

Kindergarten

Personal Safety Program (Third Edition)

Lesson 1 – Feelings

- 5.2 Explore ways to express feelings. (CD 3.1.3, p.107)
- 5.3 Understand that everyone has different physical characteristics, abilities and feelings. (H-Theme 1)
- 5.16 Responds to others' experiences and feelings through conversation. (ELA 1.1.1)

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

- 4.3 Know the community helpers who work to keep us safe. (H-Theme 5)
- 4.4 Demonstrate awareness of those who help, care, and make decisions for them. (SS 2.1)

Lesson 3 – Naming Body Parts

- 2.6 Identify basic body parts and their functions. (H-Theme 2)
- 5.3 Understand that everyone has different physical characteristics, abilities and feelings. (H-Theme 1)
- 5.5 Explore the concept of change and growth as part of life. (CD 3.1.1, p.107)

Lesson 4 – OKAY and NOT OKAY Touching

- 4.20 Respect others. (ELA 5.2.2)
- 4.3 Know the community helpers who work to keep us safe. (H-Theme 5)

Lesson 5 – The Buddy System

- 4.21 Find ways to be helpful to others. (ELA 5.1.3)
- 7.7 Demonstrate good relations with others by working cooperatively toward common goals, and collaborating with others for the well-being of the community. (SS Skills Core Concept/Citizenship)

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

- 2.21 Understand that taking personal responsibility for following safety rules (pedestrian, ice, water, fire, dangerous substances) is an important part of life. (H-Theme 5)
- 4.3 Know the community helpers who work to keep us safe. (H-Theme 5)

Lesson 7 – What to Do When Lost

- 4.3 Know the community helpers who work to keep us safe. (H-Theme 5)
- 4.4 Demonstrate awareness of those who help, care, and make decisions for them. (SS 2.1)
- 9.4 Use critical thinking skills to make observations, decisions and to solve problems (SS Core Skills)

Grade 1

Personal Safety Program (Third Edition)

Lesson 1 – Feelings

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

Family Life, Lesson 6: Personal safety behaviours may require family and community support
i) Identify family and community support people

Safety and First Aid, Lesson 1: Personal safety involves following safety rules and knowing personal identity facts and community helpers
iii) Identify community safety helpers

Lesson 3 – Boundaries — How to be Safe

Family Life, Lesson 5: Touch produces different feelings
ii) State rules to follow in various situations

Lesson 4 – KEEP and SPEAK Secrets

Family Life, Lesson 5: Touch produces different feelings
i) Identify the feelings associated with touch

Family Life, Lesson 6: Personal safety behaviours may require family and community support
i) Identify family and community support people

Lesson 5 – The Buddy System

Mental and Emotional Well Being, Lesson 5: Helping others helps build relationships
i) Identify ways people help each other

Lesson 6 – Trust Your INSTINCTS

Mental and Emotional Well Being, Lesson 5: Helping others helps build relationships
i) Identify ways people help each other

Family Life, Lesson 5: Touch produces different feelings
i) Identify the feelings associated with touch

Grade 2

Personal Safety Program (Third Edition)

Lesson 1 – Emotions

Mental and Emotional Well Being, Lesson 1: Everyone has many different feelings

- i) Identify different feelings

Mental and Emotional Well Being, Lesson 2: Everyone has many different feelings

- i) Identify different feelings in terms of personal experiences

Mental and Emotional Well Being, Lesson 3: Awareness of feelings is necessary to express them appropriately

- i) Identify ways of appropriately expressing feelings
- ii) Demonstrate ways of appropriately expressing feelings

Lesson 2 – Identifying a Safe Grown-up

Family Life, Lesson 5: Personal safety behaviours may require family and community support

- i) Locate family and community support people
- ii) Identify how to contact family and community support people

Lesson 3 – Safety Awareness

Family Life, Lesson 4: Personal safety behaviours help protect from potentially abusive situations

- i) Identify potentially abusive situations
- ii) Describe behaviours which help protect them from potentially abusive situations
- iii) Demonstrate behaviours which help maintain personal safety

Lesson 4 – The Buddy System

Family Life, Lesson 4: Personal safety behaviours help protect from potentially abusive situations

