

Lower Elementary Reproductive Health Program Overview

1. Personal Safety
 - a. Young 5's students
 - b. The ½ hour lesson is presented by sharing the following books: I Can Be Safe: A First Look At Safety by Pat Thomas and Don't Talk to Strangers, Pooh! by Kathleen W. Zoehfeld. The lessons are usually taught during March or April.
 - c. The students are taught how to identify potentially unsafe situations with an emphasis on staying safe during public outings and when encountering strangers. Included in the lesson is how to refuse and seek help if inappropriately touched.

2. Staying Personally Safe, lesson 5 from the Safety section of the Michigan Model for Health K Curriculum
 - a. Kindergarten students
 - b. The ½ hour lesson is presented to students by viewing the *What Tadoo* video followed by class discussion and practice of the "No, Go, Tell" rule. The lessons are usually taught during March or April.
 - c. The emphasis is on staying safe when dealing with bullies or strangers. Included in the lesson is how to refuse, to recognize the difference between safe and unsafe touch and to seek help.

3. Staying Personally Safe, lesson 7 from the Safety section of the Michigan Model for Health 1st Grade Curriculum
 - a. 1st Grade Students
 - b. The ½ hour lesson is presented by viewing the *What Tadoo with Secrets* video followed by class discussion and practice of the "No, Go, Tell" rule. The lessons are usually taught during March or April.
 - c. The emphasis is on staying safe when dealing with someone that is known to you. Included in the lesson is how to refuse, to recognize the difference between safe and unsafe touches and secrets and to seek help.

4. Staying Personally Safe, Michigan Model for Health 2nd Grade Curriculum Phase II
 - a. 2nd Grade Students
 - b. The ½ hour lesson is presented by viewing the *Better Safe than Sorry* video followed by class discussion and practice of the "No, Go, Tell" rule. The lessons are usually taught during March or April.
 - c. The emphasis is on staying personally safe in a variety of situations that older more independent children might find themselves in. Included in the lesson is how to refuse, to recognize the difference between safe and unsafe situations and to seek help.

Personal Health and Wellness

1. Germ Buster, Lesson 2 from the Personal Health and Wellness section of the Michigan Model for Health K Curriculum
 - a. Young Five and Kindergarten students
 - b. The ½ hour lesson is presented during Physical Education classes.
 - c. The instructional focus is on ways to prevent illness; that germs can make people sick; ways germs are spread and how to wash your hands properly to avoid spreading germs through hand to hand contact.

2. Washing Hands the Right Way, Lesson 2 from the Personal Health and Wellness Section of the Michigan Model for Health K Curriculum
 - a. 1st Grade students
 - b. The two ½ hour lessons are presented during Physical Education classes by sharing the following books: Germs Make Me Sick by Melvin Bergerand and Those Mean Nasty Dirty, Downright Disgusting, Invisible Germs by Judith Rice. The lessons are usually taught during Jan or February.
 - c. The students are taught the importance of hand washing and other ways to reduce the spread of germs along with proper hand washing techniques.

3. Staying Personally Safe, Michigan Model for Health 2nd Grade Curriculum Phase II
 - a. 2nd Grade Students
 - b. The ½ hour lesson is presented during Physical Education classes by viewing video *The Sneeze* and *Harley's Germs* followed by class discussion.
 - c. The students learn the germs can be spread through the air, and there are proper ways to reduce spreading germs when sneezing and coughing. Students also review proper hand washing techniques.