

## Kindergarten

### Personal Safety Program (Third Edition)

#### **Lesson 1 – Feelings**

Learners will investigate a range of emotions that humans share

- Investigate a variety of emotional responses (COM, CI, CT)
- Investigate emotional responses to events (COM, PCD, CI, CT)
- Investigate emotional responses of others (CZ, COM, PCD, CI, CT)

#### **Lesson 2 – Identifying a Grown-up Who You Can Go to for Help**

Learners will investigate safe practices and effective strategies for personal safety and injury and disease prevention

- Investigate various adults in their lives they can go to for help (CZ, COM, PCD, CT)

#### **Lesson 3 – Naming Body Parts**

Learners will investigate safe practices and effective strategies for personal safety and injury and disease prevention

- Apply the appropriate language for parts of the body that are private. (CZ, COM, PCD, CT)

#### **Lesson 4 – OKAY and NOT OKAY Touching**

Learners will investigate safe practices and effective strategies for personal safety and injury and disease prevention

- Investigate unsafe substances and scenarios at home and in the community and their related safety skills (CZ, COM, PCD, CI, CT)

#### **Lesson 5 – The Buddy System**

Learners will investigate safe practices and effective strategies for personal safety and injury and disease prevention

- Investigate unsafe substances and scenarios at home and in the community and their related safety skills (CZ, COM, PCD, CI, CT)

#### **Lesson 6 – If Asked to Go and Your Parents Don't Know, SHOUT NO!**

Learners will investigate safe practices and effective strategies for personal safety and injury and disease prevention

- Investigate various adults in their lives they can go to for help (CZ, COM, PCD, CT)
- Investigate unsafe substances and scenarios at home and in the community and their related safety skills (CZ, COM, PCD, CI, CT)

#### **Lesson 7 – What to Do When Lost**

Learners will investigate safe practices and effective strategies for personal safety and injury and disease prevention

- Investigate various adults in their lives they can go to for help (CZ, COM, PCD, CT)
- Investigate unsafe substances and scenarios at home and in the community and their related safety skills (CZ, COM, PCD, CI, CT)

## Grade 1

### Personal Safety Program (Third Edition)

#### **Lesson 1 – Feelings**

Learners will investigate healthy ways for coping with changes to family life

- Investigate common emotions associated with change (CZ, COM, PCD, CT)
- Investigate healthy coping strategies (CZ, COM, PCD, CT)

#### **Lesson 2 – A Grown-up You Can Go to for Help**

Learners will investigate healthy ways for coping with changes to family life

- Investigate healthy coping strategies (CZ, COM, PCD, CT)

Learners will investigate characteristics that promote healthy and safe relationships

- Investigate the characteristics of a healthy and safe friendship (CZ, COM, PCD, CT)
- Investigate the characteristics of a healthy and safe peer relationships (CZ, COM, PCD, CT)

#### **Lesson 3 – Boundaries — How to be Safe**

Learners will investigate characteristics that promote healthy and safe relationships

- Investigate the characteristics of a healthy and safe friendship (CZ, COM, PCD, CT)
- Investigate the characteristics of a healthy and safe peer relationships (CZ, COM, PCD, CT)

#### **Lesson 4 – KEEP and SPEAK Secrets**

Learners will investigate characteristics that promote healthy and safe relationships

- Investigate the characteristics of a healthy and safe friendship (CZ, COM, PCD, CT)
- Investigate the characteristics of a healthy and safe peer relationships (CZ, COM, PCD, CT)

#### **Lesson 5 – The Buddy System**

Learners will investigate characteristics that promote healthy and safe relationships

- Investigate the characteristics of a healthy and safe friendship (CZ, COM, PCD, CT)
- Investigate the characteristics of a healthy and safe peer relationships (CZ, COM, PCD, CT)

#### **Lesson 6 – Trust Your INSTINCTS**

Learners will investigate characteristics that promote healthy and safe relationships

