

Kindergarten

Personal Safety Program (Third Edition)

Lesson 1 – Feelings

- 3.1 Understand that feelings and emotions are expressed in words, actions and facial/body expressions

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

- 2.4 Recognize and discuss safe and unsafe situations
2.5 Apply basic safety rules

Lesson 3 – Naming Body Parts

- 2.4 Recognize and discuss safe and unsafe situations

Lesson 4 – OKAY and NOT OKAY Touching

- 2.4 Recognize and discuss safe and unsafe situations
2.5 Apply basic safety rules

Lesson 5 – The Buddy System

- 2.4 Recognize and discuss safe and unsafe situations
2.5 Apply basic safety rules

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

- 2.4 Recognize and discuss safe and unsafe situations
2.5 Apply basic safety rules

Lesson 7 – What to Do When Lost

- 2.4 Recognize and discuss safe and unsafe situations
2.5 Apply basic safety rules

Grade 1

Personal Safety Program (Third Edition)

Lesson 1 – Feelings

- R-1.1 Recognize and demonstrate various ways to express feelings
- R-1.2 Identify physiological responses to feelings
- R-1.3 Identify positive and negative feelings associated with stress/change
- R-1.4 Compare and contrast positive and negative nonverbal communication and associated feelings

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

- W-1.7 Describe actions to use in unsafe or abusive situations
- W-1.10 Demonstrate how to seek emergency help using 911

Lesson 3 – Boundaries — How to be Safe

- R-1.3 Identify positive and negative feelings associated with stress/change
- W-1.7 Describe actions to use in unsafe or abusive situations

Lesson 4 – KEEP and SPEAK Secrets

- W-1.7 Describe actions to use in unsafe or abusive situations

Lesson 5 – The Buddy System

- R-1.5 Identify characteristics of being a good friend
- W-1.9 Describe appropriate safety behaviors in and around a school building and on and around a school playground

Lesson 6 – Trust Your INSTINCTS

- R-1.1 Recognize and demonstrate various ways to express feelings
- R-1.2 Identify physiological responses to feelings

Grade 2

Personal Safety Program (Third Edition)

Lesson 1 – Emotions

- R-2.1 Recognize that individuals make choices about how to express feelings
- R-2.2 Become aware that the safe expression of feelings is healthy

Lesson 2 – Identifying a Safe Grown-up

- R-2.3 Develop communication strategies to express needs and seek support
- W-2.6 Describe and apply communication safety behavior at home
- W-2.8 Identify members of personal safety support networks and how to access assistance

Lesson 3 – Safety Awareness

- R-2.6 Demonstrate an age appropriate conflict resolution strategy
- W-2.6 Describe and apply communication safety behavior at home

Lesson 4 – The Buddy System

- W-2.6 Describe and apply communication safety behavior at home

Lesson 5 – Crossing Boundaries

- R-2.4 Demonstrate ways to show appreciation to friends and others
- R-2.5 Demonstrate behaviors that show respect for others

Lesson 6 – KEEP and SPEAK Secrets

- R-2.3 Develop communication strategies to express needs and seek support

Grade 3

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

- W-3.8 Employ practices that provide safety for self and others
- W-3.9 Describe and analyze appropriate safety behaviors in the local community

Lesson 2 – Emotions

- R-3.1 Recognize the effects of sharing positive feelings on self and others
- R-3.2 Demonstrate safe and appropriate ways for sharing and/or expressing feelings through words and behaviour
- R-3.5 Develop effective communication skills and strategies to express feelings

Lesson 3 – Identifying a Safe Grown-up

- W-3.9 Describe and analyze appropriate safety behaviors in the local community
- W-3.10 Describe and apply age appropriate behaviors when encountering an emergency

Lesson 4 – Personal Boundaries and Assertiveness

- R-3.4 Develop strategies to deal with stress and change
- W-3.7 Identify strategies to avoid being bullied in different case scenarios

Lesson 5 – Friendship

- R-3.6 Develop strategies to build and enhance friendships
- W-3.7 Identify strategies to avoid being bullied in different case scenarios

Lesson 6 – KEEP and SPEAK Secrets

- R-3.4 Develop strategies to deal with stress and change
- R-3.5 Develop effective communication skills and strategies to express feelings

Lesson 7 – The Buddy System

- W-3.8 Employ practices that provide safety for self and others
- W-3.9 Describe and analyze appropriate safety behaviors in the local community

