|  |  |
| --- | --- |
| **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. |
| **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? |
| **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. |
| **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. |
| **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. |
| **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 |
| **Sample**  **Classroom**  **Assessment**  **Methods** | * Group Stoplight activity * Group Discussion * Exit slips (Write one thing you learned and ask one question) |
| **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/> |
| **Technology**  **Link** | * http://www.brunswick.k12.me.us/curriculum |