

Pre/K Scope and Sequence

Optional parent handout

Unit I

Personal Safety

The goal of this unit is to increase children’s knowledge of and adherence to rules that will help keep them safe.

Lesson 1: Learning Car Safety

Following safety rules helps keep people safe. Always wearing a seatbelt helps keep people safe in a car.

Lesson 2: Learning Traffic Safety

Following safety rules helps keep children safe. Children should cross the street safely by looking in all directions first and holding hands. Children should say “No” to breaking safety rules.

Lesson 3: Learning Fire Safety

Following safety rules about fire is very important for children. Children should say “No” to breaking safety rules. When someone breaks a safety rule, children should tell a grown-up.

Lesson 4: Learning Gun Safety—Never Playing with Guns

Handling or playing with guns is dangerous for children.

Lesson 5: Getting Found

Children need to know how to stay safe when they are lost.

Lesson 6: The Always Ask First Rule—Getting Permission Before Going with Someone

An important people safety rule is: Always ask your parents or the person in charge first if someone wants you to go somewhere with him or her.

Lesson 7: The Always Ask First Rule—Getting Permission Before Accepting Gifts

An important people safety rule is: Always ask your parents or the person in charge first if someone wants to give you something.

Unit II

Touching Safety

The goal of this unit is to strengthen children's ability to distinguish between safe touch and unsafe touch and to increase children's knowledge of safety rules about touching.

Lesson 8: Getting and Giving Safe Touches

Safe touches help people feel cared for and loved. They are good for your body.

Lesson 9: Dealing with Unsafe Touches

Children can develop skills to help them resist or avoid unsafe touches.

Lesson 10: Saying "No" to Unwanted Touches

Children (and adults) have a right to say how and by whom they are touched. Children can develop skills and vocabulary to help them avoid unwanted touches.

Lesson 11: Learning the Touching Rule

Learning the Touching Rule will help children stay safe. The Touching Rule is: A bigger person should not touch your private body parts except to keep you clean and healthy.

Lesson 12: Learning the Safety Steps (Booster Lesson)

Learning the Safety Steps will help children stay safe. The Safety Steps are (1) Say words that mean "No"; (2) Get away; and (3) Tell a grown-up.

Lesson 13: Using the Touching Rule

Children should use the Safety Steps if someone breaks the Touching Rule.

Lesson 14: *Joey Learns the Touching Rule* (Booster Lesson; video used)

Children should use the Safety Steps if someone breaks the Touching Rule. Children should not keep secrets about touching. It's never the child's fault.

Lesson 15: *Sam's Story* (Big Book used)

Children should use the Safety Steps if someone breaks the Touching Rule. Children should not keep secrets about touching.

GRADE 1 Scope and Sequence

Optional parent handout

Unit I

Personal Safety

The goal of this unit is to increase children’s knowledge of and adherence to rules that will help keep them safe.

Lesson 1: Learning Bicycle Safety—Wearing Your Helmet

Following safety rules helps keep people safe. Children can bicycle safely by wearing a helmet and following specific rules.

Lesson 2: Learning Gun Safety—Never Playing with Guns

Handling and playing with guns is dangerous for children.

Lesson 3: The Always Ask First Rule

Children need to ask parents or the person in charge first before going somewhere with someone or accepting a gift from someone.

Unit II

Touching Safety

The goal of this unit is to strengthen children’s ability to distinguish between safe touch and unsafe touch and to increase their knowledge of safety rules about touching.

Lesson 4: Identifying Touches—Safe Touch/Unsafe Touch

Safe touch is good for your body, and it makes you feel cared for, loved, and important. Unsafe touch is not good for your body and hurts your body or feelings.

Lesson 5: Dealing with Unsafe Touch

Children can develop skills to help them avoid or resist unsafe touches.

Lesson 6: Physical Abuse—Telling a Grown-Up

Children should tell a grown-up they trust if they are being abused.

Lesson 7: Saying “No” to Unwanted Touch

It is okay for children to say “No” to unwanted touch.

Lesson 8: The Touching Rule

Learning the Touching Rule helps children stay safe. The Touching Rule is: No one should touch your private body parts except to keep you clean and healthy.

Lesson 9: Learning the Safety Steps (Booster Lesson)

The Safety Steps help children know what to do if someone breaks the Touching Rule. The Safety Steps are (1) Say words that mean “No”; (2) Get away; and (3) Tell a grown-up.

Lesson 10: Using the Touching Rule (Booster Lesson)

Children should not keep secrets about touching. It is never too late to tell about touching that breaks the Touching Rule.

Unit III**Assertiveness and Support**

The goal of this unit is to increase children’s ability to stand up for themselves in an assertive, but not aggressive, way and to ask for help in difficult, uncomfortable, or dangerous situations.

Lesson 11: Standing Up for Yourself by Saying “No”

Being assertive and standing up for themselves can help keep children safe.

Lesson 12: Getting Help If You Are Bullied

When assertive behavior doesn’t work, it’s all right to ask for help.

Lesson 13: Sam’s Story

Children need to follow the Safety Steps—say words that mean “No,” get away, and tell a grown-up—if someone breaks the Touching Rule. Children should not keep secrets about touching.

