



# COUNSELING GUIDANCE LESSON

## Home Connection



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 who their trusted adults could be.

### WHAT WAS THE LESSON BASED ON?

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

K.9 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) identify roles and characteristics of a trusted adult.
- (B) identify and role play refusal skills such as saying “no” to protect personal space and to avoid unsafe situations.

K.12 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) explain and practice 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 Kindergarten lesson focused on helping students identify a **trusted adult** and what to do, including whom to seek out in unsafe situations. Students listened to the book *Sophie's Big Voice* by Dr. Becky Bailey and learned the refusal skills of, using their **BIG voice** to say **NO, GO,** and **TELL.** Students used these skills to create a **personal safety plan.** After this lesson each student should be able to do the following:

- Students create a safety plan which includes refusal skills (Health Education - Grade K:9B, 12D).
- Students can name at least one trusted adult. (Health Education - Grade K: 9A).

S Personal Safety Plan

Say **NO**

**GO** to a safe place

**TELL** a trusted adult

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.