

**Health/Guidance**  
**Unit 11: Personal Safety**

<b>Essential Understandings</b>	Respecting personal boundaries contributes to healthy relationships with peers and adults.
<b>Essential Questions</b>	<ul style="list-style-type: none"> <li>▪ Who are trusted adults?</li> <li>▪ What are personal boundaries?</li> <li>▪ How to recognize and respond to an unsafe situation?</li> <li>▪ What are private body spaces?</li> </ul>
<b>Essential Knowledge</b>	<ul style="list-style-type: none"> <li>▪ Difference between safe, unsafe, and confusing touch.</li> <li>▪ Importance of talking to many trusted adults in an unsafe or confusing situation.</li> </ul>
<b>Vocabulary/Content</b>	<ul style="list-style-type: none"> <li>▪ Safe touch, unsafe touch, confusing touch, private body spaces, privacy, boundaries, trusted adult, fault, blame</li> </ul>
<b>Essential Skills</b>	<ul style="list-style-type: none"> <li>▪ Recognize the differences among safe, unsafe and confusing touches</li> <li>▪ Identify sources of help</li> <li>▪ Use effective communication skills</li> </ul>

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<p><b>ASCA Concepts</b></p>	<p>Develop positive attitudes toward self as a unique and worthy person                  Demonstrate essential understanding of basic health concepts                  Identify and express feelings                  Distinguish between appropriate and inappropriate behavior                  Recognize personal boundaries, rights, and privacy needs(                  Use effective communications skills                  Know that communication involves speaking, listening, and nonverbal behavior                  Learn about the differences between appropriate and inappropriate physical contact                  Identify resource people in the school and community, and know how to seek their help</p> <p>Health                  B1 Students identify trusted adults and professionals who can help promote health                  B2 Students identify ways to locate school and community health helpers</p> <p>F1a. Differentiate between situations when health-related decisions can be appropriately made by the individual and when assistance is needed.</p>
<p><b>Sample Lessons And Activities</b></p>	<ul style="list-style-type: none"> <li>▪ Read appropriate grade level books for discussions</li> </ul>
<p><b>Sample Classroom Assessment Methods</b></p>	<ul style="list-style-type: none"> <li>▪ Each child will state a person he or she trusts to provide help.</li> <li>▪ Each child will complete a brief SASSMM assessment of the lesson.</li> </ul>
<p><b>Sample Resources</b></p>	<p><u>My Body Belongs To Me K-2</u> video by Sunburst Communications</p> <p><i>The Trouble with Secrets</i> by Karen Johnson</p> <p>SASSMM – community outreach agency</p>