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| **Essential Understandings** | * There are certain attitudes, knowledge and interpersonal skills that help a student understand and respect self and others.
* The proper application of safety skills enhances personal and physical well-being.
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| **Essential****Questions** | * What is needed to understand self and respect self and others?
* What are safety and survival skills for students?
* How does the relationship between rules and laws affect the safety and protection of rights of the individual?
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| **Essential Knowledge** | * Understanding and setting personal boundaries, rights, and personal privacy is beneficial in protecting one’s safety.
* Using effective problem solving and decision making skills as well as learning techniques for managing stress and conflict are beneficial in making safe and healthy choices throughout life.
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| **Vocabulary** | * Terms:
	+ Personal safety
	+ Decision-making
	+ Cyber-bullying
	+ Teasing
	+ Peer pressure
	+ Rumors
	+ Harassment
	+ Reporting
	+ Digital footprint
	+ Peer Support
	+ Boundaries
	+ Grooming
	+ Posting
	+ Sharing
 |
| **Essential** **Skills** | * Distinguish between appropriate and inappropriate behavior.
* Recognize personal boundaries, rights, and privacy needs.
* Understand the need for self-control and how to practice it.
* Recognize that everyone has rights and responsibilities
* Use effective communication skills.
* Learn how to make and keep friends.
* Learn about the relationship between rules, laws, safety, and the protection of rights of the individual.
* Demonstrate the ability to set boundaries, rights, and personal privacy.
* Differentiate between situations requiring peer support and situations requiring adult professional help.
* Identify resource people in the school and community, and know how to seek their help.
* Apply effective problem solving and decision making skills to make safe and healthy choices.
* Learn how to cope with peer pressure.
* Learn techniques for managing stress and conflict.
* Learning coping skills for managing life events.
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| **Related****Maine Learning****Results** | Health Education and Physical Education* A1. Healthy behaviors and personal health- (6-8) Students examine the relationship between behaviors and personal health.
* C2. Avoiding/Reducing Health Risks- (6-8) Students demonstrate behaviors to avoid or reduce health risks to self and others.
* D1 Influences on Health Practices/Behaviors (6-8) Students explain and analyze influences on adolescent health behaviors.
* D2 Technology and Health (6-8) Students analyze the influence of technology, including medical technology, on personal and family health.
* F1 Decision- Making (6-8) Students apply decision-making skills to enhance health

Career and Education Development* A1. Self-Knowledge and Self-Concept- (6-8) Students explain how interests, skills, habits of mind, and experiences support and maintain a positive self-concept.
* A3. Interpersonal Skills- (6-8) Students demonstrate behaviors that reflect positive interpersonal skills and analyze how positive interpersonal skills lead to success in a variety of school, work, and community settings.
* C2. Decision-making- (6-8) Students compare and apply different models for decision-making including the rational, intuitive, and consultative models for setting short-term and long-term goals in career and education.
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| **Sample****Lessons****And****Activities** | * Internet Safety Lesson- Adapted from Common Sense Media-
* Safe Online Talk Lesson from Common Sense Media- <https://www.commonsensemedia.org/educators/lesson/safe-online-talk-6-8>
* Crossing the Line Lesson from common Sense Media- <https://www.commonsensemedia.org/educators/lesson/cyberbullying-crossing-line-6-8>
* SASSMM Personal Safety Lesson for Grade 6
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| **Sample****Classroom****Assessment****Methods** | * Group Stoplight activity
* Group Discussion
* Exit slips (Write one thing you learned and ask one question)
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| **Sample****Resources** | * Common Sense Media- [www.commonsensemedia.org](http://www.commonsensemedia.org)
* Internet Safety Night CD- Presented by PTO Today
* “Digital Footprint” Common Sense Media Website-https://www.commonsensemedia.org/videos/digital-footprint
* Sexual Assault Support Services of Midcoast Maine <http://sassmm.org/education/>
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| **Technology** **Link** | * http://www.brunswick.k12.me.us/curriculum
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