

Kindergarten

Personal Safety Program (Third Edition)

Lesson 1 – Feelings

- K 1.2 Describe their own physical changes and unique characteristics
- K 1.7 Communicate effectively, solve problems and demonstrate conflict-resolution skills
- K 3.3 Develop vocabulary about sensory experiences that permits meaningful communication of ideas

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

- K 4.2 Demonstrate an awareness of safety in the community
- K 4.3 Demonstrate an awareness of the need for personal safety in the home, school and community, and be able to act accordingly

Lesson 3 – Naming Body Parts

- K 1.1 Demonstrate an understanding of themselves as unique and special
- K 1.2 Describe their own physical changes and unique characteristics

Lesson 4 – OKAY and NOT OKAY Touching

- K 3.3 Develop vocabulary about sensory experiences that permits meaningful communication of ideas
- K 4.2 Demonstrate an awareness of safety in the community
- K 4.3 Demonstrate an awareness of the need for personal safety in the home, school and community, and be able to act accordingly

Lesson 5 – The Buddy System

- K 4.2 Demonstrate an awareness of safety in the community
- K 4.3 Demonstrate an awareness of the need for personal safety in the home, school and community, and be able to act accordingly

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

- K 1.7 Communicate effectively, solve problems and demonstrate conflict-resolution skills
- K 4.2 Demonstrate an awareness of safety in the community
- K 4.3 Demonstrate an awareness of the need for personal safety in the home, school and community, and be able to act accordingly

Lesson 7 – What to Do When Lost

- K 1.7 Communicate effectively, solve problems and demonstrate conflict-resolution skills
- K 4.2 Demonstrate an awareness of safety in the community
- K 4.3 Demonstrate an awareness of the need for personal safety in the home, school and community, and be able to act accordingly

Grade 1

Personal Safety Program (Third Edition)

Lesson 1 – Feelings

- 1.1.1 Demonstrate an understanding of the importance of interactions between people
- 1.3.4 Understand and practise safety skills

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

- 1.1.1 Demonstrate an understanding of the importance of interactions between people
- 1.3.4 Understand and practise safety skills

Lesson 3 – Boundaries — How to be Safe

- 1.1.1 Demonstrate an understanding of the importance of interactions between people
- 1.1.3 Demonstrate an understanding that people within groups have rights and responsibilities
- 1.3.4 Understand and practise safety skills

Lesson 4 – KEEP and SPEAK Secrets

- 1.3.4 Understand and practise safety skills

Lesson 5 – The Buddy System

- 1.3.4 Understand and practise safety skills

Lesson 6 – Trust Your INSTINCTS

- 1.3.4 Understand and practise safety skills

Grade 2

Personal Safety Program (Third Edition)

Lesson 1 – Emotions

2.4.2 Appreciate the need for safety and self-protection in the home, school and in the community

Lesson 2 – Identifying a Safe Grown-up

2.4.2 Appreciate the need for safety and self-protection in the home, school and in the community

Lesson 3 – Safety Awareness

2.4.2 Appreciate the need for safety and self-protection in the home, school and in the community

Lesson 4 – The Buddy System

2.4.2 Appreciate the need for safety and self-protection in the home, school and in the community

Lesson 5 – Crossing Boundaries

2.4.2 Appreciate the need for safety and self-protection in the home, school and in the community

Lesson 6 – KEEP and SPEAK Secrets

2.4.2 Appreciate the need for safety and self-protection in the home, school and in the community

Grade 3

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

1.6 Describe behaviors and procedures that contribute to personal safety

Lesson 2 – Emotions

- 2.1 Recognize the importance of talking about emotions
- 2.2 Demonstrate self-calming strategies to regulate emotional reactions
- 2.3 Examine emotional responses and their influence on behaviour

Lesson 3 – Identifying a Safe Grown-up

1.6 Describe behaviors and procedures that contribute to personal safety

Lesson 4 – Personal Boundaries and Assertiveness

- 1.6 Describe behaviors and procedures that contribute to personal safety
- 3.4 Explore strategies to resolve conflict

Lesson 5 – Friendship

- 3.2 Identify strategies to build and enhance friendships
- 3.3 Explain bullying and ways to prevent and intervene when it occurs
- 3.4 Explore strategies to resolve conflict

Lesson 6 – KEEP and SPEAK Secrets

1.6 Describe behaviors and procedures that contribute to personal safety

Lesson 7 – The Buddy System

1.6 Describe behaviors and procedures that contribute to personal safety

Lesson 8 – Online Safety

- 1.6 Describe behaviors and procedures that contribute to personal safety
- 3.3 Explain bullying and ways to prevent and intervene when it occurs

Grade 4

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

1.6 Evaluate ways of minimizing risks in potentially dangerous situations

Lesson 2 – How We Feel and How We Act

1.3 Identify changes that occur during puberty

2.1 Describe a range of emotions

2.2 Identify strategies for regulating emotional reactions

2.3 Recognize expression of feelings in others

Lesson 3 – Expanding the Circle of Protection Around Children

1.6 Evaluate ways of minimizing risks in potentially dangerous situations

3.3 Identify the various types of bullying and appropriate strategies to respond

Lesson 4 – Friendship

3.2 Identify the importance of communication to build and maintain friendships

2.3 Recognize expression of feelings in others

3.4 Apply strategies to resolve conflict

Lesson 5 – Common Lures

1.6 Evaluate ways of minimizing risks in potentially dangerous situations

Lesson 6 – Home Alone

1.6 Evaluate ways of minimizing risks in potentially dangerous situations

Lesson 7 – Online Safety

1.6 Evaluate ways of minimizing risks in potentially dangerous situations

3.3 Identify the various types of bullying and appropriate strategies to respond

Grade 5

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

- 1.6 Select personal safety practices that promote injury prevention
- 2.3 Identify strategies for seeking support for self and others

