

Kindergarten

Personal Safety Program (Third Edition)

Lesson 1 – Feelings

Mental and Emotional Well Being: Self-Awareness
5. Identify basic feelings

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

Safety and First Aid: Personal Safety
3. Identify community safety helpers

Lesson 3 – Naming Body Parts

Growth and Development: Body Systems
1. Name external body parts
2. Locate external body parts

Lesson 4 – OKAY and NOT OKAY Touching

Safety and First Aid: Personal Safety
3. Identify community safety helpers

Alcohol and Other Drugs: Safety
1. Identify safe/unsafe situations

Lesson 5 – The Buddy System

Mental and Emotional Well Being: Relationships
1. Identify activities they do with their friends

Safety and First Aid: Personal Safety
3. Identify community safety helpers

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

Safety and First Aid: Personal Safety
1. State personal safety rules
2. State personal identity facts
3. Identify community safety helpers

Alcohol and Other Drugs: Safety
1. Identify safe/unsafe situations

Lesson 7 – What to Do When Lost

Safety and First Aid: Personal Safety
2. State personal identity facts
3. Identify community safety helpers

Alcohol and Other Drugs: Safety
1. Identify safe/unsafe situations

Grade 1

Personal Safety Program (Third Edition)

Lesson 1 – Feelings

Mental and Emotional Well Being: Self-Awareness

3. Identify some of their likes and dislikes
4. Identify that people have different likes and dislikes

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

Family Life: Abuse Prevention

1. Identify family and community support people

Safety and First Aid: Personal Safety

3. Identify community safety helpers

Lesson 3 – Boundaries — How to be Safe

Family Life: Abuse Prevention

2. State rules to follow in various situations

Lesson 4 – KEEP and SPEAK Secrets

Family Life: Abuse Prevention

1. Identify the feelings associated with touch
2. state rules to follow in various situations

Family Life: Abuse Prevention

1. Identify family and community support people

Lesson 5 – The Buddy System

Safety and First Aid: Personal Safety

1. State personal safety rules

Mental and Emotional Well Being: Relationships

3. Identify ways people help each other

Lesson 6 – Trust Your INSTINCTS

Mental and Emotional Well Being: Relationships

3. Identify ways people help each other

Grade 2

Personal Safety Program (Third Edition)

Lesson 1 – Emotions

Mental and Emotional Well Being: Self-Awareness

1. Identify different feelings

Mental and Emotional Well Being: Self-Awareness

1. Identify different feelings in terms of personal experiences

Mental and Emotional Well Being: Self-Awareness

1. Identify ways of appropriately expressing feelings
2. Demonstrate ways of appropriately expressing feelings

Lesson 2 – Identifying a Safe Grown-up

Family Life: Abuse Prevention

1. Locate family and community support people
2. Identify how to contact family and community support people

Lesson 3 – Safety Awareness

Family Life: Abuse Prevention

1. Identify potentially abusive situations
2. Describe behaviours which help protect them from potentially abusive situations
3. Demonstrate behaviours which help maintain personal safety

Lesson 4 – The Buddy System

Family Life: Abuse Prevention

1. Identify potentially abusive situations
2. Describe behaviours which help protect them from potentially abusive situations
3. Demonstrate behaviours which help maintain personal safety

Lesson 5 – Crossing Boundaries

Family Life: Abuse Prevention

1. Identify potentially abusive situations
2. Describe behaviours which help protect them from potentially abusive situations
3. Demonstrate behaviours which help maintain personal safety

Lesson 6 – KEEP and SPEAK Secrets

Family Life: Abuse Prevention

1. Identify potentially abusive situations
2. Describe behaviours which help protect them from potentially abusive situations
3. Demonstrate behaviours which help maintain personal safety

Grade 3

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

Mental and Emotional Well Being: Relationships
1. Identify ways of communicating

Lesson 2 – Emotions

Mental and Emotional Well Being: Relationships
1. Identify ways of communicating

Lesson 3 – Identifying a Safe Grown-up

Mental and Emotional Well Being: Relationships
1. Identify ways of communicating

Lesson 4 – Personal Boundaries and Assertiveness

Mental and Emotional Well Being: Relationships
1. identify responsibilities which they have
2. identify responsibilities which other people have

Mental and Emotional Well Being: Relationships
1. Identify ways of communicating

Lesson 5 – Friendship

Mental and Emotional Well Being: Relationships
1. Identify ways of communicating

Lesson 6 – KEEP and SPEAK Secrets

Mental and Emotional Well Being: Relationships
1. Identify ways of communicating

Lesson 7 – The Buddy System

Mental and Emotional Well Being: Relationships
1. identify responsibilities which they have
2. identify responsibilities which other people have

