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First Semester		
Content	Concept and ASCA Student Standards	Resource
HS Safety Lesson 1 9-12	ASCA Mindset: M1 (Belief in development of whole self, including safety) <u>Safety is Year-Round</u> • Safety applies at school, home, online, and in the community. • Students reflect on personal definitions of safety and shared responsibility. ASCA Mindsets: M3 (Positive attitude toward work and learning) ASCA Behaviors: B-SS2 (Positive relationships), B-SS4 (Demonstrate empathy) <u>Healthy vs. Unhealthy Relationships</u> • Healthy relationships are built on respect, trust, honesty, and healthy conflict resolution. • Unhealthy relationships may include control, jealousy, dishonesty, manipulation, or violence. • Students identify traits in relationships with peers, family, and dating partners. ASCA Mindset: M5 (Belief in using abilities to their fullest) ASCA Behaviors: B-SMS7 (Effective coping skills), B-SMS2 (Self-discipline and self-control) <u>Listening to the “Inner Voice”</u> • Recognizing feelings of discomfort or danger as warning signs. • Understanding barriers that prevent students from trusting intuition. • Reflecting on past situations and decision-making.	ASCA Student Support Standards



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HS Safety Lesson 1 9-12	ASCA Mindsets: M4 (Self-confidence), M6 (Understanding postsecondary and life readiness) ASCA Behaviors: B-SS8 (Assertiveness), B-SMS9 (Personal safety skills) <u>Personal Boundaries and Student Rights</u> • Boundaries should be clear, honest, owned, informed, changeable, and enthusiastic. • Students have the right to: ◦ Respect for their body and feelings ◦ Feel safe in all environments ◦ Say “no” ◦ Seek help when boundaries are violated ASCA Mindsets: M2 (Sense of belonging) ASCA Behaviors: B-SS1 (Effective communication), SS8 (Advocacy skills) <u>Bullying & Cyberbullying Awareness</u> • Bullying involves an imbalance of power and may occur in person or online (David’s Law). • Bullying can cause emotional harm and interfere with school participation. • Severe cases may lead to disciplinary consequences. • Students reflect on accountability, kindness, and behavior change. ASCA Mindsets: M1 (Whole-self development) ASCA Behaviors: B-SMS6 (Ability to overcome barriers), B-SMS9 (Personal safety skills) <u>Online Safety</u> Risks associated with social media, gaming, and online interactions. • Oversharing personal information can lead to exploitation. • Students practice responding safely to inappropriate online requests.	ASCA Student Support Standards



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HS Safety Lesson 1 9-12	ASCA Mindsets: M4 (Self-confidence), M5 (Belief in abilities to achieve results) ASCA Behaviors: SS2 (Positive relationships), B-SMS2 (Self-control) <u>Dating Violence Awareness</u> Dating violence includes physical, sexual, verbal, and emotional abuse. • Adolescents and young adults are at increased risk. • Media literacy helps students recognize unhealthy relationship behaviors. ASCA Mindset: M3 (Positive attitude toward learning) ASCA Behaviors: B-LS7 (Goal-setting), B-SMS10 (Ability to manage transitions) <u>Empowerment & Growth</u> • Students assess learning through pre- and post-tests. • Emphasis on self-respect, boundary-setting, recognizing red flags, and seeking support. ASCA Mindsets: M1 (Whole self development), M3 (Positive attitude toward learning) ASCA Behaviors: B-SMS9 (Personal Safety Skills) <u>Safety Awareness & Self-Reflection</u> • Safety is a year-round responsibility across all environments. • Students assess prior knowledge and reflect on personal definitions of safety.	ASCA Student Support Standards



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HS Safety Lesson 2 9-12	ASCA Mindsets: M2 (Sense of belonging), M4 (Self-confidence) ASCA Behaviors: SS2 (Create positive relationships), SS4 (Demonstrate empathy) <u>Healthy vs. Unhealthy Relationships</u> • Healthy relationships are based on respect, trust, honesty, and healthy conflict resolution. • Unhealthy relationships may involve jealousy, control, dishonesty, manipulation, or violence. • Students examine relationship traits across peers, family, and dating relationships. ASCA Mindsets: M5 (Ability to overcome challenges) ASCA Behaviors: B-SMS8 (Self-discipline and self-control) <u>Recognizing and Trusting the “Inner Voice”</u> • Awareness of discomfort, fear, or unease as safety warning signs. • Understanding challenges to listening to intuition. • Reflection on personal experiences and responses. ASCA Mindsets: M2 (Self-confidence) ASCA Behaviors: SS7 (Assertiveness skills), B-SMS9 (Personal safety skills) <u>Personal Boundaries</u> • Boundaries should be clear, honest, owned, informed, changeable, and enthusiastic. • Students learn to assert boundaries in various situations.	ASCA Student Support Standards



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HS Safety Lesson 2 9-12	ASCA Mindsets: M1 (Whole self development) ASCA Behaviors: SS8 (Advocacy skills) <u>Student Rights</u> • Right to feel safe physically, emotionally, and online. • Right to have one's body and feelings respected. • Right to say "no" and seek help when boundaries are violated. ASCA Mindsets: M2 (Sense of belonging) ASCA Behaviors: SS1 (Effective communication), B-SMS5 (Ethical decision-making) <u>Bullying & Cyberbullying Prevention</u> • Bullying involves an imbalance of power and may occur in person or online (David's Law). • Bullying can cause emotional harm and interfere with learning and participation. • Students reflect on accountability, kindness, and positive behavior change. ASCA Mindsets: M1 (Whole self development) ASCA Behaviors: B-SS9 (Behavior appropriate to environment), B-SMS9 (Personal safety skills) <u>Online Safety</u> • Awareness of risks related to social media, gaming, and online communication. • Understanding dangers of sharing personal information. • Practicing safe responses to inappropriate online requests.	ASCA Student Support Standards



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HS Safety Lesson 2 9-12	ASCA Mindsets: M2 (Self-confidence), M5 (Resilience) ASCA Behaviors: SS2 (Positive relationships), SS9 (Social responsibility) <u>Dating Violence Awareness</u> • Understanding dating abuse (physical, emotional, verbal, sexual). • Recognizing warning signs and high-risk age groups. • Media literacy to identify unhealthy relationship behaviors. ASCA Mindsets: M4 (Self-confidence) ASCA Behaviors: B-LS9 (Use resources), B-SMS9 (Personal safety skills) <u>Empowerment & Help-Seeking</u> • Students evaluate learning growth through post-assessment. • Emphasis on empowerment, boundary-setting, and seeking trusted support.	ASCA Student Support Standards



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