Lesson 2 – Emotions

- 2.1 Identify sources and signs of stress as well as ways to manage it
- 2.2 Demonstrate methods for regulating emotional reactions

Lesson 3 – Circle of Protection

- 1.6 Select personal safety practices that promote injury prevention
- 2.3 Identify strategies for seeking support for self and others

Lesson 4 – Boundaries

- 1.6 Select personal safety practices that promote injury prevention

Lesson 5 – Friendship

- 3.2 Describe empathic responses and their impact on interpersonal relationships
- 3.4 Describe strategies to deal with conflict across a variety of interpersonal relationships

Lesson 6 – Common Lures

- 1.6 Select personal safety practices that promote injury prevention
- 2.3 Identify strategies for seeking support for self and others

Lesson 7 – Home Alone

- 1.6 Select personal safety practices that promote injury prevention
- 2.3 Identify strategies for seeking support for self and others

Lesson 8 – Online Safety

- 1.6 Select personal safety practices that promote injury prevention
- 2.3 Identify strategies for seeking support for self and others

Grade 6

Personal Safety Program (Third Edition)

Lesson 1 – Seven Root Safety Strategies

B1 Describe the domains of wellness and identify strategies for promoting their own wellness

Lesson 2 – Emotional Range

A2 Identify and describe various environmental factors that affect our

Lesson 3 – Circle of Protection

B1 Describe the domains of wellness and identify strategies for promoting their own wellness

Lesson 4 – Relationships

B3 Identify how environments influence health choices

Lesson 5 – Healthy vs. Unhealthy Boundaries

B1 Describe the domains of wellness and identify strategies for promoting their own wellness

B3 Identify how environments influence health choices

Lesson 6 – Common Lures

B1 Describe the domains of wellness and identify strategies for promoting their own wellness

Lesson 7 – Online Safety

B1 Describe the domains of wellness and identify strategies for promoting their own wellness

Lesson 8 – Babysitters’ Safety

A1 Identify injuries that are prevalent in the community

Grade 7

Personal Safety Program (Third Edition)

Lesson 1 – Emotions

B1 Identify strategies for promoting their own wellness

Lesson 2 – Identifying Personal Boundaries

A1 Define the role of community members (including self) in promoting safety and injury prevention

B1 Identify strategies for promoting their own wellness

C2 Identify, describe and practise refusal skills in order to take personal responsibility

Lesson 3 – How to Set Personal Boundaries

B1 Identify strategies for promoting their own wellness

C2 Identify, describe and practise refusal skills in order to take personal responsibility

B2 Identify needs pertaining to student wellness in school

Lesson 4 – Friendship

A1 Define the role of community members (including self) in promoting safety and injury prevention

D4 Recognize and evaluate different kinds of relationships

B2 Identify needs pertaining to student wellness in school

Lesson 5 – Relationships

A1 Define the role of community members (including self) in promoting safety and injury prevention

D4 Recognize and evaluate different kinds of relationships

B2 Identify needs pertaining to student wellness in school

Lesson 6 – Online Record

A1 Define the role of community members (including self) in promoting safety and injury prevention

C2 Identify, describe and practise refusal skills in order to take personal responsibility

Lesson 7 – Getting Out of Unhealthy Situations

A1 Define the role of community members (including self) in promoting safety and injury prevention

B1 Identify strategies for promoting their own wellness

Grade 8

Personal Safety Program (Third Edition)

Lesson 1 – Identifying Feelings

- B1 Identify strategies for promoting their own wellness
- B3 Identify stressors in students’ lives and strategies for coping with stress

Lesson 2 – How We Think, How We Feel

- B1 Identify strategies for promoting their own wellness
- B3 Identify stressors in students’ lives and strategies for coping with stress

Lesson 3 – Identifying Healthy and Unhealthy Personal Boundaries

- A2 Identify and describe how to promote safety and prevent injury or illness
- B1 Identify strategies for promoting their own wellness
- C2 Practice positive decision-making as it relates to self and others

Lesson 4 – Dating Relationships

- A2 Identify and describe how to promote safety and prevent injury or illness
- B3 Identify stressors in students’ lives and strategies for coping with stress

Lesson 5 – Sextortion: What Teens Need to Know

- A2 Identify and describe how to promote safety and prevent injury or illness
- B1 Identify strategies for promoting their own wellness
- B3 Identify stressors in students’ lives and strategies for coping with stress
- D2 Understand the choices and realize both the long-and short-term consequences and responsibilities that exist with becoming sexually active

Grade 9

Personal Safety Program (Third Edition)

Lesson – Healthy Relationships

- 1.D.7 Demonstrate cooperative skills in interactions with others
- 2.D.8 Demonstrate cooperative and supportive behaviour in interactions with others
- 2.K.5 Apply decision making models with regard to substance use and abuse and to sexual decision making

Grade 10

Personal Safety Program (Third Edition)

Lesson – Healthy Relationships

- 1.D.7 Demonstrate cooperative skills in interactions with others
- 2.D.8 Demonstrate cooperative and supportive behaviour in interactions with others
- 2.K.5 Apply decision making models with regard to substance use and abuse and to sexual decision making