

Kindergarten

Personal Safety Program (Third Edition)

Lesson 1 – Feelings

Curricular Competencies:

- Mental well-being - Identify and describe feelings and worries

Content:

- Emotions and their causes and effects

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

Curricular Competencies:

- Social and community health - Identify caring behaviours among classmates and within families

Content:

- Caring behaviours in groups and families

Lesson 3 – Naming Body Parts

Content:

- Names for parts of the body, including male and female private parts

Lesson 4 – OKAY and NOT OKAY Touching

Curricular Competencies:

- Social and community health - Identify and describe a variety of unsafe and/or uncomfortable situations

Content:

- Appropriate and inappropriate ways of being touched
- Hazards and potentially unsafe situations
- Caring behaviours in groups and families

Lesson 5 – The Buddy System

Curricular Competencies:

- Social and community health - Identify caring behaviours among classmates and within families

Content:

- Hazards and potentially unsafe situations
- How to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games
- Caring behaviours in groups and families

Kindergarten

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

Curricular Competencies:

- Healthy and active living - Identify opportunities to make choices that contribute to health and well-being
- Social and community health - Identify and describe a variety of unsafe and/or uncomfortable situations

Content:

- Practices that promote health and well-being
- Hazards and potentially unsafe situations

Lesson 7 – What to Do When Lost

Curricular Competencies:

- Healthy and active living - Identify opportunities to make choices that contribute to health and well-being
- Social and community health - Identify and describe a variety of unsafe and/or uncomfortable situations

Content:

- Practices that promote health and well-being
- Hazards and potentially unsafe situations

Grade 1

Personal Safety Program (Third Edition)

Lesson 1 – Feelings

Curricular Competencies:

- Mental well-being - Identify and describe feelings and worries
- Mental well-being - Identify and describe practices that promote mental well-being

Content:

- Emotions and their causes and effects

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

Curricular Competencies:

- Social and community health - Identify caring behaviours among classmates and within families
- Social and community health - Describe ways to prevent and respond to a variety of unsafe and or uncomfortable situations

Content:

- Caring behaviours in groups and families

Lesson 3 – Boundaries — How to be Safe

Curricular Competencies:

- Social and community health - Describe ways to prevent and respond to a variety of unsafe and or uncomfortable situations
- Social and community health - Develop and demonstrate respectful behaviour when participating in activities with others

Content:

- Appropriate and inappropriate ways of being touched
- Hazards and potentially unsafe situations

Lesson 4 – KEEP and SPEAK Secrets

Curricular Competencies:

- Social and community health - Describe ways to prevent and respond to a variety of unsafe and or uncomfortable situations

Content:

- Appropriate and inappropriate ways of being touched
- Hazards and potentially unsafe situations

Lesson 5 – The Buddy System

Curricular Competencies:

- Social and community health - Describe ways to prevent and respond to a variety of unsafe and or uncomfortable situations

Content:

- Hazards and potentially unsafe situations
- Caring behaviours in groups and families

Grade 1

Lesson 6 – Trust Your INSTINCTS

Curricular Competencies:

- Social and community health - Describe ways to prevent and respond to a variety of unsafe and or uncomfortable situations

Content:

- Hazards and potentially unsafe situations
- Caring behaviours in groups and families

Grade 2

Personal Safety Program (Third Edition)**Lesson 1 – Emotions**

Curricular Competencies:

- Mental well-being - Identify and describe feelings and worries, and strategies for dealing with them

Content:

- Managing and expressing emotions

Lesson 2 – Identifying a Safe Grown-up

Curricular Competencies:

- Social and community health - Identify and describe characteristics of positive relationships
- Social and community health - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations

Content:

- Strategies for accessing health information
- Strategies and skills to use in potentially hazardous, unsafe, or abusive situations

Lesson 3 – Safety Awareness

Curricular Competencies:

- Social and community health - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations

Content:

- Strategies and skills to use in potentially hazardous, unsafe, or abusive situations

Lesson 4 – The Buddy System

Curricular Competencies:

- Social and community health - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations
- Social and community health - Develop and demonstrate respectful behaviour when participating in activities with others

