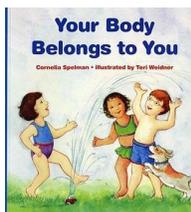


## Personal Body Safety Counseling Lessons in December 2019

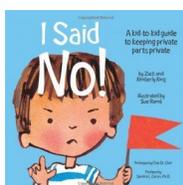
All students in grades K-5 will be learning about personal body safety during the months of November and December. These lessons are county mandated lessons.



Kindergarten: These students will learn areas of their body that are private and what a safe touch is. They will also learn how to refuse unsafe and unwanted touches. The book *Your Body Belongs to You* was read to students. They were taught how to say No when they don't want to be touched



First grade: These students will learn that they should check with a parent or caregiver before going anywhere. They are instructed about that "uh-oh" feelings and when they should ask for assistance. They will also learn how to refuse unsafe/unwanted touches. There was discussion about good and bad secrets. A good secret is something that makes people feel happy. A bad secret is when a person is being harmed and told not to tell anyone.



Second grade: These students will be taught about unsafe secrets, tricks, bribes, and threats. Students are taught the language, "No, Go and Tell" when feeling uncomfortable. They are also taught to identify people that are safe in their world known as **green flag** people.

Third grade: These students watched a Powtween entitled, "Being Smart About Uncomfortable Feelings and Grooming." The objective for this lesson is that every friendly person may not actually be your friend. Students are taught that the yucky feeling is often accompanied by a freeze response of not knowing what to do. This is an indication that they need to inform a trusted adult as soon as possible. Students are informed to contact an adult even if nothing occurred. There are several scenarios that students act out and practice saying, "No" and leaving the scene.



Fourth grade: Students are read the story *Not in Room 204*. It is about a 4th grade student who informs her teacher that she is not safe. This story discusses how a student advocate for herself. Fourth graders will have a classroom discussion about how to tell an adult when you do not feel safe.

COMPUTER & INTERNET SAFETY



Fifth grade: These students had a review of everything that was taught in elementary. The focus is on being safe on the computer. There is a discussion about how to be safe online and not disclosing personal information online.

Some teachers have requested that the counselor teach classroom lessons on problem solving and kindness.

