

**Health/Guidance
Unit 12: Personal Safety**

Essential Understandings	Respecting personal boundaries contributes to healthy relationships with peers and adults.
Essential Questions	<ul style="list-style-type: none"> ▪ Who are trusted adults? ▪ What are personal boundaries? ▪ How to recognize and respond to an unsafe situation? ▪ What are private body spaces?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Difference between safe, unsafe, and confusing touch. ▪ Importance of talking to many trusted adults in an unsafe or confusing situation. ▪ Recognize personal boundaries and the right to privacy
Vocabulary/Content	<ul style="list-style-type: none"> ▪ Safe touch, threatening situations, valid health information, ▪ Unsafe touch, health resources, trusted adult ▪ Confusing touch ▪ Private/Privacy , peer support, blame, fault
Essential Skills	<ul style="list-style-type: none"> ▪ Recognize the differences among safe, unsafe and confusing touches ▪ Identify appropriate responses to an unsafe situation ▪ Identify sources of help both adult and peer ▪ Communicate effectively regarding safety situations

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<p>ASCA Concepts</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 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</p> <p>B. 1 Students identify characteristics of valid health information, products, and services. B. 2 Students locate resources from home, school and the community that provide valid health information</p> <p>C. 2a Demonstrate healthy and safe ways to recognize, deal with, or avoid threatening situations. C. 2b Develop injury prevention and safety strategies for personal health F. 1a Identify health-related situations that might require a thoughtful decision</p>
<p>Maine Learning Results</p>	
<p>Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Read and discuss grade appropriate books or videos
<p>Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Each child will state a person he or she trusts to provide help. ▪ Each child will complete a brief SASSMM assessment of the lesson.

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Sample Resources	<p><u>When Should You Tell ?</u> gr 2-4 –video by Sunburst Communications</p> <p><u>Sexual Abuse: It's Not your Fault</u> – video from Sunburst videos</p> <p>SASSMM – community outreach agency</p>
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