- Investigate the characteristics of a healthy and safe friendship (CZ, COM, PCD, CT)
- Investigate the characteristics of a healthy and safe peer relationships (CZ, COM, PCD, CT)

## Grade 2

### Personal Safety Program (Third Edition)

#### **Lesson 1 – Emotions**

Learners will investigate the health benefits of active and quiet leisure in having a healthy mind and a healthy body

- Investigate strategies for coping with positive and negative emotions (COM, PCD, CT)

#### **Lesson 2 – Identifying a Safe Grown-up**

Learners will investigate ways to be safe at school and in the community

#### **Lesson 3 – Safety Awareness**

Learners will investigate ways to be safe at school and in the community

- Investigate ways of playing safe in school and in the community (CZ, COM, PCD, CT)
- Investigate the concept of personal information (CZ, COM, PCD, CT)
- Investigate strategies for safe sharing of personal information (CZ, COM, PCD, CT, TF)

#### **Lesson 4 – The Buddy System**

Learners will investigate ways to be safe at school and in the community

- Investigate ways of playing safe in school and in the community (CZ, COM, PCD, CT)

#### **Lesson 5 – Crossing Boundaries**

Learners will investigate ways to be safe at school and in the community

- Investigate ways of playing safe in school and in the community (CZ, COM, PCD, CT)
- Investigate the concept of personal information (CZ, COM, PCD, CT)
- Investigate strategies for safe sharing of personal information (CZ, COM, PCD, CT, TF)

#### **Lesson 6 – KEEP and SPEAK Secrets**

Learners will investigate ways to be safe at school and in the community

- Investigate the concept of personal information (CZ, COM, PCD, CT)
- Investigate strategies for safe sharing of personal information (CZ, COM, PCD, CT, TF)

## Grade 3

### Personal Safety Program (Third Edition)

#### **Lesson 1 – Seven root safety strategies**

Learners will investigate ways for seeking help in unsafe risk scenarios

- Investigate a variety of risk scenarios that can make children feel unsafe, including the use by others of alcohol, tobacco, and other drugs (CZ, COM, PCD, CI, CT, TF)

#### **Lesson 2 – Emotions**

Learners will investigate ways for seeking help in unsafe risk scenarios

- Investigate a variety of risk scenarios that can make children feel unsafe, including the use by others of alcohol, tobacco, and other drugs (CZ, COM, PCD, CI, CT, TF)

#### **Lesson 3 – Identifying a Safe Grown-up**

Learners will investigate ways for seeking help in unsafe risk scenarios

- Investigate ways for asking a safe adult for help in unsafe scenarios (CZ, COM, PCD, CI, CT, TF)

#### **Lesson 4 – Personal Boundaries and Assertiveness**

Learners will investigate ways for seeking help in unsafe risk scenarios

- Investigate a variety of risk scenarios that can make children feel unsafe, including the use by others of alcohol, tobacco, and other drugs (CZ, COM, PCD, CI, CT, TF)
- Investigate ways for asking a safe adult for help in unsafe scenarios (CZ, COM, PCD, CI, CT, TF)

#### **Lesson 5 – Friendship**

Learners will investigate ways for managing difficulties in friendship

- Investigate issues that can present challenges in friendships (CZ, COM, PCD, CI, CT)
- Investigate actions that contribute for maintaining friendships (CZ, COM, PCD, CI, CT)
- Investigate the use of interpersonal skills for solving problems within friendships (CZ, COM, PCD, CI, CT)

#### **Lesson 6 – KEEP and SPEAK Secrets**

Learners will investigate ways for seeking help in unsafe risk scenarios

- Investigate a variety of risk scenarios that can make children feel unsafe, including the use by others of alcohol, tobacco, and other drugs (CZ, COM, PCD, CI, CT, TF)
- Investigate ways for asking a safe adult for help in unsafe scenarios (CZ, COM, PCD, CI, CT, TF)

