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**CANADIAN CENTRE for CHILD PROTECTION®**  
*Helping families. Protecting children.*

# The Buddy System

**GRADE 1 TEACHER KIT**  
Your **FREE** Personal Safety Lesson



# Billy

**Brings His Buddies**

**BILLYBUDDY.CA**

Teacher \_\_\_\_\_

School \_\_\_\_\_

Date \_\_\_\_\_

Parent(s)/Guardian(s),

To promote in-class and at-home discussions on child personal safety, the Canadian Centre for Child Protection (Canadian Centre) has created the **Billy Brings his Buddies Grade 1 Teacher Kit**. The Canadian Centre has been delivering these kits free of charge to schools across Canada since 2006.

Why is the **Billy Brings his Buddies** program so important? Research shows that the vast majority of Canadian parents may be using incorrect or outdated techniques to keep their children safe from abduction or sexual exploitation. One of these outdated techniques is the often repeated phrase, “Don’t talk to strangers.”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 who has been nice to them and does not appear scary in appearance, they no longer perceive the individual as a stranger. Research shows that the “buddy system” is a protective factor that increases protection from abduction and victimization. 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 the Canadian Centre’s **Billy Brings his Buddies** program. The goal of the program is to teach children the importance of always having another individual, 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 should be someone who can supervise a child, such as a mom, dad, grandma, grandpa, older sister, older brother 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.



# BILLY BRINGS HIS BUDDIES:

Activities to help parents teach their children about personal safety

## What can you do?

1. Visit the Parents section of [billybuddy.ca](http://billybuddy.ca) with your child. Together, you and your child can complete the activities, including:
  - Watching the video storybook, ***Billy Brings his Buddies***.
  - Completing the activities to practice identifying safe buddies and safe use of the buddy system.
  - Playing the *Billy Memory Game* to further practice identifying safe buddies for Billy.
2. Discuss the importance of using the buddy system. Questions you can ask include:
  - “When is it important to bring a buddy along?” (Answers might include when you are on the playground, going to the store, walking to and from school, etc.)
  - “When do you not need to bring a buddy because it is okay to be alone?” (Answers might include playing outside in my backyard, playing in my house, etc.)
  - “What about when you are using the computer/tablet/phone — what activities would you need a buddy for?” (Answers might include watching videos, playing games, etc.)
3. Complete the *My Buddies* activity attached to this letter. In the box, have your child draw examples of buddies that they may go places with or go online with to increase safety.
4. Complete the *Billy’s Safety Journal* activity attached to this letter. 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 parent’s/guardian’s phone, they would describe how they watched it with a buddy. If the activity was a game night at home with family, they would describe why a buddy wasn’t necessary in this situation. Remember — your child will be asked to share the journal entry with their class, so don’t forget to send the completed activity back to school with your child.

You can also visit the Canadian Centre’s **Kids in the Know** website ([kidsintheknow.ca](http://kidsintheknow.ca)) for more information or to access other age-specific, developmentally appropriate prevention materials and educational programs.



# Billy

Brings his Buddies



# Grade 1 Lesson Plan:

## Child Personal Safety – The Buddy System

### Outcome

- Students will understand the importance of going places and going online with someone to increase their personal safety.
- Students will understand how to use the “buddy system” as a safety tool.

### Required Materials

- ***Billy Brings his Buddies* classroom poster (on reverse)**
- **Parent/guardian letter**
- ***My Buddies* home activity sheet**
- ***Billy’s Safety Journal* family activity sheet**
- **Access to a computer lab\***

Suggested Time: 45 minutes

Note: Materials with an asterisk (\*) are not supplied.

### Background

Children who go places alone have a greater risk of being harmed and children who go online alone have a greater risk of being exposed to inappropriate content. Using the buddy system is one way children can reduce their vulnerability, both offline and online.

The habit of staying together with friends/family and travelling to and from places with a safe buddy is behaviour that can be taught and practised at school in routine activities. However, children at this age require a buddy who is old enough to supervise them (age 12 and up).

### Presentation

#### Introduce the buddy system to the children

Arrange students for a floor-time discussion. Explain that the students’ personal safety is important and that there are ways they can increase their safety. Explain that they are going to learn the safety strategy called the buddy system. This strategy teaches children that it is important to not go places or do online activities alone. Safety is increased when they go places, including online, with someone. We call this the buddy system.