Lesson 8 – Online Safety

- W-3.9 Describe and analyze appropriate safety behaviors in the local community

Grade 4

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

- W-4.7 Expand practices that provide safety for self and others
- W-4.9 Describe and demonstrate ways to assist with the safety of others

Lesson 2 – How We Feel and How We Act

- R-4.1 Recognize that individuals can have a positive and negative influence on the feelings of others
- R-4.2 Identify and use short-term strategies for managing anger

Lesson 3 – Expanding the Circle of Protection Around Children

- R-4.6 Identify and describe ways to provide support to others
- R-4.7 Demonstrate an understanding of effective communication skills and behaviours to reduce escalation of conflict

Lesson 4 – Friendship

- R-4.4 Describe and demonstrate communication skills and behaviours that show respect for the feelings of others
- R-4.5 Identify changes that may occur in friendships, and explore strategies to deal with changes
- W-4.9 Describe and demonstrate ways to assist with the safety of others

Lesson 5 – Common Lures

- L-4.3 Demonstrate effective decision making
- W-4.7 Expand practices that provide safety for self and others
- W-4.9 Describe and demonstrate ways to assist with the safety of other

Lesson 6 – Home Alone

- W-4.7 Expand practices that provide safety for self and others
- W-4.9 Describe and demonstrate ways to assist with the safety of others

Lesson 7 – Online Safety

- W-4.7 Expand practices that provide safety for self and others
- W-4.9 Describe and demonstrate ways to assist with the safety of others

Grade 5

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

W-5.7 Promote safety practices in the school and community

Lesson 2 – Emotions

R-5.1 Recognize that certain behaviours may mask underlying feelings

R-5.2 Identify and use long-term strategies for managing feelings

Lesson 3 – Circle of Protection

W-5.7 Promote safety practices in the school and community

W-5.8 Determine appropriate safety behaviours for community recreational situations

Lesson 4 – Boundaries

W-5.6 Identify personal boundaries, and recognize that boundaries vary depending on the nature of relationship, situation, and culture

Lesson 5 – Friendship

R-5.4 Practise effective communication skills

Lesson 6 – Common Lures

R-5.7 Apply mediation skills when resolving conflicts

W-5.7 Promote safety practices in the school and community

Lesson 7 – Home Alone

W-5.7 Promote safety practices in the school and community

Lesson 8 – Online Safety

W-5.6 Identify personal boundaries, and recognize that boundaries vary depending on the nature of relationship, situation, and culture

W-5.7 Promote safety practices in the school and community

Grade 6

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

W-6.7 Evaluate the impact of personal behaviour on the safety of self and others

Lesson 2 – Emotional Range

R-6.1 Recognize that individuals can choose their own emotional reactions to events and thoughts

R-6.2 Establish personal guidelines for expressing feelings

W-6.9 Describe physical, emotional, and social changes that occur during puberty

Lesson 3 – Circle of Protection

R-6.6 Develop strategies to maintain and enhance appropriate cross-age relationships

W-6.8 Demonstrate responsibility for, and skills related to, the safety of self and others

Lesson 4 – Relationships

R-6.5 Develop and demonstrate strategies to build and enhance relationships in the family

R-6.6 Develop strategies to maintain and enhance appropriate cross-age relationships

R-6.8 Analyse the influence of groups and cliques on self and others

W-6.5 Identify and communicate values and beliefs that affect healthy choices

Lesson 5 – Healthy vs. Unhealthy Boundaries

R-6.3 Develop personal strategies for dealing with stress and change

W-6.5 Identify and communicate values and beliefs that affect healthy choices

Lesson 6 – Common Lures

R-6.6 Develop strategies to maintain and enhance appropriate cross-age relationships

W-6.8 Demonstrate responsibility for, and skills related to, the safety of self and others

Lesson 7 – Online Safety

W-6.7 Evaluate the impact of personal behaviour on the safety of self and others

W-6.8 Demonstrate responsibility for, and skills related to, the safety of self and others

Grade 6

Lesson 8 – Babysitters' Safety

- R-6.7 Apply a variety of strategies for resolving conflict
- W-6.7 Evaluate the impact of personal behaviour on the safety of self and others

Grade 7

Personal Safety Program (Third Edition)

Lesson 1 – Emotions

- R-7.1 Analyse how thinking patterns influence feelings
- R-7.2 Demonstrate an understanding for short-term and long-term support for emotional concerns

