

Personal Safety Curriculum Requirements

The following components should be covered when choosing a Personal Safety Curriculum. Additional information is listed beneath each topic to provide assistance when choosing lesson plans/curriculum.

1. My Body is My Body

- My Body Belongs to Me
- Taking Care of Me
- Taking Care of My Body
 - o Brushing my teeth
 - o Personal Hygiene

2. Private Body Parts

- Every Part has a Name.
- Private parts are covered by a swimsuit.

3. Safe and Unsafe Touches

- Safe touch, ouch touch, private touch
- Say “no” to unwanted touches.

4. Assertiveness Skills/Tell Someone

- Recognizing dangerous situations
- Say “no” to unwanted touches.
- Standing up for myself
- Asking for Help
- Tell an Adult

5. Forever Secrets (Bad Secrets) vs. Happy Secrets

- Happy Secrets
 - o Birthday Parties
 - o Christmas Surprises
 - o A Surprise Family Vacation
- Forever Secrets/Bad Secrets
 - o Keeping a Secret You Don’t Like
 - o Secrets that Might Get you in Trouble Later
 - o Secrets that hurt you or someone else
 - o Someone is stealing or taking things that don’t belong to them.
 - o Presents other people give to you or favors that they do for you.
 - o Pictures or movies that make you feel unhappy or icky.
 - o Anything about people and their private parts

6. Safe Adults/Friends/Community Helpers

- Friends are Special.
- Families Love and Care for each other.
- Friends Care about Each other

- Family, Coaches, Babysitters, Teachers, Doctors, Family Friends, Neighbors
- Safe Strangers don't need help from a child.
- Water Safety
- Fire Safety
- Safety at School and Home
- Street Safety
- Bike/Riding Toy Safety
- Car Safety

7. It's Never My Fault/I am Special

- Self-esteem
- I'm Unique
- I'm Important
- I'm Loved

8. Emotions

- Feelings are OK.
- Tell others how you feel.
- Sad, Glad, Happy, Mad, Scared
- Surprised and Excited
- Understanding Feelings

9. Sexual Abuse Prevention Component for over age 4 (Required)