- i) Identify potentially abusive situations
- ii) Describe behaviours which help protect them from potentially abusive situations
- iii) Demonstrate behaviours which help maintain personal safety

Lesson 5 – Crossing Boundaries

Family Life, Lesson 4: Personal safety behaviours help protect from potentially abusive situations

- i) Identify potentially abusive situations
- ii) Describe behaviours which help protect them from potentially abusive situations
- iii) Demonstrate behaviours which help maintain personal safety

Lesson 6 – KEEP and SPEAK Secrets

Family Life, Lesson 4: Personal safety behaviours help protect from potentially abusive situations

- i) Identify potentially abusive situations
- ii) Describe behaviours which help protect them from potentially abusive situations
- iii) 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, Lesson 7: Decisions are made from the choices available in a given situation

- i) Identify the choices available in a given situation

Mental and Emotional Well-Being, Lesson 8: Many situations require decisions

- i) Identify situations which require decisions
- ii) Identify personal decisions
- iii) Practice making decisions

Lesson 2 – Emotions

Mental and Emotional Well-Being, Lesson 5: Communication is important in getting along with others

- i) Identify ways of communicating

Lesson 3 – Identifying a Safe Grown-up

Mental and Emotional Well-Being, Lesson 5: Communication is important in getting along with others

- i) Identify ways of communicating

Lesson 4 – Personal Boundaries and Assertiveness

Mental and Emotional Well-Being, Lesson 5: Communication is important in getting along with others

- i) Identify ways of communicating

Lesson 5 – Friendship

Mental and Emotional Well-Being, Lesson 5: Communication is important in getting along with others

- i) Identify ways of communicating

Lesson 6 – KEEP and SPEAK Secrets

Mental and Emotional Well-Being, Lesson 5: Communication is important in getting along with others

- i) Identify ways of communicating

Mental and Emotional Well-Being, Lesson 8: Many situations require decisions

- i) Identify situations which require decisions
- ii) Identify personal decisions

Lesson 7 – The Buddy System

Mental and Emotional Well-Being, Lesson 7: Decisions are made from the choices available in a given situation

- i) Identify the choices available in a given situation

Mental and Emotional Well-Being, Lesson 8: Many situations require decisions

- i) Identify situations which require decisions
- ii) Identify personal decisions

Grade 3

Lesson 8 – Online Safety

Mental and Emotional Well-Being, Lesson 7: Decisions are made from the choices available in a given situation

- i) Identify the choices available in a given situation

Mental and Emotional Well-Being, Lesson 8: Many situations require decisions

- i) Identify situations which require decisions
- ii) Identify personal decisions

Grade 4

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

Mental and Emotional Well-Being, Lesson 5: Better decisions can be made by considering the possible effects of various choices

- i) identify the possible effects of various choices
- ii) identify reasons for individual decisions

Mental and Emotional Well-Being, Lesson 2: The activities people choose affect how they feel

- i) Identify feelings that make them feel good

Lesson 2 – How We Feel and How We Act

Mental and Emotional Well-Being, Lesson 1: Awareness of strengths and weaknesses affects how people feel about themselves

- i) Identify personal strengths and weaknesses

Mental and Emotional Well-Being, Lesson 2: The activities people choose affect how they feel

- i) Identify feelings that make them feel good

Family Life, Lesson 8: Touch produces different feelings

- i) Identify feelings associated with touch
- ii) Identify how to deal with touches that produce negative or confused feelings

Lesson 3 – Expanding the Circle of Protection Around Children

Family Life, Lesson 8: Touch produces different feelings

- ii) Identify how to deal with touches that produce negative or confused feelings
- iii) Identify trusted people in the community who can help

Lesson 4 – Friendship

Mental and Emotional Well-Being, Lesson 3: Caring behaviour helps build and maintain relationships

- i) Identify caring behaviours

Mental and Emotional Well-Being, Lesson 4: Caring behaviour helps build and maintain relationships

- i) Demonstrate caring behaviours
- ii) Describe the importance of caring

Mental and Emotional Well-Being, Lesson 6: Peers influence decisions

- i) identify decisions that peers may influence
- ii) identify ways peers influence them

