



# COUNSELING GUIDANCE LESSON

## Home Connection



### 8TH GRADE ANTI-VICTIMIZATION / PERSONAL SAFETY LESSON

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, Grades 7-8 Texas Essential Knowledge and Skills (TEKS):

7-8.3) Mental health and wellness-social and emotional health. The student identifies and applies strategies to develop socio-emotional health, self-regulation, and healthy relationships. The student is expected to:

- (D) demonstrate perspective-taking and communication skills for building and maintaining healthy relationships and determining when and how to end unhealthy relationships.

(7-8.21) 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 harassment, sexual abuse, and sexual assault. The student is expected to:

- (G) discuss and practice how refusal skills can be used to resist negative peer influences and reinforce personal boundaries to avoid dangerous situations and behaviors that increase sexual risk in dating/romantic relationships; and
- (H) explain the importance of clearly communicating and respecting personal boundaries and why individuals have the right to refuse sexual contact.

### WHAT DID MY CHILD LEARN?

The Eighth Grade lesson focused on helping students assert physical and emotional boundaries in healthy dating / romantic relationships. Students practiced assertive communication and created a personal safety plan to assist in setting personal boundaries. After the lesson, each child should be able to do the following:

- Student creates a personal safety plan (Health Education - Grades 7-8: 12E)
- Student applies the use of the personal safety plan to set and respect personal boundaries and practice refusal skills relating to healthy dating / romantic relationships (Health Education - Grades 7-8: 3D, 21G, 21H).

**PERSONAL SAFETY PLAN**

DATE: \_\_\_\_\_

THINGS THAT MAKE ME UNCOMFORTABLE:  
 \_\_\_\_\_  
 \_\_\_\_\_

WHAT WILL I DO IF MY BOUNDARIES ARE CROSSED:  
 \_\_\_\_\_  
 \_\_\_\_\_

ASSERTIVE COMMUNICATION TO HELP SET HEALTHY BOUNDARIES

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

TRUSTED ADULTS IN MY LIFE:  
 \_\_\_\_\_  
 \_\_\_\_\_

■ ■ ■ ■ 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. ■ ■ ■ ■