



**Parent Page - School Counseling**  
**Elementary**

| Content                      | Concept and Student Support Standards                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Resource                                      |
|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|
| PreK-2nd gd<br>Safety Lesson | <p><b>M.2 Sense of acceptance, respect, support and inclusion for self and others in the school environment</b></p> <p><b>B-SS 8 Advocacy skills for self and others and ability to assert self, when necessary</b></p> <p><b>B-SMS 9 Personal safety skills</b></p> <p><b>1. Kind Friend vs. Bully</b></p> <ul style="list-style-type: none"><li>○ Characteristics of a kind friend</li><li>○ Characteristics of a bully</li><li>○ Video: <i>Stop Bullying, Roys Bedoys</i></li><li>○ Reflection questions</li><li>○ Space Explorer Pledge</li></ul> <p><b>B-SS 3 Positive relationships with adults to support success</b></p> <p><b>2. Adults Who Can Help Me</b></p> <ul style="list-style-type: none"><li>○ Teachers, principals, PE coach, nurse, bus driver, school counselor, family</li></ul> <p><b>B-SS 9 Social Maturity and behaviors appropriate to the situation and environment</b></p> <p><b>3. Internet Safety</b></p> <ul style="list-style-type: none"><li>○ What is the internet?<br/>Rules for safe use (ask permission, family-approved games/videos, positive messages, tell a trusted adult)</li></ul> | <p><a href="#">ASCA Student Standards</a></p> |



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| <b>PreK-2nd gd<br/>Safety Lesson</b> | <b>B-SMS 9 Personal Safety Skills</b><br><br><b>4. Stranger Safety</b> <ul style="list-style-type: none"><li>○ Video: Stranger awareness</li><li>○ What to do if approached by a stranger (Shout, Run, Tell)</li><li>○ Safe adults to approach when lost</li><li>○ “Show off Your Knowledge” review questions</li></ul><br><b>5. Healthy Boundaries</b><br>Video: <i>Healthy Boundaries</i> <ul style="list-style-type: none"><li>● Healthy Boundaries statements</li><li>● Examples of statements to use when uncomfortable</li></ul> | <a href="#"><u>ASCA Student Standards</u></a> |



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| 3rd-5th gd<br>Safety Lesson | <p><b>M.2 Sense of acceptance, respect, support and inclusion for self and others in the school environment</b></p> <p><b>B-SS 8 Advocacy skills for self and others and ability to assert self, when necessary</b></p> <p><b>B-SMS 9 Personal safety skills</b></p> <p><b>B-SS 3 Positive relationships with adults to support success</b></p> <p>1. What is Bullying?</p> <ul style="list-style-type: none"><li>○ Friendships</li><li>○ Kind friends</li><li>○ Rude, Mean or Bullying</li><li>○ Possible reasons for bullying</li><li>○ Consequences</li><li>○ Ways to help</li><li>○ Being an upstander</li><li>○ Trusted adults</li></ul> <p><b>B-SS 9 Social Maturity and behaviors appropriate to the situation and environment</b></p> <p>2. Internet Safety</p> <ul style="list-style-type: none"><li>○ Tips on staying safe online, mainly stating to ask parent</li><li>○ Cyberbullying defined</li><li>○ Consequences</li><li>○ How to report</li></ul> <p><b>B-SMS 9 Personal safety skills</b></p> <p>3. Strangers</p> <ul style="list-style-type: none"><li>○ What to do</li></ul> | <p><a href="#"><u>ASCA Student Standards</u></a></p> |



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| <b>3rd-5th gd<br/>Safety Lesson</b> | <p><b>4. Healthy Boundaries</b></p> <ul style="list-style-type: none"><li>○ Say “NO” when you feel like that is the right thing for you</li><li>○ Tell someone they are too close to you and move away from them</li><li>○ Get help if someone crosses your personal boundaries</li><li>○ Express how something is making you feel</li><li>○ Block people online if they are making you feel bad about yourself, uncomfortable, or scared</li><li>○ You have the right for your body and feelings to be respected</li><li>○ You have the right to feel safe and supported at home, at school, online and in our community</li><li>○ Video <i>Body Boundaries Make Me Stronger</i></li></ul> | <a href="#"><u>ASCA Student Standards</u></a> |



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