



Parent Page - School Counseling

First Semester		
Content	Concept and Student Support Standards	Resource
MS Safety Lesson 6th grade	B-SMS 9. Personal safety skills <u>Inner Voice</u> • The body signals danger (stomachache, sweaty hands, racing heart). • Coping: <i>Box Breathing</i> for calming. M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being B-SMS 2. Self-discipline and self-control <u>Personal Boundaries</u> • Types: Physical, Emotional, Digital. • How to set boundaries B-SS 2. Positive, respectful and supportive relationships with students who are similar to and different from them <u>Healthy vs. Unhealthy Relationships</u> • Healthy = safe, positive; Unhealthy = stress, control. • Includes friendships and crushes. B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary <u>Bullying & Cyberbullying</u> • Bullying: Intentional, repeated, power imbalance (David's Law SB 179). • Cyberbullying: Hurtful behavior online.	ASCA Student Support Standards



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Content	Concept and Student Support Standards	Resource
MS Safety Lesson 6th grade	- Human trafficking B-SS 3. Positive relationships with adults to support success <u>Trusted Adults & Resources</u> - Safety and mental health support resources	ASCA Student Support Standards



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MS Safety Lesson 7th grade	M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being B-SMS 9. Personal safety skills <u>Personal Safety</u> • Spot unsafe situations, set boundaries, recognize bullying, stay safe online, and know trusted adults. • Inner Voice & Calming Tools B-SS 2. Positive, respectful and supportive relationships with students who are similar to and different from them <u>Boundaries/Healthy vs. Unhealthy Relationships</u> • Types: Physical, Digital, Social, Emotional • How to set boundaries B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary <u>Bullying & Cyberbullying</u> • Understanding definitions • How to get respond and get help B-SMS 9. Personal safety skills <u>Human Trafficking & Grooming</u> • Understanding red flags and how to respond	ASCA Student Support Standards



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MS Safety Lesson 7th grade	B-SS 9. Social maturity and behaviors appropriate to the situation and environment <u>S.T.A.N.D. Strategy</u> • See, Think, Ask, Notify, Discover B-SS 3. Positive relationships with adults to support success <u>Trusted Adults & Resources</u> • Safety and mental health support resources	ASCA Student Support Standards



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