



COUNSELING GUIDANCE LESSON

Home Connection

5

GRADE

As part of the Texas Comprehensive School Counseling Program (FFEA(LEGAL)), all school counselors provide guidance lessons to students throughout the school year. Today, your student received an anti-victimization/personal safety lesson in the classroom with our school counselor as part of their required guidance curriculum. Your student participated in this lesson because their teacher received a signed "District Request for Parent Consent Regarding Elementary Prevention Lessons" or written documentation opting your student into this lesson as required by FFEA(LEGAL) and FFEA(LOCAL).

We encourage you to talk with your student about the safety plan they created and the refusal skills that they learned about. Please feel free to use the information below to help guide your conversations in addition to talking with them about the importance of using refusal skills and saying "No" to any touch that violates personal boundaries and report this to a parent or trusted adult.

WHAT WAS THE LESSON BASED ON?

This lesson was based on the following Health Education, Grade 5 Texas Essential Knowledge and Skills (TEKS):

5.12 Injury and violence prevention and safety—healthy home, school, and community climate. The student understands that individual actions and awareness can impact safety, community, and environment. The student is expected to:

- (D) create a personal safety plan.

5.14 Injury and violence prevention and safety—interpersonal violence. The student understands the impact of impersonal violence and the importance of seeking guidance and help to maintain personal safety. The student is expected to:

- (C) explain the impact of abuse and neglect and the importance of reporting abuse and neglect.

5.21 Reproductive and sexual health—personal safety, limits, and boundaries. The student understands how to set and respect personal boundaries to reduce the risk of sexual abuse and harassment. The student is expected to:

- (B) identify ways of reporting suspected sexual abuse involving self or others such as telling a parent or another trusted adult
- (C) identify refusal skills such as saying "no" to any unwanted touch that violates personal boundaries in relationships.

WHAT WILL MY CHILD LEARN?

The Fifth-Grade lesson was focused on allowing students the opportunity to explain the impact of abuse and neglect, as well as the importance of reporting suspected abuse and neglect. Students watched the videos *Safe and Unsafe Touch* and *Tell* by the Barbara Sinatra Center. These videos helped students identify refusal skills such as saying "NO" to any unwanted touch that violates personal boundaries and the importance of reporting suspected sexual abuse to a parent or trusted adult. After this lesson, each student should be able to do the following:

- Student creates a personal safety plan. (Health Education- Grade 5: 12D);
- Student applies use of the personal safety plan in situations of suspected abuse and neglect. (Health Education- Grade 5: 12D, 14C).

If you have any questions or would like to preview the lesson prior to instruction, please contact your campus counselor to set up a meeting during the school day.