Lesson 5 – Common Lures

Mental and Emotional Well-Being, Lesson 3: Caring behaviours helps build and maintain relationships

- i) identifying caring behaviours

Mental and Emotional Well-Being, Lesson 5: Better decisions can be made by considering the possible effects of various choices

- i) identify the possible effects of various choices
- ii) identify reasons for individual decisions

Grade 4

Lesson 6 – Home Alone

Mental and Emotional Well-Being, Lesson 5: Better decisions can be made by considering the possible effects of various choices

- i) identify the possible effects of various choices
- ii) identify reasons for individual decisions

Lesson 7 – Online Safety

Mental and Emotional Well-Being, Lesson 5: Better decisions can be made by considering the possible effects of various choices

- i) identify the possible effects of various choices
- ii) identify reasons for individual decisions

Mental and Emotional Well-Being, Lesson 6: Peers influence decisions

- i) identify decisions that peers may influence
- ii) identify ways peers influence them

Mental and Emotional Well-Being, Lesson 7: Peers may influence decisions

- i) identify methods of resisting peer influence
- ii) demonstrate methods of resisting peer influence

Grade 5

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

Mental and Emotional Well-Being, Lesson 2: Effective communication is important in a relationship

- i) Describe different communication skills

Mental and Emotional Well-Being, Lesson 7: Signs of stress are identifiable

- i) Identify situations that cause stress
- ii) Identify signs that cause stress

Mental and Emotional Well-Being, Lesson 3: Effective communication is important in a relationship

- i) identify assertive communication skills
- ii) demonstrate assertive communication skills

Mental and Emotional Well-Being, Lesson 4: Effective communication is important in a relationship

- i) identify steps in a refusal process
- ii) practise the steps of the refusal process

Lesson 2 – Emotions

Mental and Emotional Well-Being, Lesson 1: Effective communication is important in a relationship

- i) Describe effective speaking and active listening skills
- ii) Demonstrate effective speaking and active listening skills

Mental and Emotional Well-Being, Lesson 2: Effective communication is important in a relationship

- i) Describe different communication skills

Mental and Emotional Well-Being, Lesson 7: Signs of stress are identifiable

- i) Identify situations that cause stress
- ii) Identify signs that cause stress

Lesson 3 – Circle of Protection

Mental and Emotional Well-Being, Lesson 2: Effective communication is important in a relationship

- i) Describe different communication skills

Mental and Emotional Well-Being, Lesson 7: Signs of stress are identifiable

- i) Identify situations that cause stress
- ii) Identify signs that cause stress

Lesson 4 – Boundaries

Mental and Emotional Well-Being, Lesson 3: Effective communication is important in a relationship

- i) identify assertive communication skills
- ii) demonstrate assertive communication skills

Mental and Emotional Well-Being, Lesson 4: Effective communication is important in a relationship

- i) identify steps in a refusal process
- ii) practise the steps of the refusal process

Grade 5

Lesson 5 – Friendship

Mental and Emotional Well-Being, Lesson 2: Effective communication is important in a relationship
ii) Describe the importance of effective communication skills in a relationship

Lesson 6 – Common Lures

Mental and Emotional Well-Being, Lesson 3: Effective communication is important in a relationship
i) identify assertive communication skills
ii) demonstrate assertive communication skills

Mental and Emotional Well-Being, Lesson 4: Effective communication is important in a relationship
i) identify steps in a refusal process
ii) practise the steps of the refusal process

Lesson 7 – Home Alone

Mental and Emotional Well-Being, Lesson 3: Effective communication is important in a relationship
i) Identify assertive communication skills
ii) Demonstrate assertive communication skills

Mental and Emotional Well-Being, Lesson 4: Effective communication is important in a relationship
i) Identify steps in a refusal process
ii) Practice the steps of the refusal process

Lesson 8 – Online Safety

Mental and Emotional Well-Being, Lesson 3: Effective communication is important in a relationship
i) identify assertive communication skills
ii) demonstrate assertive communication skills

Mental and Emotional Well-Being, Lesson 4: Effective communication is important in a relationship
i) identify steps in a refusal process
ii) practise the steps of the refusal process

Grade 6

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

Family Life, Lesson 8: No one has the right to sexually abuse a child
ii) Identify responsible behaviours which help prevent abuse

