



COUNSELING GUIDANCE LESSON

Home Connection

4

GRADE

As part of the Texas Comprehensive School Counseling Program (FFEA(LEGAL)), all school counselors provides 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 seeking guidance from parents and other trusted adults, how to identify a situation is safe or unsafe, as well as how to apply knowledge of the types of abuse and neglect.

WHAT WAS THE LESSON BASED ON?

This lesson was based on the following Health Education, Grade 4 Texas Essential Knowledge and Skills (TEKS):

4.11 Injury and violence prevention and safety – healthy relationships and conflict-resolution skills. The student differentiates between healthy and unhealthy relationships and demonstrates effective strategies to address conflict. The student is expected to explain the importance of using refusal skills such as saying “no” when privacy, personal boundaries, or personal space are not respected.

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

- (C) explain the importance of seeking guidance from parents and other trusted adults on critical personal issues; and
- (D) identify types of abuse and neglect and ways to seek help from a parent or another trusted adult.

WHAT DID MY CHILD LEARN?

The Fourth-Grade lesson focused on identifying types of abuse and neglect, helping students explain the importance of using refusal skills such as saying "NO," as well as explaining the importance of seeking guidance and help from parents and other trusted adults. Students watched the video *Can't Go Home* by the Barbara Sinatra Center. Students also practiced identifying if situations were safe and unsafe, reviewed refusal skills, and practiced how to seek help from a trusted adult. After this lesson, each student should be able to do the following:

- Students can create a safety plan which includes refusal skills (Health Education – Grade 4: 12D).
- Students apply knowledge of types of abuse and neglect to seek help from a parent or other trusted adult (Health Education - Grade 4: 12D, 14C and 14D).

My Safety Plan

It is important to SAY NO when you feel unsafe.
I SAY NO when...

Two Trusted Adults, not in my home,
I can call or talk to for help:

Trusted Adults, in my family,
I can call or talk to for help:
name and phone number

It is important ASK FOR HELP. I can ask for help by saying...

I have a big problem. Can you help me?

Thank you for your continued partnership in the safety, care, and education of your student. If you have any questions about this lesson, please feel free to contact your campus counselor.