



# COUNSELING GUIDANCE LESSON

## Home Connection

### 6TH 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, Grade 6 Texas Essential Knowledge and Skills (TEKS):

(6.20) Reproductive and sexual health--healthy relationships. The student understands the characteristics of healthy romantic relationships. The student is expected to:

- (B) describe how friendships provide a foundation for healthy dating/romantic relationships.
- (C) list healthy ways to express friendship, affection, and love.

(6.21) 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:

- (C) list the characteristics of unhealthy or harmful relationships, including anger, controlling behavior, jealousy, manipulation, and isolation.

### WHAT DID MY CHILD LEARN?

The Sixth Grade lesson focused on helping students identify characteristics of a healthy relationship versus an unhealthy relationship. Students practiced creating statements to communicate expectations and boundaries. After the lesson, each child should be able to do the following:

- Student created a personal safety plan that includes ways to clearly communicate expectations within a healthy relationship (Health Education - Grade 6: 20 B)

Name: \_\_\_\_\_

**Personal Safety Plan**

Characteristics and Expectations of a Healthy Relationship

Open Communication	Responsibility	Caring
Trust	Loyalty	Encouragement
Honesty	Equality	Respect
Support	Independence	Healthy Conflict
Kindness	Reliability	Acceptance

Using the characteristics of a healthy relationship listed above or identifying additional ones, list THREE expectations that are most important to you.

- 1.
- 2.
- 3.

How would you communicate your expectations in a relationship/friendship? Create three "I want" statements conveying wants, fears, and limits. Ex) I want to walk side by side, but not hold hands. I want to respect my parents request, and not respond to calls or texts from friends after 830 PM.

- 1.
- 2.
- 3.

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.