Lesson 8 – Online Safety

Mental and Emotional Well Being: Relationships
1. identify responsibilities which they have
2. identify responsibilities which other people have

Mental and Emotional Well Being: Relationships
1. Identify ways of communicating

Grade 4

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

Mental and Emotional Well Being: Relationships

1. Identify caring behaviours

Family Life: Abuse Prevention

3. Identify trusted people in the community who can help

Lesson 2 – How We Feel and How We Act

Mental and Emotional Well Being: Self-Awareness

1. Identify personal strengths and weaknesses

Mental and Emotional Well Being: Self-Awareness

1. Identify activities that make them feel good

Family Life: Abuse Prevention

1. Identify feelings associated with touch
2. Identify how to deal with touches that produce negative or confused feelings

Lesson 3 – Expanding the Circle of Protection Around Children

Mental and Emotional Well Being: Relationships

1. Identify caring behaviours

Family Life: Abuse Prevention

2. Identify how to deal with touches that produce negative or confused feelings
3. Identify trusted people in the community who can help

Lesson 4 – Friendship

Mental and Emotional Well Being: Relationships

1. Identify caring behaviours

Mental and Emotional Well Being: Relationships

1. Demonstrate caring behaviours
2. Describe the importance of caring

Lesson 5 – Common Lures

Mental and Emotional Well Being: Relationships

1. Identify caring behaviours

Family Life: Abuse Prevention

3. Identify trusted people in the community who can help

Grade 4

Lesson 6 – Home Alone

Mental and Emotional Well Being: Decision Making

1. Identify the possible effects of various choices

Family Life: Abuse Prevention

3. Identify trusted people in the community who can help

Lesson 7 – Online Safety

Mental and Emotional Well Being: Decision Making

1. Identify the possible effects of various choices

Mental and Emotional Well Being: Decision Making

1. Identify decisions that peers may influence
2. Identify ways peers influence them

Family Life: Abuse Prevention

3. Identify trusted people in the community who can help

Grade 5

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

Mental and Emotional Well Being: Relationships

1. Describe different communication skills

Mental and Emotional Well Being: Coping

1. Identify situations that cause stress
2. Identify signs that cause stress

Lesson 2 – Emotions

Mental and Emotional Well Being: Relationships

1. Describe effective speaking and active listening skills
2. Demonstrate effective speaking and active listening skills

Mental and Emotional Well Being: Relationships

1. Describe different communication skills

Mental and Emotional Well Being: Coping

1. Identify situations that cause stress
2. Identify signs that cause stress

Lesson 3 – Circle of Protection

Mental and Emotional Well Being: Relationships

1. Describe different communication skills

Mental and Emotional Well Being: Coping

1. Identify situations that cause stress
2. Identify signs that cause stress

Lesson 4 – Boundaries

Mental and Emotional Well Being: Relationships

1. Identify assertive communication skills
2. Demonstrate assertive communication skills

Mental and Emotional Well Being: Relationships

1. Identify steps in a refusal process
2. Practice the steps of the refusal process

Lesson 5 – Friendship

Mental and Emotional Well Being: Relationships

2. Describe the importance of effective communication skills in a relationship

Grade 5

Lesson 6 – Common Lures

Mental and Emotional Well Being: Relationships

1. Identify assertive communication skills
2. Demonstrate assertive communication skills

Mental and Emotional Well Being: Relationships

1. Identify steps in a refusal process
2. Practice the steps of the refusal process

Lesson 7 – Home Alone

Mental and Emotional Well Being: Relationships

1. Identify assertive communication skills
2. Demonstrate assertive communication skills

Mental and Emotional Well Being: Relationships

1. Identify steps in a refusal process
2. Practice the steps of the refusal process

Lesson 8 – Online Safety

Mental and Emotional Well Being: Relationships

1. Identify assertive communication skills
2. Demonstrate assertive communication skills

Mental and Emotional Well Being: Relationships

1. Identify steps in a refusal process
2. Practice the steps of the refusal process

Grade 6

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

Family Life: Abuse Prevention

2. Identify responsible behaviours which help prevent abuse

Family Life: Abuse Prevention

1. Recognize supportive people
2. Identify family and community members who will provide support

Lesson 2 – Emotional Range

Mental and Emotional Well Being: Relationships

1. Describe mutual responsibilities involved in maintaining a friendship

Mental and Emotional Well Being: Life Style

1. Assess personal characteristics related to mental and emotional well-being

Lesson 3 – Circle of Protection

Family Life: Abuse Prevention

1. Recognize supportive people
2. Identify family and community members who will provide support

Lesson 4 – Relationships

Family Life: Abuse Prevention

