

Getting Started



Safety

Seven Lessons

Unit Goals

Students will comprehend concepts related to hazards that would threaten health and safety, including wheeled recreation hazards and fire and burn hazards.

Students will demonstrate the ability to use wheeled recreation equipment safely, including safety gear.

Students will demonstrate the ability to prevent fires and burns and to take action in a fire emergency.

Students will demonstrate the ability to use criteria to determine when to report situations to an adult.

Students will demonstrate the ability to escape unsafe situations.

Students will demonstrate the ability to get emergency help using 911.



Students will comprehend concepts related to appropriate and inappropriate touch.

Students will demonstrate strategies to avoid personally unsafe situations and to get away in cases of inappropriate touch or abduction.


Students will demonstrate the ability to ask a trusted adult for help.

Note: This Safety unit contains additional student learning goals and objectives related to physical activity.

Before You Begin

1. Review the lessons and the materials you will need.
2. Duplicate the needed student worksheets  and family resource sheets  and letters.



3. Read the Extension Activities  described in each lesson and decide which ones you want to use with your students. Extension Activities are designed to accomplish two things:
- Reinforce the health messages taught in the lessons by promoting a healthy environment outside the classroom, such as in the cafeteria, on the playground, and in the community.
 - Integrate health education into other academic areas, such as language arts, social studies, science, and art.

If the Extension Activities require materials, check to see if they are provided with your instructional materials. If they are not, contact your Regional Health Coordinator, the vendor indicated in the lesson, or the Michigan Model for Health Clearinghouse (888-517-6195). If the activities require guest presenters, contact them early.

4. Schedule the distribution of the first family letter regarding Lesson 7, the personal safety lesson. This lesson provides students with information about inappropriate touch, or child sexual abuse. It emphasizes the skills students need to protect themselves. Two family letters and two family resource sheets are included on this critical topic.

The first family letter should be duplicated on your school stationery and mailed or distributed to families about two weeks before teaching Lesson 7. A sample letter is provided with Lesson 1. This letter invites families to preview the materials if they wish. If you choose to modify the letter, please do not provide the exact date you will teach the lesson. Often children who are abused are not allowed to come to school on the day the lesson is taught if a specific date is given.

The family resource sheets and second family letter should be sent home the day Lesson 7 is taught. The purpose of the second letter and family resource sheets is to prepare families for questions that may be asked as a result of student participating in the lesson.

5. Decide when to teach Lesson 1 on using wheeled recreation equipment safely. The lesson may have more impact if taught when the weather allows these activities.

Vocabulary Words

bad touch	destructive	gear
breathe	disturbing	hazards
bullying	elbow pads	helmet
caring touch	electrical outlet	hitch
chemicals	electricity	inline skates
commitment	emergency	knee pads
crawl	equipment	pedestrian
dangerous	escape	physical activity
demonstrate	fault	prevent

private	smoke detector	traffic
protective	steam	trust
recreation	stranger	UV absorption
safety	sun protection factor (SPF)	vehicle
scooter	sun safety	weapons
single file	sunburn	wheeled
skateboard	teasing	wide brim
smoke alarm	threatening	wrist guards

Family Involvement

A cooperative partnership with your students' families will go a long way towards making health education as effective as possible. Young people need consistent messages regarding health habits. This can happen when families and other caring adults model health habits, talk with young people about health, and reinforce positive health behaviors they notice. To help you achieve this partnership, families and other caring adults are encouraged to take an active role. In this unit, families can be invited to serve as classroom assistants in any of the lessons. Family resource sheets are also included. Duplicate these handouts for distribution to the families of your students. They contain health information that complements the topics covered in the unit and activities families can do together to augment and reinforce the learning occurring at school. Family resource sheets are available with the following lessons:

Lesson 1: Safety on Wheels

“Safe Physical Activity on Wheels”

“Sun Safety”

Lesson 4: Staying Safe in a Fire Emergency

“Fire Safety”

Lesson 5: The Three D's for Telling

“Getting Help”

Lesson 6: Calling 911

“Emergency Help”

Lesson 7: Staying Personally Safe

“Child Sexual Abuse: What Every Family Should Know”

“What You Can Do to Protect Your Child From Sexual Abuse”

Review the suggestions for use of these family resource sheets in the How to Use the Manual section.



Informational Resources: Websites and Phone Numbers

The following websites and phone numbers offer reliable information on safety and related topics. Many of the sites are noted in the lessons. Other sites are included as references for you. Check the Michigan Model for Health Clearinghouse website for additional Internet links that have been placed on their site as a service to you at www.mmhclearinghouse.org.

