** Each part is short, timed, and written the way you can say it. The gold boxes are words you can say out loud, just as written.
- **Make it a voyage, not a lecture.** The presentation uses a "Maiden Voyage" theme — a captain, a crew, signal flags, a safe harbour. The five activities on pages 6-7 give students physical actions to perform — what makes the rules stick.
- **Print the back pages for every student.** Each student signs their own Safety Contract and writes down their Safe Five (page 8). Page 9 is your read-aloud scenario card — keep it for yourself.
- **Keep the tone steady and warm.** This material is age-appropriate on purpose. It teaches boundaries, instincts, and trusted adults. It does not describe frightening situations, and it never requires a child to share anything personal in front of the class — naming a trusted adult out loud is always optional.

The voyage at a glance

Part	What you teach	Time	Page
1	The Captain of My Space — captain of your own body and information; the Circle of Trust; permission to say "No"	5 minutes	4
2	The "Tricky Person" Test — safe adults ask other adults for help, not children	8 minutes	4
3	Your Online "Front Door" — captain of your phone, laptop, tablet, and apps	10 minutes	5
4	The "Safe Five" and the Team Effort — five trusted adults; watching out for your crew	7 minutes	5

Total: 30 minutes, with activities woven in as you go.

> **The one idea underneath everything:** a captain decides who is allowed on board. Every part of this presentation — personal space, tricky people, phones and tablets, trusted adults — comes back to that one idea.

FACILITATOR CHEAT SHEET

Before you set sail

Everything on this list is inexpensive or already in a classroom. Make the signal flags before you arrive. The other essential preparation comes first: the school's approval and its safeguarding procedures (see page 2) — confirm both before the day.

	Item	What it is for
✓	**Popsicle sticks and red and green paper**	Make one red and one green signal flag per student (Activity 2). Tape the paper to the sticks.
✓	**Blue yarn or masking tape**	Mark the "Digital Moat" — a circle on the floor (Activity 3).
✓	**A captain's hat**	Designates who is "Captain in Charge" during scenarios (Activity 1). A simple paper hat works.
✓	**A seashell or smooth beach stone**	The "Talking Shell" — whoever holds it has the floor (Activity 1).
✓	**One clear plastic water bottle per class**	The "Message in a Bottle" demonstration (Activity 5).
✓	**Printed copies of page 8**	One Safety Contract for every student, plus pencils.

Set the room up in two minutes

- Lay the blue yarn or tape circle on the floor before the students sit down, and leave a clear space across the room as the "Safe Five" area.
- Hand out the red and green signal flags as students arrive. They will want to wave them — that is fine, and it settles by the time you start.
- Keep the captain's hat and the talking shell beside you, where everyone can see them.

Words to say: opening the voyage

> *"Today we are going on a maiden voyage, and every one of you is a captain. A captain is in charge of their ship. They decide who is allowed on board, they watch the water, and they know exactly who to call when the weather changes. Your body is your ship. Your phone is your ship. Your story is your ship. And you — nobody else — are the captain of it. By the end of today, each of you will have your own crew of five trusted adults, and your own signed captain's contract to take with you."*

Then go straight into Part 1. Do not explain the whole lesson first; the students learn it best one part at a time, with the activities mixed in where each part suggests them.

Part 1 — The Captain of My Space

5 MINUTES

The Captain Concept. You are the Captain of your own body and your own information. Just like a ship's captain, you decide who is allowed on board.

The Circle of Trust. You decide who is allowed in your personal space. Nobody drifts into that circle just because they want to be there — the captain invites people in, and the captain can move people out.

Permission. A captain doesn't have to be "nice" if someone makes them feel uncomfortable. It is okay to say "No," and it is okay to walk away.

> *"Say it with me: I am the captain of my body. I am the captain of my information. I decide who comes on board."*

Activity link: this is the moment for the Captain's Hat and the Talking Shell (Activity 1, page 6). Put the hat on a volunteer, give them a scenario, and let them answer as the Captain in Charge.

Part 2 — The "Tricky Person" Test

8 MINUTES

Beyond stranger danger. Most people are good. We are not teaching students to fear everyone — we are teaching them to spot one specific pattern: the "Tricky Person."

The sign. A Tricky Person is an adult who asks a *child* for help — for example, "Help me find my cat," or "Carry these to my car."

> **The rule:** safe adults ask *other adults* for help, not children. If an adult asks you for help, or asks you to keep a secret, that is a **Red Flag**.

> *"If a grown-up needs help, a safe grown-up asks another grown-up. So if an adult asks you for help, or asks you to keep a secret from your parents, your captain's alarm should ring. That is a red flag — every time."*

Activity link: run the Red Flag / Green Flag Wave here (Activity 2, page 6), using your scenario card on page 9. The students already hold their flags, and this part is where the game belongs.

