COURSE INTRODUCTION:

**Personal/Social Development**  
The units in Personal/Social Development are designed to assist students in developing the knowledge and skills to be productive and respectful citizens in a global society. The units focus on self-understanding, diversity, respect, and personal social and safety skills. The three major areas covered in Personal/Social Development are:

**Understanding self as an individual and as a member of diverse local and global communities.**  
**Major Points:** The content of this area is designed to help students in grades K-12 know and understand themselves and their roles as contributing members of society. Emphasis is placed on personal characteristics and the roles and responsibilities of each individual. Students will gain knowledge that leads to the recognition and understanding of the interrelationship of thoughts, feelings and actions in students’ daily lives. Learning includes knowledge that contributes to an understanding of the importance of each person in his or her extended (global) as well as immediate community (e.g. family, classroom, school, city or town) and each person’s role and inter-relatedness with all other people of the world.

**Interacting with others in ways that respect individual and group differences.**  
**Major Points:** This area focuses on helping students in grades K-12 know, understand and respect others in order to develop and maintain quality relationships. The learning includes developing an understanding of the similarities and differences of others and ways these similarities and differences contribute to working together in our diverse world. Students will learn about their roles in advocating for respect for all human beings.

**Applying personal safety skills and coping strategies.**  
**Major Points:** Physical and psychological safety and healthy personal coping skills are emphasized in the content this area. The learning is based on the premise that young people are vulnerable. They are vulnerable to the pressure of peers to engage in unhealthy behaviors. They are vulnerable to harassment, sexual abuse or physical abuse. In addition, they are vulnerable to expected and unexpected life events (e.g. a new sibling or the death of a parent). In each situation, external influences interact with individual factors as the young person makes decisions and choices about how to respond. The emphasis is on developing within each student the ability to advocate for self. The knowledge and skills include the ability to recognize the warning signs of external and internal threats to the personal safety of self and others. Students will learn a variety of methods for seeking help when an external threat to health or safety exists, when an internal conflict threatens his or her well-being (e.g. suicidal thoughts) or when a life situation requires a new way of coping. Learning includes how to respond to personal concerns as well as the needs of peers.
**UNIT DESCRIPTION:** Following Personal Safety Rules
This unit introduces the concepts of comfortable and uncomfortable feelings and touches. The lessons help students to identify different feelings. The students will learn the three problem solving safety rules for personal safety.

| SUGGESTED UNIT TIMELINE: | 3 Lessons  
**CLASS PERIOD (min.):** | 30 minutes each |

**ESSENTIAL QUESTIONS:**
1. How do you know when you are in danger?

<table>
<thead>
<tr>
<th>ESSENTIAL MEASURABLE LEARNING OBJECTIVES</th>
<th>CCSS LEARNING GOALS (Anchor Standards/Clusters)</th>
<th>CROSSWALK TO STANDARDS</th>
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</thead>
</table>
| 1. The student will identify 4 basic feelings everyone has and demonstrate by role playing how one feeling looks. | PS.3.A.01: Identify steps of problem solving and decision making for personal safety.  
PS.3.B.01: Identify personal safety strategies. | P/SD C. Students will understand safety and survival skills.  
Level 1 |
| 2. The student will identify the 3 problem solving safety rules. | PS.3.A.01 | P/SD C  
Level 1 |
| 3. The student will identify at least 3 adults he/she can trust. | PS.3.A.01 | P/SD C  
Level 1 |
| 4. The student will demonstrate how to use the 3 safety rules for one role play scenario. | PS.3.A.01 | P/SD C  
Level 1 |

**ASSESSMENT DESCRIPTIONS:**
Students will be able to identify the three problem solving safety rules and use them during a role-play.
<table>
<thead>
<tr>
<th>Obj. #</th>
<th>INSTRUCTIONAL STRATEGIES (research-based): (Teacher Methods)</th>
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</thead>
<tbody>
<tr>
<td></td>
<td><em>x</em> Direct</td>
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<tr>
<td></td>
<td>_____ Indirect</td>
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<td><em>x</em> Experiential</td>
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<td>_____ Independent study</td>
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<td><em>x</em> Interactive Instruction</td>
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See Lessons:
1. Lesson 1 My Feelings
2. Lesson 2 What are Comfortable (good) and Uncomfortable (bad) Feelings?
3. Lesson 3 Healthy Touches and Private Touches

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### Direct:
- Structured Overview
- Lecture
- Explicit Teaching
- Drill & Practice
- Compare & Contrast (Ls.1)
- Didactic Questions
- Demonstrations
- Guided & Shared - reading, listening, viewing, thinking (Ls. 2, 3)

### Indirect:
- Problem Solving
- Case Studies
- Reading for Meaning
- Inquiry
- Reflective Discussion
- Writing to Inform
- Concept Formation
- Concept Mapping
- Concept Attainment
- Cloze Procedure
- Field Trips
- Narratives
- Conducting Experiments
- Simulations
- Games (Ls. 1)
- Storytelling
- Focused Imaging
- Field Observations
- Role-playing (Ls. 2, 3)
- Model Building
- Surveys
- Essays
- Computer Assisted Instruction
- Journals
- Learning Logs
- Reports
- Learning Activity Packages
- Correspondence Lessons
- Learning Contracts
- Homework
- Research Projects
- Assigned Questions
- Learning Centers

### Experiential:
- Field Trips
- Narratives
- Conducting Experiments
- Simulations
- Games (Ls. 1)
- Storytelling
- Focused Imaging
- Field Observations
- Role-playing (Ls. 2, 3)
- Model Building
- Surveys

### Independent Study:
- Essays
- Computer Assisted Instruction
- Journals
- Learning Logs
- Reports
- Learning Activity Packages
- Correspondence Lessons
- Learning Contracts
- Homework
- Research Projects
- Assigned Questions
- Learning Centers

### Interactive Instruction:
- Debates
- Role Playing (Ls. 3)
- Panels
- Brainstorming
- Peer Partner Learning
- Discussion (Ls. 2, 3)
- Laboratory Groups
- Think, Pair, Share
- Cooperative Learning
- Jigsaw
- Problem Solving
- Structured Controversy
- Tutorial Groups
- Interviewing
- Conferencing

### UNIT RESOURCES: (include internet addresses for linking)