- American Academy of Dermatology, Skin Care and Safety: www.add.org
OR (888) 462-DERM (462-3376)
- American Academy of Pediatrics, Skin Care for Children and Related Topics: www.aap.org
- American Cancer Society, Information on Sun Safety: www.cancer.org
OR (800) 227-2345
- American Red Cross: www.redcross.org/
- Centers for Disease Control and Prevention, Statistical, Injury Prevention, and Violence Prevention Information: www.cdc.gov
- Child Abuse and Neglect Council of Oakland County, Online Mandated Reporter Training: www.carehouse.org
- Crimes Against Children Research Center: www.unh.edu/ccrc/
- iSafe: www.isafe.org
- Michigan Department of Education, Revised School Code Related to Weapons: www.michigan.gov/mde
- Michigan Department of Health and Human Services, Child Protection Law: www.michigan.gov/dhhs
- Michigan Department of Health and Human Services, "Mandated Reporter's Resource Guide": www.michigan.gov/dhhs
- Michigan State Police: www.michigan.gov/msp
- National Safety Council: www.nsc.org/library/facts.htm.
- Skin Cancer Foundation, Information on Sun Safety and Skin Cancer: www.skincancer.org OR (800) SKIN-490 (754-6490)
- State of Michigan, Laws Governing Weapons: www.michiganlegislature.org
- U.S. Consumer Product Safety Commission: www.cpsc.gov
- U.S. Department of Health and Human Services, Administration for Children and Families: www.acf.hhs.gov
- U.S. Department of Health and Human Services, Child Welfare Information Gateway: www.childwelfare.gov/
- U.S. Department of Justice, National Center for Missing and Exploited Children: www.missingkids.com
- U.S. Environmental Protection Agency, Information on Sun Safety and the UV Index: www.epa.gov OR (202) 272-0167

Student Learning Objectives

Lesson Titles and Objectives, Correlated With National Health Education Standards

Safety	
Lesson Objectives	National Health Education Standards
Lesson 1: Safety on Wheels	
Describe wheeled recreation hazards.	Core Concepts
Apply strategies and rules for safe wheeled recreation, including the proper use of safety gear.	Self Management
Lesson 2: The Dangers of Fire	
Describe fire and burn hazards.	Core Concepts
Describe safety rules to prevent fires and burns.	Self Management
Lesson 3: Applying What We Know to Prevent Fires and Burns	
Apply strategies to prevent fires and burns in hypothetical situations.	Self Management
Lesson 4: Staying Safe in a Fire Emergency	
Demonstrate actions to take in a fire emergency.	Self Management
Lesson 5: The Three D's for Telling	
Describe situations that are dangerous, destructive, and disturbing and that need to be reported to an adult.	Self Management
Practice escaping unsafe situations by getting away, leaving, and telling an adult.	Self Management
Lesson 6: Calling 911	
Demonstrate the procedure for using 911 to get help in emergencies.	Accessing Information
Lesson 7: Staying Personally Safe	
Describe the characteristics of appropriate and inappropriate touch.	Core Concepts
Explain that a child is not at fault if someone touches him or her in an inappropriate way.	Core Concepts
Apply strategies to avoid personally unsafe situations.	Self Management
Demonstrate how to ask trusted adults for help.	Accessing Information
Apply strategies to get away in cases of inappropriate touching or abduction.	Self Management

Health Education Standards

Lesson #	Core Concepts	Analyzing Influences	Accessing Information	Interpersonal Communication	Decision Making	Goal Setting	Self Management	Advocacy
Lesson 1: Safety on Wheels	X						X	
Lesson 2: The Dangers of Fire	X						X	
Lesson 3: Applying What We Know to Prevent Fires and Burns							X	
Lesson 4: Staying Safe in a Fire Emergency							X	
Lesson 5: The Three D's for Telling							X	
Lesson 6: Calling 911			X					
Lesson 7: Staying Personally Safe	X		X				X	

Materials

The materials used in the *Michigan Model for Health™* are categorized into three types:

- **Health Education Resources:** Materials obtained from your Regional Health Coordinator, regional materials center, or ordered from the vendor*
- **Teacher Manual Resources:** Materials found in the manual, such as student worksheets, teacher references, and so on
- **Supplied by the Teacher:** Materials typically found in the classroom or school, such as pencils, writing paper, art supplies, and so on

* If you have questions about any of the materials used in the *Michigan Model for Health™* or how to obtain them, phone the Michigan Model for Health Clearinghouse. They will help you locate what you need.

