

Health/Guidance
Unit 11: Personal Safety

Essential Understandings	Respecting personal boundaries contributes to healthy relationships with peers and adults.
Essential Questions	▪ Who are trusted adults? ▪ What are personal boundaries? ▪ How to recognize and respond to an unsafe situation? ▪ What are private body spaces?
Essential Knowledge	▪ Difference between safe, unsafe, and confusing touch. ▪ Importance of talking to many trusted adults in an unsafe or confusing situation.
Vocabulary/Content	▪ Safe touch, unsafe touch, confusing touch, private body spaces, privacy, boundaries, trusted adult, fault, blame
Essential Skills	▪ Recognize the differences among safe, unsafe and confusing touches ▪ Identify sources of help ▪ Use effective communication skills

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ASCA Concepts	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
Maine Learning Results	Health B1Students identify trusted adults and professionals who can help promote health B2 Students identify ways to locate school and community health helpers F1a. Differentiate between situations when health-related decisions can be appropriately made by the individual and when assistance is needed.
Sample Lessons And Activities	▪ Read appropriate grade level books for discussions
Sample Classroom Assessment Methods	▪ Each child will state a person he or she trusts to provide help. ▪ Each child will complete a brief SASSMM assessment of the lesson.
Sample Resources	<u>My Body Belongs To Me</u> K-2 video by Sunburst Communications <i>The Trouble with Secrets</i> by Karen Johnson SASSMM – community outreach agency