

Dear Parents/Guardians,

Early in the school year, a district letter was sent home regarding a health education program that students will take part in. The upcoming lessons use materials found within “The Great Body Shop.” In these units, students will learn ways to advocate for healthy choices. Specific units of study are outlined in the following pages. Each grade level will have four lessons. For kindergarten through fourth grade, the first lesson will take place in March. The first lesson for fifth grade will take place in late February. For all grades, the next two lessons will take place in April, and the final lesson will take place in May.

You are welcome to preview the health materials should you want further information on the lessons that are part of this unit. Please contact our principal, Linda Dougherty, or myself to arrange a preview time and/or answer questions you may have. If you **do not** want your student to participate in this unit or specific lesson(s), please email or call the teacher, principal, or myself.

Sincerely,

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## Health Lesson Summary

### Kindergarten

1. Taking Care of My Body
  - Teach students the importance of keeping our bodies healthy and strong by getting enough sleep, eating a balanced diet, brushing our teeth, washing our hands, covering our coughs and sneezes, playing, and getting exercise.
  - Encourage students to set healthy habit goals and develop personal responsibility for health routines.
2. Safe Touch, Unsafe Touch
  - Define the term “private parts” (parts of the body covered by swimsuits) and explain the rights we have to keep our bodies “private.”
  - Teach students what to do when someone tries to touch you in a way you don’t think is right.
  - Identify trusted adults who can help in situations involving personal safety.
3. Safety at Play
  - Emphasize the importance of safety and respect for yourself and others at play.
  - Teach students about safety routines and how to respond to danger.
  - Predict what happens when you play in safe and unsafe ways.
4. Safety in the Community
  - Teach the importance of safety routines and rules in the school and community.
  - Help students identify ways of acting that might lead to accidents or dangerous situations at school or in the community.
  - Demonstrate safety routines for school and the community.

### First Grade

1. Tell How You Feel
  - Explain to students how talking with someone they trust, including sharing feelings, can help them.
  - Discuss what it means to be “trustworthy.”
  - Help students brainstorm different resources they have for help with different kinds of problems.
2. Talking Helps Me Feel Better
  - Help students discover why talking to somebody about problems helps you feel better.
  - Help students brainstorm trusted adults to talk to when they are having big feelings.
  - Encourage students to show someone they trust that they appreciate him or her by making a card.
3. My Body is Extra Special
  - Explain the importance of celebrating our uniqueness, respecting the differences in each other, and looking for special qualities in others.
4. My Body is Private
  - Define the term “private parts” (parts of the body covered by swimsuits) and explain the rights we have to keep our bodies “private.”
  - Teach students what to do when someone tries to touch you in a way you don’t think is right.
  - Identify trusted adults who can help in situations involving personal safety.

## Second Grade

1. Community Harm Prevention Rules and Laws
  - Discuss the importance of community safety rules and laws and people in charge who protect our safety.
  - Help students identify safety rules for the community, school, and home.
2. Your Body is Private!
  - Define the term “private parts” (parts of the body covered by swimsuits) and explain the rights we have to keep our bodies “private.”
  - Teach students what to do when someone tries to touch you in a way you don’t think is right.
  - Identify trusted adults who can help in situations involving personal safety.
3. Recognizing Real Dangers – When It’s Smart To Be Afraid
  - Discuss real dangers that people may face in different circumstances and what to do about each of them (don’t walk alone, wear a helmet when riding a bike, do not play with matches, report danger to a trusted adult, etc.)
  - Role-play safe responses to various dangerous scenarios and ways to prevent them and practice safe behaviors (follow safety laws and rules, say “No!” if someone pressures you to do something you don’t want to do that is wrong, etc.).
4. Keep From Getting Hurt on the Street
  - Help students identify safe versus unsafe conditions for certain common hazards on the street and practices that promote street safety.

## Third Grade

1. Safety Sleuths
  - Define the concept of safety
  - Demonstrate the importance of safety rules in various settings (school, transportation, parks, pools, etc.)
  - Practice changing unsafe situations into safe ones
  - Compare and contrast safe and unsafe practices and situations
2. Saying “No!” to Danger
  - Explain how to use refusal skills to say “No!”
  - Role-play refusal skills in various unsafe/risky situations
  - Discuss steps for predicting consequences to judge what might result if refusal skills are not used
3. Personal Safety
  - Define the term “private parts” (parts of the body covered by swimsuits) and explain the rights we have to keep our bodies “private.”
  - Define the terms “child abuse”, “violence”, “safe touches”, “confusing touches”, and “unsafe touches.”
  - Help students review refusal skills, learn personal safety rules, and identify trusted adults they can talk with.
4. I Don’t Hurt You, You Don’t Hurt Me
  - Discuss how violence can be prevalent in many television shows and video games, but that in reality violence is no joke.
  - Teach students conflict resolution steps and brainstorm solutions to various conflict situations.

## Fourth Grade

1. Who Keeps Us Safe and How They Do It
  - Define “community” and explain how the organization of each local government department helps to keep us safe through people and laws
  - Practice following community regulations and respecting people who keep us safe.
2. Taking Care of Your Body
  - Identify things that can hurt your body.
  - Show how important it is to use common sense in potentially harmful situations.
  - Practice taking responsibility for oneself in potentially dangerous situations, including calling for help if unable to handle a situation alone.
3. Critical Thinking to the Rescue!
  - Teach students the importance of good decision making in helping keep our bodies safe.
  - Teach students decision making steps and refusal skills.
4. Preventing Abuse
  - Define the term “private parts” (parts of the body covered by swimsuits) and explain the rights we have to keep our bodies “private.”
  - Define the terms “private”, “right to privacy”, “sexual abuse”, “sexual harassment”, and “physical abuse”.
  - Teach students refusal skills and personal safety skills.
  - Help students identify their support systems.

## Fifth Grade

1. Troubled Times
  - Identify events in life that may trigger big emotions (grief, anxiety, fear, excitement).
  - Help students identify their support systems.
  - Teach students about resources for help in the school and community for a variety of problems that might occur in life.
2. Send the Message: My Body is Private
  - Explain how to recognize and avoid risky situations involving personal safety.
  - Increase awareness that sexual harassment is a crime.
  - Practice assertiveness, refusal skills, and locating resources for help in the community.
  - Distinguish between appropriate, inappropriate, and confusing touches and secrets.
3. Growing Up Male and Female
  - Identify the biological differences between boys and girls.
  - Compare the physical and emotional similarities between boys and girls during puberty
  - *Boys and girls will be separated for this lesson. Mr. Reeder, one of our PE teachers, will teach the boys while the classroom teachers and Ms. Benson will teach the girls.*
4. Growing Up with a Healthy Attitude
  - Teach students appropriate life skills for various situations, including refusal and assertiveness skills, locating resources, and positive alternatives to negative behaviors.
  - Help students learn to evaluate peer pressure to determine if it is positive or negative.