

# ON THEIR OWN & OK

## A KIDS GUIDE TO STAYING HOME ALONE

**On Their Own & OK** builds skills in youth, and incorporates ways for adults in the home to support this step towards independence. Youth can develop their self-care skills to make good decisions while staying home alone. With adequate education from parents/caregivers, teachers, and community partners, young people can develop confidence in the skills they need for staying home alone safely.

**On Their Own & OK** reinforces how to act in an emergency, helps young people handle boredom without technology, recommends age-appropriate chores, and includes plans for a family celebration to continue to strengthen family relationships.

### LEARNING OBJECTIVES

#### Youth will:

- Express how they feel about being home alone.
- Create a plan for their daily routine including home rules and family chores.
- Create a healthy snack and meal.
- Identify appropriate activities during leisure time.
- Identify personal safety guidelines at home.
- Identify appropriate online safety and privacy guidelines.
- Practice decision making in emergency scenarios.

### LESSON TOPICS

**3 parts, approximately 6 hours total**

#### Part 1

- Feelings
- Daily Routine
- Know the Rules
- Nutritious Snacks
- Lonely & Bored
- Low-Tech Recess
- Getting Along with Others

#### Lunch

#### Part 2 & 3:

- Safety Counts
- Help
- Hidden Sangers
- Emergencies & First Aid
- "Is it an Emergency" Game

#### Family Presentation

#### Closing



# STANDARDS ALIGNMENT

FROM THE IOWA DEPARTMENT OF EDUCATION



## 21ST CENTURY EMPLOYABILITY SKILLS

- **(21.3-5.ES.1)** Communicate and work productively with others emphasizing collaboration and cultural awareness to produce quality work.
- **(21.3-5.ES.2)** Adjust to various roles and responsibilities and understand the need to be flexible to change.
- **(21.3-5.ES.3)** Practice leadership skills, and demonstrate integrity, ethical behavior, and social responsibility in all activities.
- **(21.3-5.ES.4)** Demonstrate initiative, creativity, self-direction, and entrepreneurial thinking to produce successful outcomes.

## 21ST CENTURY HEALTH LITERACY SKILLS

- **(21.3-5.HL.1)** Obtain, interpret, understand and use basic health concepts to enhance personal, family, and community health.
- **(21.3-5.HL.2)** Utilize interactive literacy and social skills to establish personal family, and community health goals.
- **(21.3-5.HL.3)** Demonstrate critical literacy/thinking skills related to personal, family, and community wellness.
- **(21.3-5.HL.4)** Recognize that media and other influences affect personal, family and community health.
- **(21.3-5.HL.5)** Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.