1. Recognize supportive people

Mental and Emotional Well Being: Life Style

1. Assess personal characteristics related to mental and emotional well being

Mental and Emotional Well Being: Relationships

1. Describe mutual responsibilities involved in maintaining a friendship

Lesson 5 – Healthy vs. Unhealthy Boundaries

Mental and Emotional Well Being: Decision Making

1. Identify what is important to them

Family Life: Abuse Prevention

1. Describe sexual abuse

Lesson 6 – Common Lures

Family Life: Abuse Prevention

2. Identify responsible behaviours which help prevent abuse

Grade 6

Lesson 7 – Online Safety

Family Life: Abuse Prevention

2. Identify responsible behaviours which help prevent abuse

Lesson 8 – Babysitters' Safety

Mental and Emotional Well Being: Decision Making

1. Describe the steps in the decision-making process
2. Demonstrate the steps in the decision-making process

Grade 7

Personal Safety Program (Third Edition)

Lesson 1 – Emotions

Mental and Emotional Well Being: Self-Awareness

2. identify the factors that influence self-concept

Mental and Emotional Well Being: Self-Awareness

1. identify ways to enhance self-concept

Lesson 2 – Identifying Personal Boundaries

Growth and Development: Teen Decisions

1. demonstrate the steps in the refusal process
2. describe assertive responses that allow a person to say 'No' to sexual pressure
3. explain how assertiveness skills can help adolescents deal with sexual pressure

Growth and Development: Abuse Prevention

1. define sexual assault
4. identify behaviours that help prevent sexual assault

Growth and Development: Lifestyles

1. identify positive lifestyle practices that promote healthy sexuality and family relationships

Lesson 3 – How to Set Personal Boundaries

Growth and Development: Teen Decisions

1. demonstrate the steps in the refusal process
2. describe assertive responses that allow a person to say 'No' to sexual pressure
3. explain how assertiveness skills can help adolescents deal with sexual pressure

Lesson 4 – Friendship

Mental and Emotional Well Being: Self-Awareness

2. identify the factors that influence self-concept

Mental and Emotional Well Being: Relationships

1. identify ways of giving and receiving criticism

Lesson 5 – Relationships

Growth and Development: Teen Decisions

1. demonstrate the steps in the refusal process
2. describe assertive responses that allow a person to say 'No' to sexual pressure
3. explain how assertiveness skills can help adolescents deal with sexual pressure

Grade 7

Lesson 6 – Online Record

Growth and Development: Teen Decisions

1. demonstrate the steps in the refusal process
2. describe assertive responses that allow a person to say 'No' to sexual pressure
3. explain how assertiveness skills can help adolescents deal with sexual pressure

Lesson 7 – Getting Out of Unhealthy Situations

Growth and Development: Teen Decisions

1. demonstrate the steps in the refusal process
2. describe assertive responses that allow a person to say 'No' to sexual pressure
3. explain how assertiveness skills can help adolescents deal with sexual pressure

Growth and Development: Abuse Prevention

1. define sexual assault
4. identify behaviours that help prevent sexual assault

Grade 8

Personal Safety Program (Third Edition)

Lesson 1 – Identifying Feelings

Mental and Emotional Well Being: Coping

4. Identify ways of dealing with depression

Lesson 2 – How We Think, How We Feel

Mental and Emotional Well Being: Coping

4. Identify ways of dealing with depression

Mental and Emotional Well Being: Coping

1. identify specific methods of dealing with stress

Lesson 3 – Identifying Healthy and Unhealthy Personal Boundaries

Family Life: Families

1. describe types of interpersonal relationships
2. identify characteristics that promote the development of relationships

Family Life: Lifestyle

1. identify positive lifestyle practices that promote a young person's healthy sexuality and family relationships

Lesson 4 – Dating Relationships

Family Life: Families

1. describe types of interpersonal relationships
2. identify characteristics that promote the development of relationships

Lesson 5 – Sextortion: What Teens Need to Know

Family Life: Families

1. describe types of interpersonal relationships
2. identify characteristics that promote the development of relationships

Family Life: Lifestyle

1. identify positive lifestyle practices that promote a young person's healthy sexuality and family relationships

Grade 9

Personal Safety Program (Third Edition)

Lesson – Healthy Relationships

Mental and Emotional Well Being: Lifestyles

1. describe the components of a personal lifestyle
2. assess the components of their own mental and emotional lifestyle

Family Life: Families

1. describe male and female gender role stereotyping
2. identify factors that contribute to changes in gender role stereotyping

Family Life: Families

1. identify family support systems in the community
2. identify the roles of family support systems
3. describe how to effectively use the systems

Family Life: Lifestyles

1. identify positive lifestyle practices that promote healthy sexuality and family relationships