



COUNSELING GUIDANCE LESSON

Home Connection

HS Anti-victimization / Personal Safety Lesson

What did my child learn?

The High School lesson focused on helping students learn how to identify, communicate, assert, and navigate (ICAN) healthy and safe physical and emotional boundaries in relationships. After the lesson, each child should be able to do the following:

- Create a safety plan that outlines the steps he/she will take to maintain personal boundaries in friendships and dating/romantic relationships (Health Education - High School Health I: 18 A, 19D; Health II: 20 C).

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 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 their safety plan and refusal skills.

What was the lesson based on?

This lesson was based on the following Health Education, High School Health I and Health II Texas Essential Knowledge and Skills (TEKS):



Health 1.18 Reproductive and sexual health--healthy relationships. The student understands the characteristics of healthy romantic relationships. The student is expected to:

- (A) analyze how friendships provide a foundation for healthy dating/romantic relationships

Health 1.19 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 harassment, sexual abuse, and sexual assault. The student is expected to:

- (D) analyze how a healthy sense of self and making and respecting decisions about safe boundaries and limits promote healthy dating/romantic relationships;

Health II.20 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 harassment, sexual abuse, and sexual assault. The student is expected to:

- (C) discuss how refusal skills can be used to set limits and boundaries to avoid behaviors that increase sexual risk