Family Life, Lesson 9: No one has the right to sexually abuse a child
i) Recognize supportive people
ii) Identify family and community members who will provide support

Lesson 2 – Emotional Range

Mental and Emotional Well-Being, Lesson 1: Friends share a responsibility for maintaining the relationship
i) Assess personal characteristics related to mental and emotional well being

Lesson 3 – Circle of Protection

Family Life, Lesson 9: No one has the right to sexually abuse a child
i) Recognize supportive people
ii) Identify family and community members who will provide support

Lesson 4 – Relationships

Mental and Emotional Well-Being, Lesson 1: Friends share a responsibility for maintaining the relationship
i) Assess personal characteristics related to mental and emotional well being

Lesson 5 – Healthy vs. Unhealthy Boundaries

Mental and Emotional Well-Being, Lesson 4: Responsible decisions come from a developed value system
i) Identify what is important to them

Family Life, Lesson 8: No one has the right to sexually abuse a child
i) Describe sexual abuse

Family Life, Lesson 9: No one has the right to sexually abuse a child
i) Recognize supportive people
ii) Identify family and community members who will provide support

Lesson 6 – Common Lures

Family Life, Lesson 8: No one has the right to sexually abuse a child
ii) Identify responsible behaviours which help prevent abuse

Family Life, Lesson 9: No one has the right to sexually abuse a child
i) Recognize supportive people
ii) Identify family and community members who will provide support

Grade 6

Lesson 7 – Online Safety

Family Life, Lesson 8: No one has the right to sexually abuse a child
ii) Identify responsible behaviours which help prevent abuse

Family Life, Lesson 9: No one has the right to sexually abuse a child
i) Recognize supportive people
ii) Identify family and community members who will provide support

Lesson 8 – Babysitters' Safety

Mental and Emotional Well-Being, Lesson 5: Effective decision-making uses a systematic process
i) Describe the steps in the decision-making process
ii) Demonstrate the steps in the decision-making process

Grade 7

Personal Safety Program (Third Edition)

Lesson 1 – Emotions

Mental and Emotional Well-Being, Lesson 1: Self-concept is how people feel about themselves

- i) define self-concept
- ii) identify the factors that influence self-concept
- iii) identify characteristics of people with good and poor self-concept

Mental and Emotional Well-Being, Lesson 2: A positive self-concept is important in daily living

- i) identify ways to enhance self-concept
- ii) design a personal program to enhance self-concept
- iii) evaluate the effectiveness of the program

Lesson 2 – Identifying Personal Boundaries

Family Life, Lesson 7: Effective use of assertiveness skills can help adolescents deal with sexual pressures

- i) demonstrate the steps in the refusal process
- ii) describe assertive responses that allow a person to say 'No' to sexual pressure
- iii) explain how assertiveness skills can help adolescents deal with sexual pressure

Family Life, Lesson 10: Positive lifestyle practices promote health

- i) identify positive lifestyle practices that promote healthy sexuality and family relationships
- ii) design a personal program to promote healthy sexuality and family relationships
- iii) evaluate the effectiveness of the program

Lesson 3 – How to Set Personal Boundaries

Family Life, Lesson 7: Effective use of assertiveness skills can help adolescents deal with sexual pressures

- i) demonstrate the steps in the refusal process
- ii) describe assertive responses that allow a person to say 'No' to sexual pressure
- iii) explain how assertiveness skills can help adolescents deal with sexual pressure

Family Life, Lesson 10: Positive lifestyle practices promote health

- i) identify positive lifestyle practices that promote healthy sexuality and family relationships
- ii) design a personal program to promote healthy sexuality and family relationships
- iii) evaluate the effectiveness of the program

Lesson 4 – Friendship

Mental and Emotional Well-Being, Lesson 3: Effective communication is important in a relationship

- i) identify skills involved in initiating, maintaining and concluding a conversation
- ii) practise initiating, maintaining and concluding a conversation

Family Life, Lesson 9: Sexual assault is a criminal offence

- iv) identify behaviours that help prevent sexual assault

Family Life, Lesson 10: Positive lifestyle practices promote health

- i) identify positive lifestyle practices that promote healthy sexuality and family relationships