A buddy for this age group may include:

- Mom
- Grandma
- Older sister
- Babysitter
- Dad
- Grandpa
- Older brother

Read the storybook, ***Billy Brings his Buddies***, with the students. To access the video storybook, go to the Teachers section of [billybuddy.ca](http://billybuddy.ca) and select In-Class Games & Activities.





# billybuddy.ca



Ask students when they think it is important to bring a buddy along (e.g., when going to the playground, store, walking to and from school, playing games or watching videos online). Ask students when they think they don't need to use the buddy system (e.g., playing outside in the backyard, playing in their house).

Explain to students that they are all going to go into the computer lab to learn more about the buddy system.

In partners or independently, have students go to [billybuddy.ca](http://billybuddy.ca). Instruct the students to click on the **Billy Brings his Buddies video storybook**, to have the story read aloud to them. Ask them to listen to all the places that Billy teaches them to bring a buddy along. Discuss what they have learned from Billy at the end of the story.

## Optional

- Partner with a Grade 5 or 6 class so older buddies can pair up with Grade 1 students to help them set up online.
- Complete activities from the Teachers section of [billybuddy.ca](http://billybuddy.ca).

## Guided Practice

Choose either the **Billy Matching Activity** or the **Billy Memory Game** from the Teachers section of [billybuddy.ca](http://billybuddy.ca). Print and hand out to students. Ask them to complete the activity or play the game in small groups to practice identifying safe buddies for Billy.

## Closure

Print and hand out the **Buddy System Scenario** sheet to students. Ask them to look at the picture and colour in 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 Classroom 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.

## Home Activities

Photocopy the **Parent/Guardian Letter**, as well as the two home activities (**My Buddies Home Activity Sheet** and **Billy's Safety Journal Family Activity Sheet**) and hand out to students to take home and complete with their parent(s)/guardian(s). Ask students to bring their completed **Billy's Safety Journal Family Activity Sheet** back to school to share with the class.

We welcome your feedback at [KIKfeedback@protectchildren.ca](mailto:KIKfeedback@protectchildren.ca).

Visit [kidsintheknow.ca](http://kidsintheknow.ca) for additional resources and information about child safety.

# The Buddy System



## Overview

We are pleased to provide you with this educational teacher kit developed by the Canadian Centre for Child Protection. The kit is designed to promote both in-class and at-home discussions on child personal safety.

Although a national survey revealed that Canadian parents list abduction and sexual exploitation as two of their top three concerns when it comes to their children, research shows that the majority of these parents may be using incorrect or outdated techniques to keep their children safe. One of these outdated techniques is the often repeated phrase used by many parents: “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 who has been nice to them and is not scary in appearance, the child no longer perceives the individual as a stranger. Also, since the majority of children are victimized by someone they know, the term “stranger” is truly ineffective. This is why it is so important to educate parents on the proper way to teach their children how to stay safe, both offline and online. Our **Billy Brings his Buddies** program is a fun and interactive way to do that.

## Testimonials

What we have heard from schools:

- *“After checking out the links [on [billybuddy.ca](http://billybuddy.ca)] I feel this safety program is one that would benefit my students greatly.”*
- *“A great resource for all primary teachers to have to help them teach safety!!! Especially in September when we are all establishing safety routines and rules!!”*
- *“The children enjoyed the program. The activities were age-appropriate and covered curriculum outcomes. I will definitely use it again.”*
- *“The parents were happy that personal safety is included in the curriculum and that there was take-home activities and information.”*