Content:

- Strategies and skills to use in potentially hazardous, unsafe, or abusive situations

Lesson 5 – Crossing Boundaries

Curricular Competencies:

- Social and community health - Identify and describe characteristics of positive relationships
- Social and community health - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations

Content:

- Strategies and skills to use in potentially hazardous, unsafe, or abusive situations

Grade 2

Lesson 6 – KEEP and SPEAK Secrets

Curricular Competencies:

- Social and community health - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations

Content:

- Strategies and skills to use in potentially hazardous, unsafe, or abusive situations

Grade 3

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

Curricular Competencies:

- Social and community health: Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations

Content:

- Strategies and skills to use in potentially hazardous, unsafe, or abusive situations

Lesson 2 – Emotions

Curricular Competencies:

- Mental well-being - Describe physical, emotional, and social changes as students grow older
- Mental well-being - Identify and apply strategies that promote mental well-being
- Mental well-being - Describe factors that influence mental well-being and self-identity

Content:

- Relationship between worries and fears

Lesson 3 – Identifying a Safe Grown-up

Curricular Competencies:

- Social and community health - Describe and apply strategies for developing and maintaining positive relationships

Content:

- Strategies for accessing health information

Lesson 4 – Personal Boundaries and Assertiveness

Curricular Competencies:

- Social and community health - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations

Content:

- Strategies and skills to use in potentially hazardous, unsafe, or abusive situations

Lesson 5 – Friendship

Curricular Competencies:

- Social and community health - Describe and apply strategies for developing and maintaining positive relationships

Content:

- Nature and consequences of bullying

Grade 3

Lesson 6 – KEEP and SPEAK Secrets

Curricular Competencies:

- Social and community health: Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations

Content:

- Strategies and skills to use in potentially hazardous, unsafe, or abusive situations

Lesson 7 – The Buddy System

Curricular Competencies:

- Social and community health: Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations

Content:

- Strategies and skills to use in potentially hazardous, unsafe, or abusive situations

Lesson 8 – Online Safety

Curricular Competencies:

- Social and community health: Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations

Content:

- Nature and consequences of bullying

Grade 4

Personal Safety Program (Third Edition)**Lesson 1 – Seven Root Safety Strategies**

Curricular Competencies:

- Social and community health - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations
- Social and community health - Describe and apply strategies that promote a safe and caring environment

Content:

- Strategies and skills to use in potentially hazardous, unsafe or abusive situations, including identifying common lures or tricks used by potential abusers

Lesson 2 – How We Feel and How We Act

Curricular Competencies:

- Mental well-being - Describe and assess strategies for promoting mental well-being
- Mental well-being - Explore and describe strategies for managing physical, emotional, and social changes during puberty
- Mental well-being - Describe factors that positively influence mental well-being and self-identity

Lesson 3 – Expanding the Circle of Protection Around Children

Curricular Competencies:

- Mental well-being - Describe and apply strategies that promote a safe and caring environment

Content:

- Strategies and skills to use in potentially hazardous, unsafe or abusive situations, including identifying common lures or tricks used by potential abusers

Lesson 4 – Friendship

Curricular Competencies:

- Social and community health - Describe and apply strategies for developing and maintaining positive relationships
- Social and community health - Describe and apply strategies that promote a safe and caring environment

Content:

- Strategies for responding to bullying, discrimination, and violence

Lesson 5 – Common Lures

Curricular Competencies:

- Social and community health - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations

Content:

- Strategies and skills to use in potentially hazardous, unsafe or abusive situations, including identifying common lures or tricks used by potential abusers

Grade 4

Lesson 6 – Home Alone

Curricular Competencies:

- Social and community health - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations
- Social and community health - Describe and apply strategies that promote a safe and caring environment

Lesson 7 – Online Safety

Curricular Competencies:

- Social and community health - Identify and describe avoidance or assertiveness strategies to use in unsafe and/or uncomfortable situations

Content:

- Strategies and skills to use in potentially hazardous, unsafe or abusive situations, including identifying common lures or tricks used by potential abusers