Lesson 2 – Identifying Personal Boundaries

- R-7.5 Examine the characteristics of healthy relationships, and develop strategies to build and enhance them
- W-7.7 Analyse differing personal perspectives on safety

Lesson 3 – How to Set Personal Boundaries

- R-7.5 Examine the characteristics of healthy relationships, and develop strategies to build and enhance them
- R-7.7 Identify strategies for dealing assertively with conflict
- W-7.7 Analyse differing personal perspectives on safety

Lesson 4 – Friendship

- R-7.3 Identify sources of stress in relationships, and describe positive methods of dealing with such stressors
- R-7.5 Examine the characteristics of healthy relationships, and develop strategies to build and enhance them
- R-7.7 Identify strategies for dealing assertively with conflict

Lesson 5 – Relationships

- R-7.3 Identify sources of stress in relationships, and describe positive methods of dealing with such stressors
- R-7.5 Examine the characteristics of healthy relationships, and develop strategies to build and enhance them
- R-7.7 Identify strategies for dealing assertively with conflict
- W-7.11 Analyse the influences on personal decision making for responsible sexual behaviour

Lesson 6 – Online Record

- R-7.5 Examine the characteristics of healthy relationships, and develop strategies to build and enhance them
- R-7.7 Identify strategies for dealing assertively with conflict
- W-7.6 Demonstrate an understanding of the concept and possible consequences of various forms of harassment
- W-7.7 Analyse differing personal perspectives on safety

Grade 7

Lesson 7 – Getting Out of Unhealthy Situations

- R-7.5 Examine the characteristics of healthy relationships, and develop strategies to build and enhance them
- W-7.7 Analyse differing personal perspectives on safety
- W-7.8 Identify characteristics of resiliency

Grade 8

Personal Safety Program (Third Edition)

Lesson 1 – Identifying Feelings

R-8.1 Describe characteristics of persistent negative feeling states

Lesson 2 – How We Think, How We Feel

R-8.1 Describe characteristics of persistent negative feeling states

R-8.3 Evaluate the relationship between risk management and stress management

Lesson 3 – Identifying Healthy and Unhealthy Personal Boundaries

R-8.5 Describe strategies for maintaining healthy relationships

R-8.6 Describe and provide examples of ethical behaviour in relationships

R-8.7 Develop and demonstrate strategies for promoting peaceful relationships

W-8.8 Identify potentially unsafe situations, and begin to develop strategies to reduce risk

W-8.13 Determine the signs, methods, and consequences of various types of abuse

Lesson 4 – Dating Relationships

R-8.5 Describe strategies for maintaining healthy relationships

R-8.6 Describe and provide examples of ethical behaviour in relationships

R-8.7 Develop and demonstrate strategies for promoting peaceful relationships

Lesson 5 – Sextortion: What Teens Need to Know

W-8.1 Examine the relationship between choices and resulting consequences

W-8.8 Identify potentially unsafe situations, and begin to develop strategies to reduce risk

W-8.13 Determine the signs, methods, and consequences of various types of abuse

W-8.15 Demonstrate an understanding of responsibilities and consequences associated with being sexually active

Grade 9

Personal Safety Program (Third Edition)

Lesson – Healthy Relationships

- W-9.10 Apply coping strategies when experiencing different rates of physical, emotional, sexual, and social development
- W-9.11 Identify the four basic types of sexual assault
- W-9.12 Describe the consequences of sexual assault on a victim and those people associated with that victim
- W-9.13 Determine “safer” sex practices
- R-9.1 Identify and categorize various types of abuse
- R-9.2 Develop an awareness of the warning signs of abusive relationships and available community support
- R-9.3 Distinguish between abusive relationships and healthy relationships
- R-9.4 Gain an understanding of the complex societal and individual factors that perpetuate abuse
- R-9.5 Identify safe and effective alternatives to abusive behaviour
- R-9.6 Determine effective support for a friend who may be involved in an abusive relationship, as a victim or as an abuser
- L-9.3 Use decision making skills to select appropriate risk taking activities for personal growth and empowerment

Grade 10

Personal Safety Program (Third Edition)

Lesson – Healthy Relationships

- W1 Evaluate one's self in each dimension of wellness
- W5 Assess one's own self-awareness and self-management for the purpose of enhancing personal well-being and the well-being of others
- W6 Model safety and injury prevention practices
- W9 Assess how relationships influence all dimensions of wellness