

Kids in the Know: Outline of Lessons for HAS K-Grade 3

Kindergarten	Grade 1	Grade 2	Grade 3
Lesson 1 – Feelings <ul style="list-style-type: none"> Students will learn to identify and label sad, happy, mad, scared and surprised to promote self-awareness Students will learn that anxiety, sadness and anger are often the first line of defense against danger 	Lesson 1 – Feelings <ul style="list-style-type: none"> Students will be able to identify and label sad, happy, mad, scared, surprised 	Lesson 1 – Emotions <ul style="list-style-type: none"> Students will be able to identify and label emotions Students will be able to identify physiological responses to anger Students will understand that all feelings are okay, but not all behaviors are appropriate 	Lesson 1 – Identifying a Safe Adult <ul style="list-style-type: none"> Students will identify safe adults in their environment Students will consider qualities to look for in safe adults Students will know how to tell a safe adult something that is difficult to share
Lesson 2 – Identifying a Grown-up Who You Can Go to for Help <ul style="list-style-type: none"> Students will be able to identify grown-ups who they can go to for help 	Lesson 2 – A Grown-up You can Go to for Help <ul style="list-style-type: none"> Students will be able to identify grown-ups who they can go to for help 	Lesson 2 – Identifying a Safe Adult <ul style="list-style-type: none"> Students will identify safe adults in their environment with whom they can share private information Students will learn that when personal safety is at risk, they should go to an adult instead of a friend (may place friend at risk) 	Lesson 2 – Emotions <ul style="list-style-type: none"> Students will increase their awareness of various emotions (i.e. happiness, sadness, anger, surprise, fear, disgust, embarrassment etc.) and non-verbal language (how we can tell by someone’s body or face how they are feeling)
Lesson 3 – Naming Body Parts <ul style="list-style-type: none"> Students will be able to identify and label their body parts Students will be able to identify and label parts of the body that are private (Teaching children the correct terms for their body parts is important in the event of a disclosure of sexual abuse) 	Lesson 3 – Boundaries – How to be Safe <ul style="list-style-type: none"> Students will be able to recognize the difference between appropriate and inappropriate behavior Students will be able to distinguish between safe and unsafe behavior 	Lesson 3 – Safety Awareness <ul style="list-style-type: none"> Students will be able to identify dangerous situations and know how to respond safely Students will learn to make decisions that increase their safety 	Lesson 3 – Assertiveness <ul style="list-style-type: none"> Students will demonstrate assertive behavior (sending a strong message, especially when safety is at risk) Students will learn to make decisions that reduce their risk of victimization (when dealing with personal safety, students will learn that they have permission to respond without concern for the feelings of the other individual)
Lesson 4 – Okay and Not Okay Touching <ul style="list-style-type: none"> Students will be able to distinguish between appropriate and inappropriate touching (personal boundaries) Students will be able to recognize the difference between safe and unsafe behaviors and situations (secretive touching with a grown-up or teenager is NOT OKAY; secretive picture taking (or pictures they are shown) is NOT OKAY 	Lesson 4 – Keep and Speak Secrets <ul style="list-style-type: none"> Students will discriminate between safe behavior and unsafe behavior Students will be able to identify who to tell if they need help Students will learn to make decisions that will help increase their safety 	Lesson 4 – The Buddy System <ul style="list-style-type: none"> Students will learn to increase their safety by using the buddy system in addition to reviewing the strategy: If asked to go and your parents don’t know, SHOUT NO! Students will learn to make decisions that reduce their risk of victimization 	Lesson 4 – Friendship <ul style="list-style-type: none"> Students will increase their awareness of qualities of healthy friendships : what it looks like, sounds like, feels like; and qualities of unhealthy friendships (control) and what it looks like, sounds like and feels like
Lesson 5- The Buddy System <ul style="list-style-type: none"> Students will understand the importance of going places in twos/groups/packs/pairs/crews/together to increase their personal safety Students will understand how to use the buddy system as a safety tool 	Lesson 5 – The Buddy System <ul style="list-style-type: none"> Students will understand the importance of going places with someone to increase their personal safety Students will understand how to use the buddy system as a safety tool 	Lesson 5 – Crossing Boundaries <ul style="list-style-type: none"> Students will distinguish between behavior that is safe and behavior that is unsafe (behaviors that are OKAY and behaviors that are not OKAY) Students will identify boundary-breaking behavior Students will identify who to go to for help 	Lesson 5 – Keep and Speak Secrets <ul style="list-style-type: none"> Students will understand that there are 2 types of secrets (harmless and hurtful) Students will understand that an uncomfortable secret without an ending needs to be told to a safe adult Students will identify safe adults in their life Students will learn to make decisions that reduce their risk of victimization (secrets about touching are NOT OKAY; secrets about picture taking are NOT OKAY)
Lesson 6 – If Asked to Go and Your Parents Don’t Know, SHOUT NO! <ul style="list-style-type: none"> Students will understand the need to check with parents or guardians first before going somewhere or accepting something from someone (even with people who children know) 	Lesson 6 – Trust Your Instincts <ul style="list-style-type: none"> Students will learn to monitor their bodies’ physiological responses to guide safe decision-making (ability to identify when they are scared or uncomfortable) Students will learn to make decisions that reduce their risk of victimization 	Lesson 6 – Keep and Speak Secrets <ul style="list-style-type: none"> Students will understand that there are two types of secrets Students will understand that an uncomfortable secret without an ending needs to be told to a safe adult Students will identify safe adults in their life Students will learn to make decisions that reduce their risk of victimization 	Lesson 6- The Buddy System <ul style="list-style-type: none"> Students will recognize which root safety strategy to use based on the specific situation Students will learn to make decisions that reduce their risk of victimization
Lesson 7 – What To Do When Lost <ul style="list-style-type: none"> Students will have the skills needed to help reduce their chances of being victimized when lost in a store or at a park Students will learn to make decisions that reduce their risk of victimization 			Lesson 7 – Internet Safety <ul style="list-style-type: none"> Students will demonstrate an understanding of what is personal information Students will understand the importance of keeping personal information off the Internet