#### **Lesson 7 – The Buddy System**

Learners will investigate ways for seeking help in unsafe risk scenarios

- Investigate a variety of risk scenarios that can make children feel unsafe, including the use by others of alcohol, tobacco, and other drugs (CZ, COM, PCD, CI, CT, TF)

## Grade 3

### **Lesson 8 – Online Safety**

Learners will investigate ways for seeking help in unsafe risk scenarios

- Investigate a variety of risk scenarios that can make children feel unsafe, including the use by others of alcohol, tobacco, and other drugs (CZ, COM, PCD, CI, CT, TF)
- Investigate ways for asking a safe adult for help in unsafe scenarios (CZ, COM, PCD, CI, CT, TF)

Learners will investigate decisions that affect physical, social, mental, and emotional health.

- Investigate choices and their consequences (CZ, COM, PCD, CI, CT)

## Grade 4

### Personal Safety Program (Third Edition)

#### **Lesson 1 – Seven Root Safety Strategies**

- 1.3 Demonstrate an awareness that values are an integral part in making healthy decisions and fostering healthy behaviour

#### **Lesson 2 – How We Feel and How We Act**

- 1.4 Differentiate between anxious feelings that we all have and signs of anxiety that are more serious, and identify people who can help
- 2.2 Demonstrate an awareness of the link between positive self-identity and making healthy decisions that affect relationships and care of self

#### **Lesson 3 – Expanding the Circle of Protection Around Children**

- 1.4 Differentiate between anxious feelings that we all have and signs of anxiety that are more serious, and identify people who can help

#### **Lesson 4 – Friendship**

- 2.1 Identify components of a healthy relationship
- 2.2 Demonstrate an awareness of the link between positive self-identity and making healthy decisions that affect relationships and care of self

#### **Lesson 5 – Common Lures**

- 2.1 Identify components of a healthy relationship
- 2.2 Demonstrate an awareness of the link between positive self-identity and making healthy decisions that affect relationships and care of self

#### **Lesson 6 – Home Alone**

- 1.3 Demonstrate an awareness that values are an integral part in making healthy decisions and fostering healthy behaviour

#### **Lesson 7 – Online Safety**

- 2.1 Identify components of a healthy relationship
- 3.1 Demonstrate an awareness of the various forms of gambling, including video games and consider the risks associated with sharing personal information and pictures in online games

## Grade 5

### Personal Safety Program (Third Edition)

#### **Lesson 1 – Seven Root Safety Strategies**

- 1.3 Practise skills for managing stress in their lives

#### **Lesson 2 – Emotions**

- 1.3 Practise skills for managing stress in their lives
- 1.4 Recognize when sadness or worry becomes life affecting and practise how to express a mental health concern for themselves or others

#### **Lesson 3 – Circle of Protection**

- 1.3 Practise skills for managing stress in their lives

#### **Lesson 4 – Boundaries**

- 1.3 Practise skills for managing stress in their lives
- 2.2 Examine relationships in their lives that promote positive health outcomes and those that interfere with learning, relationship building/friendship, or quality of life at home

#### **Lesson 5 – Friendship**

- 2.2 Examine relationships in their lives that promote positive health outcomes and those that interfere with learning, relationship building/friendship, or quality of life at home

#### **Lesson 6 – Common Lures**

- 1.3 Practise skills for managing stress in their lives
- 2.2 Examine relationships in their lives that promote positive health outcomes and those that interfere with learning, relationship building/friendship, or quality of life at home

#### **Lesson 7 – Home Alone**

- 1.3 Practise skills for managing stress in their lives

#### **Lesson 8 – Online Safety**

- 3.1 Assess sources of information via the internet for safety and reliability, and practise ways to enhance safe use of the internet

