

	Lesson Theme Concepts	Lesson Theme Descriptions	Preschool-K Level (usually ages 3-6, grade Pre-K)	Elementary Level (usually ages 6-9, grades 1-3)	Intermediate Level (usually ages 9-14, grades 4-8)	Advanced Level (usually 14-adult, grades 9-12+)
Lesson #	Lesson Topics	Lesson Theme Descriptions	Pre-K Lesson Titles	Elem Lesson Titles	Int Lesson Titles	Adv Lesson Titles
1	Respecting Yourself and Others	Ground rules for group learning. Respect for self and for others. Overall well-being for all.	Being Nice	The Golden Rule	Respect For Our Team	Home Court Rules
2	Emergency Preparedness & Safe Response Skill Practice	Awareness of potential emergency situations. Emergency preparedness. Skill practice for responding to emergency situations.	I'm Ready For Drills	I Can Be Safe	Emergency Drill Practice	Emergencies
3	Feelings In Self & Others	Individual feelings and feelings of others. Includes communication and appropriate expression.	Happy, Sad & Mad	My Feelings & Your Feelings	Feelings Matter	Feelings
4	Abuse Awareness	Critical thinking regarding things that are okay and things that are not okay. Introduction to types of abuse.	Right Things And Wrong Things	Good and Bad Things Can Happen	Know About Right and Wrong	The Problem of Abuse
5	Communication For Safety	Age-appropriate concepts and language regarding what is appropriate and what is inappropriate.	Appropriate	Ok or Not OK?	Thinking for Safety	Safety Talk
6	The Human Body	Our Bodies - information regarding the names and jobs of body parts. Choosing healthy habits to take care of our bodies.	Healthy Body	My Body	Take Care of Yourself	Your Body Belongs To You
7	Information About Abuse	Identifying different types of abuse. Educational empowerment to recognize, respond and report.	Thumbs Up Or Thumbs Down?	Right or Wrong?	Could This Be Trouble?	Your Body Belongs To You
8	Problem Solving	Learning to identify safe people and how to get help with and/or report a problem.	My Safe People	Little Problems and Big Problems	Problem Solving	You Can Solve Problems
9	Personal Safety Skills	Being responsible for ourselves, our personal information, and for our belongings. Skill development and practice to increase safety and improve personal responsibility.	I Am Responsible	My Responsibilities	Safe & Responsible	Safety Skills To Practice
10	Critical Thinking For Good Choices and Decisions	Making good choices. Identifying and saying NO! to unsafe situations, peer pressure, bad directions, and questionable social media. Includes using media and technology responsibly, rules (laws), responsibilities, and consequences.	I Am A Thinker	I Think For Myself	Making Good Decisions	Choices & Directions
11	Healthy Relationships	Identifying different types of relationships. Rules, boundaries and timelines for safe, healthy, & appropriate relationships.	People	Family, Friends and Helpers	People In My Life	Healthy Relationships
12	Rules, Laws & Consequences	Staying out of trouble. Best practices for avoiding legal problems. Understanding consequences for bad choices. Recognizing that we are responsible for our actions. Anticipating and accepting consequences that may result from some choices we make.	Helpers	Emergency Helpers	Rules, Laws & Consequences	Staying Safe and Out of Trouble