Part 3 — Your Online "Front Door"

10 MINUTES

The Captain of My Tech. I am the Captain of my body, and I am the Captain of my phone, my laptop, my tablet, and any device I own.

The Digital Door. These devices are like windows and doors to your world. You would not leave your front door standing open for strangers — so do not let strangers in through a screen.

The "Uh-Oh" Feeling. If someone asks for a photo, asks for your address, or says "Don't tell your parents," that is the uh-oh feeling with a name on it: block them, and tell a "Safe Five" adult immediately.

> *"Your phone is a door to your whole world. Captains lock their doors. If somebody online asks for a photo, or asks where you live, or says 'don't tell your parents' — that is not a friend. That is someone trying your door handle. Close the door, and tell one of your Safe Five."*

Activity link: run the Digital Moat here (Activity 3, page 6), using the yarn circle you laid out before class.

Part 4 — The "Safe Five" & the Team Effort

7 MINUTES



Five safe harbours, linked together — that is what a Safe Five looks like.

The Support Team. Identify 5 adults you can talk to about anything — Mom, Dad, a teacher, a coach, and one more. Five, not one, so there is always somebody a captain can reach.

Watch Out for Your Crew. Being a captain means looking out for your friends, too. If you see a friend talking to a Tricky Person, online or in person, or a friend tells you a "bad secret," encourage them to tell their Safe Five — or tell your own.

Share the Knowledge. This is not a secret. The best way to keep everyone safe is to share these rules with your friends, so everyone's "Front Door" is locked.

Activity link: close this part with the Safe Five High-Five (Activity 4, page 7), then hand out the Safety Contract (page 8) and finish with the Message in a Bottle (Activity 5, page 7).

MAKE IT A MAIDEN VOYAGE

Five activities that make the rules stick

A lecture washes over fifth graders. A voyage stays with them. Each activity is simple, active, and tied to one part of the presentation — run it in that part, not as an add-on at the end.

ACTIVITY 1 — WITH PART 1

The Captain's Hat & the Talking Shell

The prop: a simple captain's hat (or even a paper one), and a seashell or smooth beach stone.

How it runs: when a student wears the hat, they are the "Captain in Charge" of a safety scenario you read out, and they answer as the captain. The Talking Shell works the quieter moments: whoever holds it has the floor. Sharing a Safe Five name out loud is optional — a student may share one person in their "Safe Five," answer in general terms, or pass.

ACTIVITY 2 — WITH PART 2

The Red Flag / Green Flag Wave

The setup: each student holds two signal flags — one red, one green — made from paper taped to popsicle sticks.

The game: read a scenario out loud (your full card is on page 9). The students wave the flag they judge right:

- "An adult you don't know asks you to help them find a lost dog." — **Red Flag**
- "A friend online asks for your home address." — **Red Flag**
- "Your teacher asks you to help pass out papers." — **Green Flag**

Why it works: it is a physical response that reinforces their "Lead Detective" instincts — every student decides, out loud with their arms, before anyone gives the answer.

ACTIVITY 3 — WITH PART 3

The Digital Moat

The setup: a circle of blue yarn or masking tape on the floor — the "Digital Moat," the space inside their Front Door.

The action: a student stands inside the circle holding a tablet or phone. Another student, playing the Tricky Person, stands outside and calls out lines like "I have a secret to tell you!" or "Can I see a picture of your room?"

The response: the Captain inside the circle steps back and says, "Permission Denied!" or "Closing the Door!" — then walks across the room to the "Safe Five" area. The whole class can call the response out with them.

ACTIVITY 4 — WITH PART 4

The "Safe Five" High-Five

The action: to close Part 4, do not just have them write the names. Have the students stand up. For every person they have written on their "Safe Five" list, they give a high-five to a neighbour — five names, five high-fives.

The lesson: safety is about connection, not about being alone and afraid. A captain with a crew is never sailing alone.

ACTIVITY 5 — THE FINALE

Tactical "Message in a Bottle"

The prop: a clear plastic water bottle.

The task: after each student has signed their Safety Contract (page 8), have them roll it up like a scroll and "store" it in their "Bottle" — their backpack. Tell them this is their "Emergency Intel" that they carry with them everywhere.

Why it works: the contract goes home instead of into a desk drawer, and it goes home as treasure, not homework. Parents see it, and the Safe Five conversation can continue at the kitchen table.