## Grade 6

### Personal Safety Program (Third Edition)

#### **Lesson 1 – Seven Root Safety Strategies**

- 2.1 Practise communication skills that keep relationships in their lives healthy, safe, and productive
- 2.2 Create a personal value code of ethics on relationships within their lives
- 3.4 Identify personal safety strategies to use when home alone and/or babysitting

#### **Lesson 2 – Emotional Range**

- 1.5 Identify and practise health enhancing ways to manage feelings and changes associated with the onset of puberty

#### **Lesson 3 – Circle of Protection**

- 2.1 Practise communication skills that keep relationships in their lives healthy, safe, and productive

#### **Lesson 4 – Relationships**

- 2.1 Practise communication skills that keep relationships in their lives healthy, safe, and productive
- 2.2 Create a personal value code of ethics on relationships within their lives

#### **Lesson 5 – Healthy vs. Unhealthy Boundaries**

- 1.3 Demonstrate an awareness that personal needs for physical activity may change for girls and boys as they develop physically and emotionally
- 2.2 Create a personal value code of ethics on relationships within their lives

#### **Lesson 6 – Common Lures**

- 2.1 Practise communication skills that keep relationships in their lives healthy, safe, and productive

#### **Lesson 7 – Online Safety**

- 3.5 Demonstrate an awareness of health issues related to the overuse of networking devices and video gaming, and assess signs of concern in oneself or others

#### **Lesson 8 – Babysitters' Safety**

- 3.4 Identify personal safety strategies to use when home alone and/or babysitting



## Grade 7

### Personal Safety Program (Third Edition)

#### **Lesson 1 – Emotions**

Learners will analyse how life skills influence physical, mental, emotional, social, and spiritual health

- Investigate healthy ways of coping with difficult emotions and challenging life circumstances (CZ, COM, CT, PCD)

#### **Lesson 2 – Identifying Personal Boundaries**

Learners will analyse how life skills influence physical, mental, emotional, social, and spiritual health

- Investigate interpersonal skills that enhance health (CZ, COM, PCD)

#### **Lesson 3 – How to Set Personal Boundaries**

Learners will reflect on how healthy and safe relationships impact physical, mental, emotional, social, and spiritual health

- Investigate healthy ways of addressing challenges in relationships with family, friends, or peers (CZ, COM, CT, PCD)
- Analyse ways of recognizing healthy and unhealthy relationships (CZ, COM, CT, PCD)

#### **Lesson 4 – Friendship**

Learners will analyse how life skills influence physical, mental, emotional, social, and spiritual health

- Investigate interpersonal skills that enhance health (CZ, COM, PCD)

Learners will reflect on how healthy and safe relationships impact physical, mental, emotional, social, and spiritual health

- Investigate healthy ways of addressing challenges in relationships with family, friends, or peers (CZ, COM, CT, PCD)
- Analyse ways of recognizing healthy and unhealthy relationships (CZ, COM, CT, PCD)

#### **Lesson 5 – Relationships**

Learners will analyse how life skills influence physical, mental, emotional, social, and spiritual health

- Investigate interpersonal skills that enhance health (CZ, COM, PCD)

Learners will reflect on how healthy and safe relationships impact physical, mental, emotional, social, and spiritual health

- Investigate healthy ways of addressing challenges in relationships with family, friends, or peers (CZ, COM, CT, PCD)
- Analyse ways of recognizing healthy and unhealthy relationships (CZ, COM, CT, PCD)

#### **Lesson 6 – Online Record**

Learners will analyse how life skills influence physical, mental, emotional, social, and spiritual health

- Analyse ways in which peer, media, and social norms influence healthy decision-making (CZ, COM, CT, PCD, TF)

Learners will investigate the relationships between health behaviours and physical, mental, emotional, social, and spiritual health

- Investigate healthy behaviours for using new technologies and media (CZ, CT, PCD, TF)

Learners will reflect on how healthy and safe relationships impact physical, mental, emotional, social, and spiritual health

