

Liberty School's Personal Health, Safety, and Sexual Health Education Instruction

Elementary: Child Abuse Presentations by the Advocacy Network for Children

Pre-K thru 1st Grade – P.S. It's My Body!

- Recognizing welcome and unwelcome touches
- Knowing which body parts are private
- Using resistance skills
- Identifying trusted adults

2nd Grade – P.S. Puzzles

- Recognize body parts and cues to feelings and emotions
- Recognize and resist verbal abuse and peer bullying/put downs
- Increase the knowledge of resistance methods and practice skills
- Identify adults to report to if anyone crosses one's personal space

3rd Grade – P.S. Gotta Move

- Recognize feelings of power and control
- Identify and practice assertive, passive, and aggressive resistance
- Demonstrate resistance and reporting skills through role-playing, activities, and exercises
- Demonstrate reporting skills and learn the importance of helping others

4th Grade – P.S. Gotta Move

- Recognize feelings of power and control
- Identify and practice assertive, passive, and aggressive resistance
- Demonstrate reporting skills and learn the importance of helping others
- Help! By the Beatles will be incorporated

5th Grade – P.S. Break the Silence

- Recognize examples of the different types of child abuse
- Recognize the rights of children to be safe
- Recognize the importance of reporting abuse of self or a friend

6th Grade – P.S. Boundaries

- View film on "Flirting of Hurting"
- Learn about defining personal boundaries of self and others
- Discuss the reporting process of sexual harassment and long-term effects of unreported harassment

5th Grade Puberty Talks

Boys and girls meet separately, watch a video, and then have question/answer time.

JH Health (one semester)

Textbook: Teen Health (Glencoe/McGraw-Hill 2007)

Chapters 6-7

Topics and Objectives:

1. Building Healthy Relationships (Chapter 6)

- Define communication
- Recognize different ways of communicating
- List ways of speaking clearly and listening carefully
- Demonstrate communication skills
- Describe the family as the basic unit of society
- Recognize the functions of the family
- List ways to improve family relationships
- Apply advocacy skills to help the community
- Explain why friends are important
- Identify the characteristics of a good friendship
- Recognize ways of keeping friendships strong
- Apply decision-making skills to resist peer pressure
- Identify risk behaviors
- Recognize the benefits of abstaining from the use of tobacco, alcohol, and other drugs
- Recognize the benefits of practicing abstinence from sexual activity
- Apply refusal skills by using the S.T.O.P. formula

2. Resolving Conflicts and Preventing Violence (Chapter 7)

- Explain the nature of conflict
- Identify common causes of conflict
- REcognize the signs of conflict
- Describe types of conflicts at home and at school
- Discuss when to avoid conflict
- List the steps in negotiation and mediation
- Demonstrate conflict-resolution skills
- Identify how conflict can lead to violence
- Identify causes of violence
- Describe what gangs are
- Analyze dating violence
- Develop skills to protect against violence
- Define abuse
- Explain how abuse is never the fault of the victim
- List warning signs of abuse
- Identify sources of help for abuse

HS Health (one semester)

Textbook: Health: A Guide to Wellness (Glencoe/McGraw-Hill 2003)

Chapters 19-20

Topics and Objectives:

1. Your Body's Reproductive System

- Describe the structure and function of the male and female reproductive system.
- Describe the ways to care for the male and female reproductive system.
- Identify some disorders of the male and female reproductive system.

2. The Beginning of the Life Cycle (Chapter 20)

- Outline the major events in the first nine months of life, from fertilization through birth.
- Describe prenatal care and why it is important.
- Identify prenatal risks.
- Summarize the process of heredity.
- Identify and explain genetic disorders.
- Describe the first four of Erikson's eight stages of development.

3. Adolescence - A Time of Change (Chapter 21)

- Describe the four types of changes that occur during puberty and adolescence.
- Summarize the development tasks of adolescence.
- Discuss questions that are indicators of a well-developed personal identity.
- Outline the steps to follow when making the decision to practice abstinence.
- Explain the role of refusal skills in maintaining abstinence.
- Discuss the consequences of sexual activity before marriage.