Phone: 888-517-6195

This list includes all of the materials needed for this safety unit. Following each item listed, the number of the lesson(s) where the item is used is indicated for your reference.

MATERIALS	LESSON NUMBERS						
	1	2	3	4	5	6	7
Health Education Materials							
• Poster Set: "Safety on Wheels," Michigan Model for Health Clearinghouse	X						
• CD Set: <i>Walk Smart</i> , HealthComm Interactive (Extension Activity)	X						
• Book: <i>Kids Can Be Safe!</i> by Katacha Diaz (Extension Activity)	X						
• Video [DVD]: <i>Fire Safety</i> , School Media, Inc. (10 minutes)		X					
• Book: <i>Arthur's Fire Drill</i> , by Marc Brown (Extension Activity)		X					
• Poster Set: "Burn Prevention," Michigan Model for Health Clearinghouse		X	X				
• Book: <i>Fire Fighters</i> , by Dee Ready (Extension Activity)				X			
• Poster: "Get Out! Get Help!" Michigan Model for Health Clearinghouse				X			
• Video [DVD]: <i>The Adventures of Safety Frog: Fire Safety</i> , Discovery Education (10 minutes; Extension Activity)				X			
• Poster: "The Three D's for Telling," Michigan Model for Health Clearinghouse					X	X	X
• Video [DVD]: <i>Safe Home</i> , Discovery Education (12 minutes; Extension Activity)					X		
• Poster Set: "Safety Do's and Don'ts," Michigan Model for Health Clearinghouse (Extension Activity)					X	X	
• Poster: "Call 911 for Emergency Help," Michigan Model for Health Clearinghouse						X	
• Poster Set: "Emergency Situations," Michigan Model for Health Clearinghouse (Extension Activity)						X	
• Video [DVD]: <i>If You Feel Danger</i> , Marsh Media (12 minutes; Extension Activity)						X	

MATERIALS	LESSON NUMBERS						
	1	2	3	4	5	6	7
• Video [DVD]: <i>What Tadoo With Secrets</i> , J. Gary Mitchell Film Co. (18 minutes)							X
• Personal Safety Cards for Grade One: "Two Frogs," "Three Pigs," and "Kids in Swim Suits," Michigan Model for Health Clearinghouse							X
• Poster: "Say, 'NO!'" Michigan Model for Health Clearinghouse							X
Teacher Manual Resources							
Materials to Duplicate							
• Student Worksheet: "I Will Be Safe on Wheels"	X						
• Family Resource Sheet: "Safe Physical Activity on Wheels"	X						
• Family Resource Sheet: "Sun Safety"	X						
• Family Resource Sheet: "Fire Safety"				X			
• Family Resource Sheet: "Getting Help"					X		
• Student Worksheet: "My Telephone Number and Address" (Extension Activity)						X	
• Family Resource Sheet: "Emergency Help"						X	
• Family Resource Sheet: "Child Sexual Abuse: What Every Family Should Know"							X
• Family Resource Sheet: "What You Can Do to Protect Your Child From Sexual Abuse"							X
Teacher Keys and References							
• Teacher Reference: "Sample Family Letter Introducing the Personal Safety Lesson"	X						
• Teacher Reference: "Burn Prevention Rules"		X	X				
• Teacher Reference: "I Can Be Safe Around Fire"			X				
• Teacher Reference: "Should I Tell?"					X		
• Teacher Reference: "Teaching Personal Safety"							X
• Teacher Reference: "What to Do If a Student Discloses Abuse"							X
• Teacher Reference: "Sample Family Letter Following the Personal Safety Lesson"							X
Supplied by the Teacher							
Equipment							
• Computer with CD player (Extension Activity)	X						
• AV equipment		X		X	X	X	X
Miscellaneous							
• Bicycle helmet	X						
• Knee pads	X						

MATERIALS	LESSON NUMBERS						
	1	2	3	4	5	6	7
• Elbow pads	X						
• Wrist guards	X						
• Gloves	X						
• Closed-toe shoes, one pair	X						
• Sandals, one pair	X						
• Crayons or markers	X						
• Two towels				X			
• Whistle				X			
• Writing paper (Extension Activity)				X			
• Pens or pencils (Extension Activity)				X		X	
• Art supplies (Extension Activity)				X			
• Two or three telephones, including cell and cordless phones						X	