GRADE 2 Scope and Sequence

Optional parent handout

Unit I

Personal Safety

The goal of this unit is to increase children’s knowledge of and adherence to rules that will help keep them safe.

Lesson 1: Fire Safety—Creating a Family Safety Plan

Knowing and following specific fire safety rules are important factors in keeping children safe.

Lesson 2: Gun Safety—Never Playing with Guns

Handling and playing with guns is dangerous for children.

Lesson 3: Home Safety—Answering the Phone

Responding appropriately to unsafe phone calls is an important skill for children to know.

Lesson 4: The Always Ask First Rule

Children need to ask the person in charge first before going somewhere with someone or accepting a gift from someone.

Unit II

Touching Safety

The goal of this unit is to strengthen children’s ability to identify differences among safe touch, unsafe touch, and unwanted touch and to follow safety rules about touching.

Lesson 5: Identifying Touches—Safe Touch/Unsafe Touch

Safe touch is good for your body, and it makes you feel cared for, loved, and important. Unsafe touch is not good for your body and hurts your body or your feelings.

Lesson 6: Unsafe Touch—Preventing Physical Abuse

Children should tell a grown-up they trust if they are being physically abused.

Lesson 7: Unwanted Touch

It is okay for children to say “No” to unwanted touch.

Lesson 8: The Touching Rule (Booster Lesson)

Learning the Touching Rule helps children stay safe. The Touching Rule is: No one should touch your private body parts except to keep you clean and healthy.

Lesson 9: Learning the Safety Steps (Booster Lesson)

The Safety Steps help children know what to do if someone breaks the Touching Rule. The Safety Steps are (1) Say words that mean “No”; (2) Get away; and (3) Tell a grown-up.

Lesson 10: Secrets About Touching—Telling a Grown-Up

Children should not keep secrets about touching. It is never too late to tell about touching that breaks the Touching Rule.

Lesson 11: Using the Touching Rule with Peers—Asking for Help

When older or bigger children try to break the Touching Rule, it is important to ask for help.

Unit III**Assertiveness and Support**

The goal of this unit is to increase children’s ability to stand up for themselves in an assertive, but not aggressive, way and to ask for help in difficult, uncomfortable, or dangerous situations.

Lesson 12: Finding Support—Talking to a Grown-Up

Adults are part of a support system for children who need to talk about upsetting past experiences.

Lesson 13: Standing Up for Yourself If You Are Bullied

Bullying is unkind and unfair. Being assertive lessens the likelihood of being a target of bullying.

Lesson 14: Speaking Out Against Bullying

Speaking out against bullying is an important step toward stopping bullying behavior.

GRADE 3 Scope and Sequence

Optional parent handout

Unit I

Personal Safety

The goal of this unit is to increase children’s knowledge of and adherence to rules that will help keep them safe.

Lesson 1: Walking Safety

Following specific walking safety rules helps keep children safe.

Lesson 2: Fire Safety—Never Playing with Fire

Knowing and following specific fire safety rules are important factors in keeping children safe.

Lesson 3: Gun Safety—Never Playing with Guns

Handling and playing with guns is dangerous for children.

Lesson 4: The Always Ask First Rule

Children should always ask first if someone wants them to do something or go somewhere with him or her.

Unit II

Touching Safety

The goal of this unit is to strengthen children’s ability to identify differences among safe touch, unsafe touch, and unwanted touch and to adhere to safety rules about touching.

Lesson 5: Identifying Touches—Safe Touch/Unsafe Touch/Unwanted Touch

The ability to differentiate among safe touch, unsafe touch, and unwanted touch is an important factor in keeping children safe.

Lesson 6: Physical Abuse—Telling Secrets

Children should tell a grown-up they trust if they are being abused.

Lesson 7: The Touching Rule and the Safety Steps (Booster Lesson)

Learning the Touching Rule helps children stay safe. The Touching Rule is: No one should touch your private body parts except to keep you clean and healthy. The Safety Steps help children know what to do if someone breaks the Touching Rule. The Safety Steps are (1) Say words that mean “No”; (2) Get away; and (3) Tell a grown-up.

Lesson 8: Using the Touching Rule (Booster Lesson)

Using the Touching Rule and the Safety Steps help children stay safe.

Lesson 9: Telling Touching Secrets

Children should not keep secrets about touching. It is never too late to tell about touching that breaks the Touching Rule.

Unit III**Assertiveness and Support**

The goal of this unit is to increase children's ability to stand up for themselves in an assertive, but not aggressive, way and to ask for help in difficult, uncomfortable, or dangerous situations.

Lesson 10: Learning to Be Assertive—Standing Up for Yourself

Children need to respond assertively and safely when they find themselves in uncomfortable or dangerous situations in public places.

Lesson 11: Solving a Problem—Talking It Out

Adults are part of a support system for children who need to talk about upsetting past experiences.

Lesson 12: Dealing with Bullying—Asking for Help

Bullying is unkind and unfair. When standing up to being bullied doesn't work, asking for help is another way for children to be assertive.

Lesson 13: Harassment—Knowing What to Do

Harassment includes unwanted touch and rude comments or actions. Children should respond assertively to harassment and tell a trusted grown-up.