Grade 5

Personal Safety Program (Third Edition)**Lesson 1 – Seven Root Safety Strategies**

Curricular Competencies:

- Social and community health - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Social and community health - Describe and apply strategies that promote a safe and caring environment

Content:

- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings

Lesson 2 – Emotions

Curricular Competencies:

- Mental well-being - Describe and assess strategies for promoting mental well-being, for self and others
- Mental well-being - Explore and describe strategies for managing physical, emotional, and social changes during puberty

Lesson 3 – Circle of Protection

Curricular Competencies:

- Social and community health - Describe and apply strategies for developing and maintaining healthy relationships
- Social and community health - Describe and apply strategies that promote a safe and caring environment

Content:

- Sources of health information and support services

Lesson 4 – Boundaries

Curricular Competencies:

- Social and community health - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Social and community health - Describe and apply strategies for developing and maintaining healthy relationships

Content:

- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings

Lesson 5 – Friendship

Curricular Competencies:

- Social and community health - Describe and apply strategies for developing and maintaining healthy relationships
- Mental well-being - Describe and assess strategies for promoting mental well-being, for self and others
- Social and community health - Describe and apply strategies that promote a safe and caring environment

Grade 5

Lesson 6 – Common Lures

Curricular Competencies:

- Social and community health - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations

Content:

- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings

Lesson 7 – Home Alone

Curricular Competencies:

- Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations

Content:

- Sources of health information and support services
- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings

Lesson 8 – Online Safety

Curricular Competencies:

- Social and community health - Describe and apply strategies that promote a safe and caring environment
- Social and community health - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Social and community health - Describe and assess strategies for responding to discrimination, stereotyping, and bullying

Content:

- Sources of health information and support services
- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings

Grade 6

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

Curricular Competencies:

- Social and community health - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations

Content:

- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings
- Basic principles for responding to emergencies

Lesson 2 – Emotional Range

Curricular Competencies:

- Mental well-being - Describe and assess strategies for promoting mental well-being, for self and others
- Mental well-being - Explore and describe strategies for managing physical, emotional, and social changes during puberty and adolescence

Lesson 3 – Circle of Protection

Curricular Competencies:

- Mental well-being - Describe and assess strategies for promoting mental well-being, for self and others
- Social and community health - Explore strategies for promoting the health and well-being of the school and community

Content:

- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings

Lesson 4 – Relationships

Curricular Competencies:

- Social and community health - Describe and apply strategies for developing and maintaining healthy relationships
- Social and community health - Explore strategies for promoting the health and well-being of the school and community
- Social and community health - Describe and assess strategies for responding to discrimination, stereotyping, and bullying
- Mental well-being - Describe and assess strategies for promoting mental well-being, for self and others

Content:

- Consequences of bullying, stereotyping, and discrimination

Lesson 5 – Healthy vs. Unhealthy Boundaries

Curricular Competencies:

- Social and community health - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Social and community health - Describe and apply strategies for developing and maintaining healthy relationships

Content:

- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings

Grade 6

Lesson 6 – Common Lures

Curricular Competencies:

- Social and community health - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations

Content:

- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings

Lesson 7 – Online Safety

Curricular Competencies:

- Social and community health - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Social and community health - Describe and assess strategies for responding to discrimination, stereotyping, and bullying

Content:

- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings
- Consequences of bullying, stereotyping, and discrimination
- Basic principles for responding to emergencies

Lesson 8 – Babysitters' Safety

Curricular Competencies:

- Social and community health - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations

Content:

- Basic principles for responding to emergencies

Grade 7

Personal Safety Program (Third Edition)

Lesson 1 – Emotions

Curricular Competencies:

- Mental well-being - Describe and assess strategies for promoting mental well-being, for self and others
- Mental well-being - Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence

Content:

- Signs and symptoms of stress, anxiety, and depression

Lesson 2 – Identifying Personal Boundaries

Curricular Competencies:

- Social and community health - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Social and community health - Describe and apply strategies for developing and maintaining healthy relationships

Content:

- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings

Lesson 3 – How to Set Personal Boundaries

Curricular Competencies:

- Social and community health - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Social and community health - Describe and apply strategies for developing and maintaining healthy relationships

Content:

- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings

Lesson 4 – Friendship

Curricular Competencies:

- Social and community health - Describe and apply strategies for developing and maintaining healthy relationships
- Social and community health - Describe and assess strategies for responding to discrimination, stereotyping, and bullying

Content:

- Influences of physical, emotional, and social changes on identities and relationships
- Consequences of bullying, stereotyping, and discrimination

Grade 7

Lesson 5 – Relationships

Curricular Competencies:

- Social and community health - Describe and apply strategies for developing and maintaining healthy relationships
- Mental well-being - Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence

Content:

- Influences of physical, emotional, and social changes on identities and relationships

Lesson 6 – Online Record

Curricular Competencies:

- Social and community health - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Social and community health - Describe and assess strategies for responding to discrimination, stereotyping, and bullying

Content:

- Consequences of bullying, stereotyping, and discrimination
- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings

Lesson 7 – Getting Out of Unhealthy Situations

Curricular Competencies:

- Social and community health - Identify and describe strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Social and community health - Describe and assess strategies for responding to discrimination, stereotyping, and bullying

Content:

- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings
- Sources of health information
- Basic principles for responding to emergencies

Grade 8

Personal Safety Program (Third Edition)

Lesson 1 – Identifying Feelings

Content:

- Signs and symptoms of stress, anxiety, and depression
- Influences of physical, emotional, and social changes on identities and relationships

Lesson 2 – How We Think, How We Feel

Curricular Competencies:

- Mental well-being - Create and assess strategies for managing physical, emotional, and social changes during puberty and adolescence
- Mental well-being - Describe and assess strategies for promoting mental well-being, for self and others

Lesson 3 – Identifying Healthy and Unhealthy Personal Boundaries

Curricular Competencies:

- Social and community health - Propose strategies for developing and maintaining healthy relationships
- Social and community health - Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations

Content:

- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings

Lesson 4 – Dating Relationships

Curricular Competencies:

- Social and community health - Propose strategies for developing and maintaining healthy relationships
- Social and community health - Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations

Lesson 5 – Sextortion: What Teens Need to Know

Curricular Competencies:

- Social and community health - Propose strategies for responding to discrimination, stereotyping, and bullying
- Social and community health - Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations

Content:

- Sources of health information
- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings

Grade 9

Personal Safety Program (Third Edition)

Lesson – Healthy Relationships

Curricular Competencies:

- Social and community health - Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Social and community health - Analyze strategies for responding to discrimination, stereotyping, and bullying
- Social and community health - Propose strategies for developing and maintaining healthy relationships
- Social and community health - Create strategies for promoting the health and well-being of the school and community
- Mental well-being - Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence
- Mental well-being - Explore and describe factors that shape personal identities, including social and cultural factors

Content:

- Healthy sexual decision making
- Sources of health information
- Basic principles for responding to emergencies
- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings
- Consequences of bullying, stereotyping, and discrimination
- Influences of physical, emotional, and social changes on identities and relationships

Grade 10

Personal Safety Program (Third Edition)

Lesson – Healthy Relationships

Curricular Competencies:

- Social and community health - Propose strategies for avoiding and/or responding to potentially unsafe, abusive, or exploitive situations
- Social and community health - Analyze strategies for responding to discrimination, stereotyping, and bullying
- Social and community health - Develop skills for maintaining healthy relationships and responding to interpersonal conflict
- Social and community health - Analyze the potential effects of social influences on health
- Mental well-being - Evaluate and explain strategies for promoting mental well-being
- Mental well-being - Create and evaluate strategies for managing physical, emotional, and social changes during puberty and adolescence
- Mental well-being - Explore and describe factors that shape personal identities, including social and cultural factors

Content:

- Healthy sexual decision making
- Sources of health information
- Basic principles for responding to emergencies
- Strategies to protect themselves and others from potential abuse, exploitation, and harm in a variety of settings
- Consequences of bullying, stereotyping, and discrimination
- Influences of physical, emotional, and social changes on identities and relationships