Grade 7

Lesson 5 – Relationships

Family Life, Lesson 7: Effective use of assertiveness skills can help adolescents deal with sexual pressures

- i) demonstrate the steps in the refusal process
- ii) describe assertive responses that allow a person to say 'No' to sexual pressure
- iii) explain how assertiveness skills can help adolescents deal with sexual pressure

Family Life, Lesson 9: Sexual assault is a criminal offence

- iv) identify behaviours that help prevent sexual assault

Family Life, Lesson 10: Positive lifestyle practices promote health

- i) identify positive lifestyle practices that promote healthy sexuality and family relationships
- ii) design a personal program to promote healthy sexuality and family relationships

Lesson 6 – Online Record

Family Life, Lesson 7: Effective use of assertiveness skills can help adolescents deal with sexual pressures

- i) demonstrate the steps in the refusal process
- ii) describe assertive responses that allow a person to say 'No' to sexual pressure
- iii) explain how assertiveness skills can help adolescents deal with sexual pressure

Lesson 7 – Getting Out of Unhealthy Situations

Family Life, Lesson 7: Effective use of assertiveness skills can help adolescents deal with sexual pressures

- i) demonstrate the steps in the refusal process
- ii) describe assertive responses that allow a person to say 'No' to sexual pressure
- iii) explain how assertiveness skills can help adolescents deal with sexual pressure

Grade 8

Personal Safety Program (Third Edition)

Lesson 1 – Identifying Feelings

Mental and Emotional Well Being, Lesson 3: People can learn to deal effectively with stress in their lives

- i) define stress
- ii) identify causes of stress
- iii) identify how stress affects the body

Mental and Emotional Well Being, Lesson 4: People can learn to deal effectively with stress in their lives

- i) identify specific methods of dealing with stress

Lesson 2 – How We Think, How We Feel

Mental and Emotional Well Being, Lesson 3: People can learn to deal effectively with stress in their lives

- i) define stress
- ii) identify causes of stress
- iii) identify how stress affects the body

Mental and Emotional Well Being, Lesson 4: People can learn to deal effectively with stress in their lives

- i) identify specific methods of dealing with stress

Lesson 3 – Identifying Healthy and Unhealthy Personal Boundaries

Family Life, Lesson 9: Positive lifestyle practices promote health

- i) identify positive lifestyle practices that promote a young person's healthy sexuality and family relationships
- ii) design a personal program to promote a healthy sexuality and/or family relationships
- iii) evaluate the effectiveness of the program

Lesson 4 – Dating Relationships

Family Life, Lesson 5: Assertiveness and abstinence are responsible behaviours for young adolescents

- ii) practise assertive responses to sexual pressure

Family Life, Lesson 9: Positive lifestyle practices promote health

- i) identify positive lifestyle practices that promote a young person's healthy sexuality and family relationships
- ii) design a personal program to promote a healthy sexuality and/or family relationships
- iii) evaluate the effectiveness of the program

Lesson 5 – Sextortion: What Teens Need to Know

Family Life, Lesson 5: Assertiveness and abstinence are responsible behaviours for young adolescents

- ii) practise assertive responses to sexual pressure

Family Life, Lesson 9: Positive lifestyle practices promote health

- i) identify positive lifestyle practices that promote a young person's healthy sexuality and family relationships
- ii) design a personal program to promote a healthy sexuality and/or family relationships
- iii) evaluate the effectiveness of the program

Grade 9

Personal Safety Program (Third Edition)

Lesson – Healthy Relationships

Mental and Emotional Well Being, Lesson 3: Positive lifestyle practices promote health

- i) describe the components of a personal lifestyle
- ii) assess the components of their own mental and emotional lifestyle

Family Life, Lesson 1: Males and females have equal potential

- i) describe male and female gender role stereotyping
- ii) identify factors that contribute to changes in gender role stereotyping

Family Life, Lesson 4: There are many support systems in the community available to families

- i) identify family support systems in the community
- ii) identify the roles of family support systems
- iii) describe how to effectively use the systems

Family Life, Lesson 9: Positive lifestyle practices promote health

- i) identify positive lifestyle practices that promote healthy sexuality and family relationships