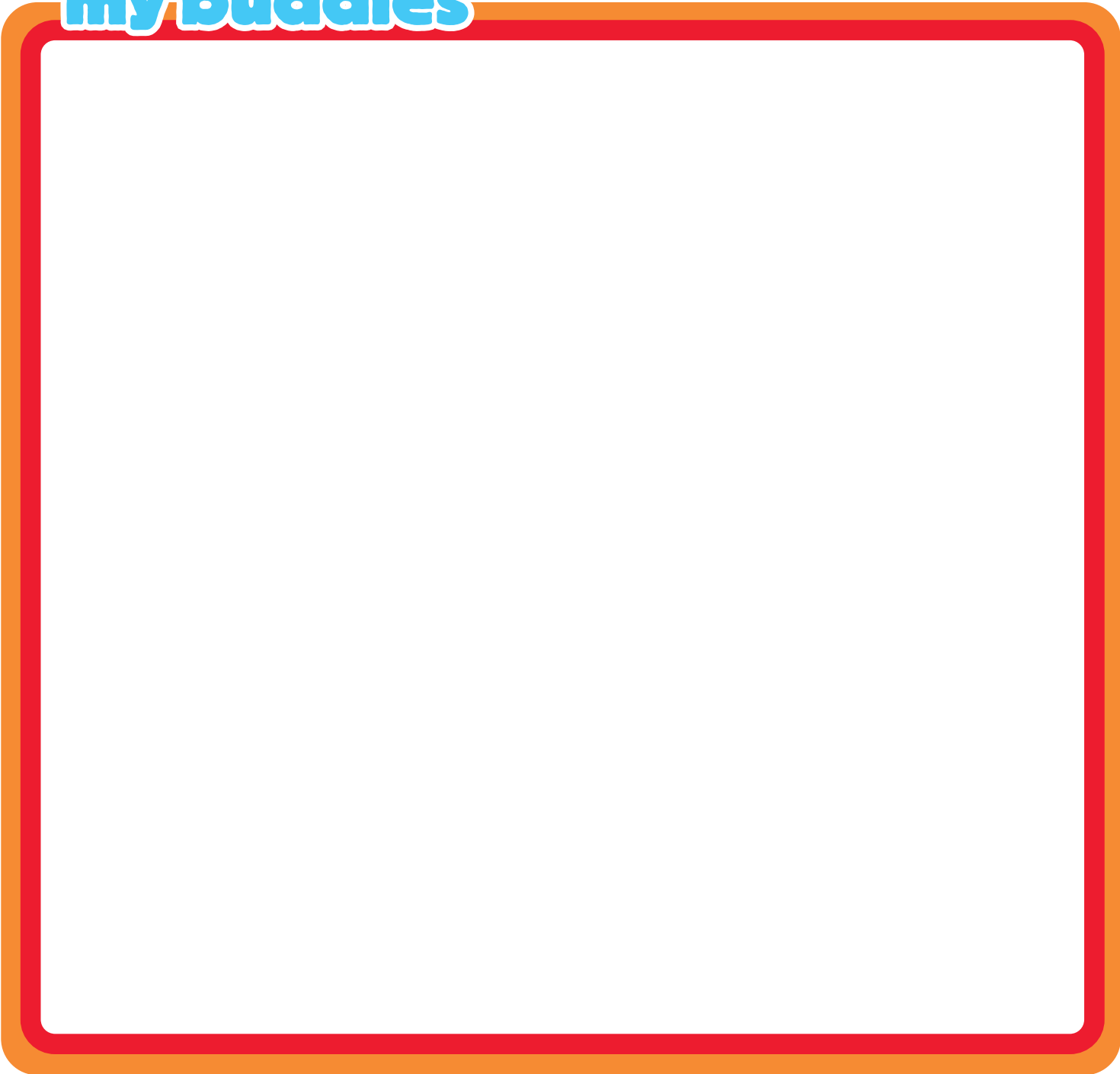
What we have heard from parents:

- *“Great program. Thanks for enforcing safety to our kids. Great help in keeping our kids informed about safety.”*
- *“Billy helped me teach my daughter how to stay safe in a way that wasn’t scary for her!”*

## Supplementary Reading

The Canadian Centre for Child Protection, through its **Kids in the Know** safety education program, has developed a book, activities and a puppet to complement the **Billy Brings his Buddies** safety strategy. Please contact us at 1-800-532-9135 for further information or visit the **Billy Brings his Buddies** website at [billybuddy.ca](http://billybuddy.ca). Additional books, safety sheets, activities, and other resources can be found on the **Kids in the Know** website ([kidsintheknow.ca](http://kidsintheknow.ca)).

# my buddies



**Billy**

**Brings his Buddies**

# Billy's Safety Journal

## Child's Journal Entry

### My Activity:

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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 to use the buddy system)

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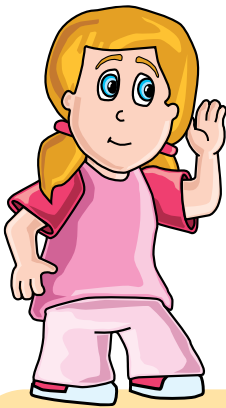
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**Child's Drawing** (have your child draw a picture of the activity)



# Billy

Brings his Buddies



**Billy says:**  
**BRING A BUDDY ALONG!**

# The Buddy System

BILLYBUDDY.CA



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