



Adrian Burnett Elementary
School Counseling

Personal Safety

Unit

Classroom Guidance Update

What is School Counseling?



Professional school counselors are certified and licensed educators with a minimum of a master's degree in school counseling, making us uniquely qualified to address the academic, social/emotional, and career needs of all students. In elementary schools, school counseling programs usually include classroom guidance, small groups, individual counseling, consultation with parents and teachers, and help locating information and community resources.

Introduction to Personal Safety

These lessons give students the skills they need to handle uncomfortable situations. Students learn to identify potentially unsafe situations, and they practice appropriate ways of responding. Tennessee requires that all public schools teach age-appropriate personal safety skills every year.

In 4th grade, students learn about 6 rules called the Protect Yourself Rules. This includes safe and unsafe secrets. You may know these as good and bad secrets. The Shout/Run/Tell skills will also be tied into this lesson. If you want to learn more about the Protect Yourself Rules, please go to www.fightchildabuse.org.

Teaching Personal Safety at Home



I strongly encourage families to keep the conversation going on protecting kids from all kinds of abuse. If you're not sure how to begin, consider some of these other resources, in addition to www.fightchildabuse.org.

Teach your kids how to contact you. All kids should know their own full name, parents' full names, and a **working phone number**. Since cell numbers can change frequently, it's even more important than ever for kids to have a working number memorized. Sing a song to help them learn it, and review it often. Keep up-to-date contact info posted at home where kids can see it too.

Teach about safe strangers. Teach kids about **safe strangers**. Safe strangers are people you can ask for help when you need it. Store clerks, teachers, librarians, and bus drivers are all examples of safe strangers. Point out examples of safe strangers when you see them. I teach my own children to get

Need to talk? Contact me.
I love to talk to families!

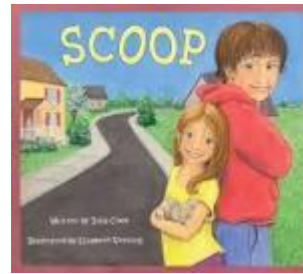
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help from a mom with kids if they ever get separated from me in public.

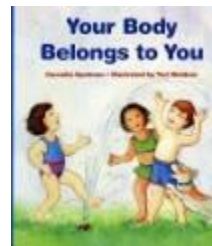
Keep it positive. Personal safety can be a tricky topic. It's important to teach kids that *most people would rather help than hurt*. Focus conversation on family rules for staying safe, like knowing contact info and staying with an adult or friend. Concrete strategies like Shout/Run/Tell give kids actions they can practice and feel confident about.

Resources for Families



***Scoop*, by Julia Cook.** Written by a former counselor, *Scoop* teaches 5 personal safety strategies in kid-friendly language. Available for purchase,

or borrow it from Ms. Cheri.



***Your Body Belongs to You*, by Cornelia Spelman.** Simple, reassuring language helps parents and kids talk about touches and personal safety. Available at the public

library, or borrow it from Ms. Cheri.

www.KidsHealth.org

Lots of information about kids' personal and online safety that's "free of 'doctor speak.'" Written for both kids and grownups.

www.fightchildabuse.org

This website includes the full personal safety curriculum that these lessons are pulled from, as well as resources for families.

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