Words to say: closing the voyage

> *"Captains, look at what you have done today. You know you are in charge of your own body and your own information. You know the Tricky Person test. You know your phone is a front door, and you know how to lock it. And every one of you has a crew — your Safe Five — written down and signed for. This is not a secret, so take it with you: share these rules with your friends, watch out for your crew, and if anything ever gives you that uh-oh feeling, tell one of your five. Right away. That is what captains do."*

If a student tells you something worrying

Stay calm, thank them, and do not promise to keep it secret — the presentation itself has just taught them that safe adults do not keep safety secrets. Tell the classroom teacher before you leave the building, and follow the school's own reporting procedure. Your job as presenter is to hand it to the adults whose job it is, the same day.

> **Remember the order of the back pages:** hand out page 8 during Activity 5, keep page 9 in your own hands throughout, and you are finished. Total time, activities included: about 30 minutes.

BEING THE CAPTAIN OF MY WORLD

My Safety Contract

I, _____, am the Captain of my world.

I know that my safety is the most important thing. Because I am smart and in charge of my own story, I commit to the following:

1. The Gut-Feeling Rule: If something happens that gives me an "Uh-Oh" feeling, I will not keep it a secret.

2. The Safe Five Commitment: I will tell at least one person from my Safe Five list right away.

3. The Tech Rule: I am the Captain of my phone, tablet, and apps. I won't let people I don't know into my digital world.

4. The Friend Shield: I will help my friends stay safe by sharing these rules and telling a safe adult if I'm worried about a friend.

My Safe Five Team

1. _____

2. _____

3. _____

4. _____

5. _____

Signed: _____

Date: _____

Roll it up, keep it in your backpack — this is your Emergency Intel. Carry it everywhere.

FACILITATOR CARD — keep this page in your own hands. Read each scenario aloud during Activity 2 and let the students wave their flags before you give the answer.

RED FLAG / GREEN FLAG

Scenario card: eight voyages in miniature

Scenarios 1-3 come straight from the presentation. Scenarios 4-8 test the same rules in its own words — an adult asking for help, an adult asking for secrecy, and the online requests from Part 3.

#	Read this aloud	Flag	Why
1	"An adult you don't know asks you to help them find a lost dog."	RED	An adult asking a child for help.
2	"A friend online asks for your home address."	RED	Nobody gets your address through your Front Door.
3	"Your teacher asks you to help pass out papers."	GREEN	A known, safe adult, in class, in the open.
4	"An adult asks you to carry some things to their car."	RED	The Tricky Person test, word for word.
5	"An adult says, 'This is our secret — don't tell your parents.'"	RED	Secrets from parents are a red flag, every time.
6	"Someone online asks you to send a photo of yourself."	RED	Part 3: block them, tell a Safe Five adult.
7	"Someone in a game says, 'Don't tell your parents we talk.'"	RED	"Don't tell your parents" means close the door.
8	"Your coach asks the whole team to help carry the kit bags to the gym."	GREEN	A known adult, the whole team together, in the open — not one child, alone.

> **Teaching point for scenario 8:** the test is not "never help anyone." It is about one adult singling out one child, away from everyone else — often with a secret attached. When students can explain that difference, they have understood the lesson.

After the last scenario, ask: "What does a safe adult do when they need help?" Wait for the answer in their own words — *asks another adult* — before moving on to Part 3.

ABOUT THIS PRESENTATION

Prevention begins early

Being the Captain of My World (5th Grade) is the safety presentation from **Downstream**, the youth-focused work of Transition to Success LLC — reaching young people before the current pulls them under.

Downstream is built on a simple conviction: prevention is not just about warning children what to stay away from. It is about helping them understand their value, trust their instincts, recognize unhealthy situations, and know when to reach out to safe adults. Children are more likely to stay safe when they are informed, supported, and reminded that they are never alone.

This presentation was first written for a school volunteer who speaks to fifth graders once a month and asked for something to put in their hands. It is offered here, free to download and free to teach, so any volunteer, teacher, or parent can use it in a fifth grade classroom.

Share it the way the lesson teaches

- Teach it as written: four parts, about 30 minutes, activities included.
- Print page 8 for every student. Their contract and their Safe Five are theirs to keep.
- Pass this pack on to the next volunteer. Share the knowledge — that is Part 4, applied to the adults.
- Find Downstream and the Human Trafficking 101 Toolkit at **nextstepsuccess.org**.



Downstream — reaching young people early, with awareness, wisdom, and hope.

A youth ministry of the Warriors Project community, carried by Transition to Success LLC.

Disclaimer

Transition to Success LLC is a Risk Management Consultant and Compliance Auditing firm. We are not a private security or guard service. This material is for educational safety awareness.

This presentation is educational material for classroom use. Presenters must obtain the school's approval before presenting and follow the school's safeguarding procedures. It does not replace a school's own safeguarding policies or procedures, and any concern about a child's safety should be reported through the school's procedure and to the appropriate authorities.