- Formulate ways for engaging in safe relationships online and offline (CZ, CI, COM, CT, PCD)

## Grade 7

### **Lesson 7 – Getting Out of Unhealthy Situations**

Learners will reflect on the importance of mental health literacy

- Analyse help seeking strategies for getting support or treatment (CZ, COM, CT, PCD)

Learners will reflect on how healthy and safe relationships impact physical, mental, emotional, social, and spiritual health

- Analyse ways of recognizing healthy and unhealthy relationships (CZ, COM, CT, PCD)

## Grade 8

### Personal Safety Program (Third Edition)

#### **Lesson 1 – Identifying Feelings**

Learners will analyse how life skills influence physical, mental, emotional, social, and spiritual health

- Investigate healthy ways of coping with difficult emotions and challenging life circumstances (CZ, COM, CT, PCD)

#### **Lesson 2 – How We Think, How We Feel**

Learners will analyse how life skills influence physical, mental, emotional, social, and spiritual health

- Investigate healthy ways of coping with difficult emotions and challenging life circumstances (CZ, COM, CT, PCD)

#### **Lesson 3 – Identifying Healthy and Unhealthy Personal Boundaries**

Learners will analyse how life skills influence physical, mental, emotional, social, and spiritual health

- Investigate interpersonal skills that enhance health (CZ, COM, PCD)

Learners will reflect on how healthy and safe relationships impact physical, mental, emotional, social, and spiritual health

- Analyse ways of recognizing healthy and unhealthy relationships (CZ, COM, CT, PCD)

#### **Lesson 4 – Dating Relationships**

Learners will reflect on how sexual and reproductive health information impacts adolescent health

- Investigate how consent is expressed (CZ, COM, CT, PCD)

Learners will reflect on how healthy and safe relationships impact physical, mental, emotional, social, and spiritual health

- Investigate healthy ways of addressing challenges in relationships with family, friends, or peers (CZ, COM, CT, PCD)
- Reflect on the importance of respecting the rights of others (CZ, COM, CT, PCD)

#### **Lesson 5 – Sextortion: What Teens Need to Know**

Learners will analyse how life skills influence physical, mental, emotional, social, and spiritual health

- Analyse factors that impact healthy decision making (CZ, COM, CT, PCD, TF)

Learners will analyse the relationships between health behaviours and physical, mental, emotional, social, and spiritual health

- Investigate healthy behaviours for using new technologies and media (CZ, CT, PCD, TF)

Learners will reflect on the importance of mental health literacy

- Analyse help seeking strategies for getting support or treatment (CZ, COM, CT, PCD)

Learners will reflect on how healthy and safe relationships impact physical, mental, emotional, social, and spiritual health

- Formulate ways for engaging in safe relationships online and offline (CZ, CI, COM, CT, PCD)
- Reflect on the importance of respecting the rights of others (CZ, COM, CT, PCD)

## Grade 9

### Personal Safety Program (Third Edition)

#### **Lesson – Healthy Relationships**

- 9.6 Identify ways of maintaining sexual health
- 9.10 Apply communication and interpersonal skills to discuss reproductive and sexual health issues
- 9.11 Examine the cause and effect of unhealthy relationships and practise communication and assertiveness skills to confront unhealthy relationships
- 9.12 Identify and practise negotiation, assertiveness, and refusal skills, related to sexual activity, alcohol, tobacco, cannabis, and gambling
- 9.15 Examine the negative impact of stereotyping and stigma upon help-seeking behaviour
- 9.16 Examine issues around hypersexualization of children and youth and how these phenomena can contribute to violence, affect body image and self-esteem, and impact relationships
- 9.20 Identify school and community-based resources and health services available to assist themselves or a friend if help or information in the area of sexual health, mental health, alcohol, and other substance use or gambling is needed, and practise how to make initial contact with such a service/resource
- 9.24 Demonstrate understanding of how easy it is to lose control of information online