



COUNSELING GUIDANCE LESSON

Home Connection

1

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 their own personal boundaries, privacy and space.

WHAT WAS THE LESSON BASED ON?

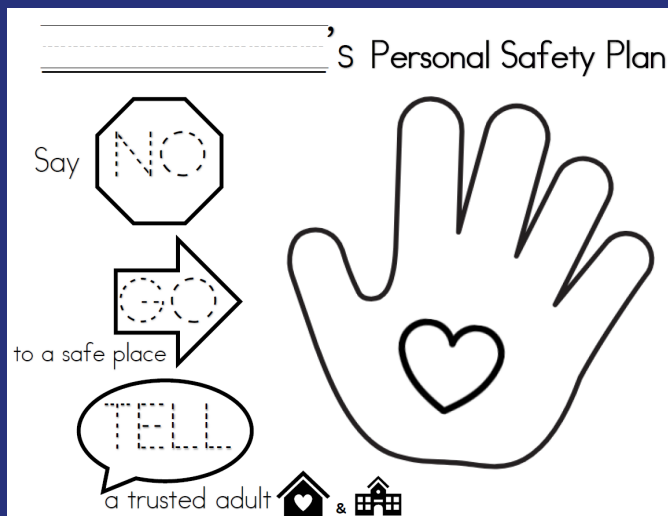
This lesson was based on the following
**Health Education, Grade 1 Texas
Essential Knowledge and Skills (TEKS):**

- 1.10 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:
- (A) practice refusal skills to protect personal space and avoid unsafe situations.
 - (B) identify appropriate personal boundaries, privacy, and space.
- 1.13 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:
- (D) identify how to get help from a parent or another trusted adult when made to feel uncomfortable or unsafe by another person.

WHAT DID MY CHILD LEARN?

The First-Grade lesson focused on helping students identify appropriate **personal boundaries, privacy, and space**. Students also practiced refusal skills and identifying how to **get help from a parent or trusted adult**. Students listened to the book *Body Boundaries Make Me Stronger* by Dr. Elizabeth Cole. Throughout the book, students will learn the refusal skills of using their **BIG voice** to say **NO, GO, and TELL** to create a **personal safety plan**. 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 1: 10A).
- Students can identify appropriate personal boundaries, privacy, and space as well as how to get help when made to feel uncomfortable. (Health Education - Grade 1: 10B and 13D).



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.