

Missouri Comprehensive Guidance and Counseling Personal and Social Development Curriculum Index

PS 3: Applying Personal Safety Skills and Coping Strategies

Grade	Unit Title	# of Lessons and Lesson Titles	PS 3 Lesson GLEs
K	What are Safe and Healthy Life Choices?	1. What is Comfortable and Uncomfortable Touch?	PS.3.A.0K: Identify safe and healthy choices at home and school.
		2. What are Safe and Unsafe Drugs/Medicines/ Objects?	PS.3.B.0K: Identify safe/unsafe situations.
K	Life Changing Events	1. How Families Change	PS.3.C.0K: Identify different life changes or events.
		2. Other Changes (Life Changing Events Outside of the Family)	PS.3.C.0K: Identify different life changes or events.
1 st	Following Personal Safety Rules	1. My Feelings	PS.3.A.01: Identify steps of problem solving and decision making for personal safety. PS.3.B.01: Identify personal safety strategies.
		2. What is Comfortable (good) and Uncomfortable (bad) Feelings?	PS.3.A.01: Identify steps of problem solving and decision making for personal safety. PS.3.B.01: Identify personal safety strategies.
		3. Healthy Touches and Private Touches	PS.3.A.01: Identify steps of problem solving and decision making for personal safety. PS.3.B.01: Identify personal safety strategies.
1 st	How Life-Changing Events Affect My Life	1. The Changing Times of My Life	PS.3.C.01: Recognize the effects of life changes or events related to self.
		2. The Changing Times of the Future	PS.3.C.01: Recognize the effects of life changes or events related to self.
2 nd	What are safe and healthy choices, and how do I keep myself safe?	1. STAR Deputies	PS.3.A.02: Practice the steps of problem solving and decisions making for personal safety. PS.3.B.02: Apply personal safety strategies as they relate to different situations.
		2. STAR Deputies, Unite!	PS.3.A.02: Practice the steps of problem solving and decisions making for personal safety.

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			PS.2.B.02: Apply personal safety strategies as they relate to different situations.
2 nd	How does one cope with life-changing events?	1. Stressed Out Sally	PS.3.C.02: Recognize the effects of life changes or events related to self and others.
		2. Sally's Super Day	PS.3.C.02: Recognize the effects of life changes or events related to self and others.
3 rd	What are Safe and healthy choices and how do I keep myself safe?	1. Don't Tease Me!	PS.3.A.03: Apply effective problem solving, decision-making, and refusal skills to make safe and healthy life choices at school. PS.3.B.03: Identify issues that impact personal safety.
		2. Can You Erase the Damage?	PS.3.A.03: Apply effective problem-solving, decision-making, and refusal skills to make safe and healthy life choices at school. PS.3.B.03: Identify issues that impact personal safety.
3 rd	How Does One Cope With Life Changing Events?	1. What to do? What to do?(Part 1)	PS.3.C.03: Identify coping skills for managing life changes or events.
		2. What to do? What to do?(Part 2)	PS.3.A.04: Apply effective problem-solving, decision-making, and refusal skills to make safe and healthy choices in various life situations. PS.3.B.04: Describe different types of violence and harassment, and identify strategies for intervention.
4 th	Keeping Myself Safe By Making Safe and Healthy Choices	1. What are Bullying and Harassment? (Part 1)	PS.3.A.04: Apply effective problem-solving, decision-making, and refusal skills to make safe and healthy choices in various life situations. PS.3.B.04: Describe different types of violence and harassment, and identify strategies for

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			intervention.
		2. What are Bullying and Harassment? (Part 2)	PS.3.A.04: Apply effective problem-solving, decision-making, and refusal skills to make safe and healthy choices in various life situations. PS.3.B.04: Describe different types of violence and harassment, and identify strategies for intervention.
4 th	How Does One Cope With Life Changing Events?	1. Conflict Mediation Part 1: Getting Ready	PS.3.C.04: Exhibit coping skills for managing life-changes or events.
		2. Conflict Mediation Part 2: Practice	PS.3.C.04: Utilize coping skills for managing life changes or events.
5 th	Keeping Myself Safe By Making Safe and Healthy Choices	1. Dealing with Peer Influence: What are Bullying and Harassment?	PS.3.A.05: Evaluate peer influence on problem-solving and decision-making skills. PS.3.B.05: Apply personal safety strategies as they relate to violence and harassment.
		2. How Much Does Smoking Cost?	PS.3.A.05: Evaluate peer influence on problem-solving and decision-making skills. PS.3.B.05: Apply personal safety strategies as they relate to violence and harassment.
5 th	Keeping Myself Safe By Making Safe and Healthy Choices	1. Using I-Messages	PS.3.C.05: Evaluate various coping skills for managing life changes or events.
		2. Coping or Copping Out?	PS.3.C.05: Evaluate various coping skills for managing life changes or events.
6-8	Decisions, Decisions, Decisions!	1. 6 th Opportunity Knocks, But It Costs, Too!	PS.3.A.06: Identify problem-solving, decision-making and refusal skills needed to make safe/healthy choices in social situations.
		2. 7 th To Give In or Not to Give In- That Is the Question!	PS.3.A.07: Utilize effective problem-solving, decision-making, and refusal skills needed to make safe/healthy choices in social situations.

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		3. 8 th If It's Up to Be, It's Up to Me	PS.3.A.08: Recognize peer influence on risk-taking behaviors and consequences.
6-8	Risky Business	1. 6 th Caution: Thin Ice!	PS.3.B.06: Identify behaviors that compromise personal safety of self and others.
		2. 7 th Putting on Armor	PS.3.B.07: Develop strategies to maintain personal safety.
		3. 8 th Ready to Remain Safe	PS.3.B.08: Apply strategies related to personal safety issues.
6-8	It's Life...Deal With It!	1. 6 th The Hope to Cope: Coping Skills	PS.3.C.06: Review and revise strategies to cope with life-changing events.
		2. 7 th Lean Mean Coping Machine!	PS.3.C.07: Apply coping skills to manage life-changing events.
		3. 8 th Life...Bring It On!	PS.3.C.08: Evaluate coping skills to manage life-changing events.
9-12 th	Personal Safety Skills and Coping Strategies	1. 9 th Safe and Healthy Life Choices: (Part 1)	PS.3.A.09: Identify problem-solving, decision-making, and refusal skills needed to make safe and healthy life choices. PS.3.B.09: Identify and utilize resources available to address personal safety issues. PS.3.C.09: Identify resources to help individuals cope with life changes or events.
		2. 9 th Safe and Healthy Life Choices: (Part 2)	PS.3.A.09: Identify problem-solving, decision-making, and refusal skills needed to make safe and healthy life choices. PS.3.B.09: Identify and utilize resources available to address personal safety issues. PS.3.C.09: Identify resources that can help manage life changes or events.
		3. 10 th Risk Taking Behaviors	PS.3.A.10: Utilize decision-making skills to

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			evaluate risk-taking behavior. PS.3.B.10: Evaluate and review resources that address personal safety issues. PS.3.C.10: Analyze and refine coping skills to manage life-changing events.
		4. 11 th Fatal Accident	PS.3.A.11: Analyze the impact of personal decisions on the safety and health of self and others. PS.3.B.11: Demonstrate skills that reinforce a safe environment for all students. PS.3.C.11: Apply individual coping skills to manage life-changing events.
		5. 12 th Community Wellness Fair	PS.3.A.12: Utilize decision-making skills to make safe and healthy life choices. PS.3.B.12: Advocate for the personal safety of self and others. PS.3.C.12: Exhibit coping skills to manage life-changing events.