



### Elementary School Counseling New Curriculum

This year, Elementary School Counselors adopted a new curriculum for personal safety and bully prevention in grades K-5. The Second Step program teaches children important skills for getting along with others and doing well in school. It also helps schools be a safe and supportive place where everyone can learn.

Some of the components of the curriculum include:

#### Bully Prevention

To further help your school be a safe and respectful place, your school's counselor is going to use the Second Step Bullying Prevention Unit. In this unit, your child will learn specific skills to help stop bullying. Students will learn how to:

- Recognize when bullying is happening, report bullying to a caring adult, and refuse to let bullying happen
- Be a bystander who helps stop bullying
- Support someone who is being bullied by standing up for that person and being kind and inclusive
- Recognize, report, and refuse cyber bullying when they see or know about it happening

#### Personal Safety

The Second Step Curriculum will also be used to help make your school even more safe and supportive. Through the lessons in this curriculum, students will learn three types of skills:

- **Personal Safety.** Students will learn important safety rules, such as safety with guns, sharp tools, and fire, and when riding on wheels or in cars. They will also learn ways to help them decide if something is safe or not.
- **Touching Safety.** Students will learn about safe, unsafe, and unwanted touches, and rules about touching private body parts. They'll also learn to say no to unsafe or unwanted touches, and to tell an adult if someone breaks rules about touching private body parts.
- **Assertiveness.** These lessons will also give students a chance to practice asking an adult for help, telling an adult about an unsafe situation, and being assertive to get out of unsafe situations.

After viewing the parent link listed below, if you any questions about the Touching Safety Unit or the Second Step program, please contact your school counselor.

Link: Go online to **SecondStep.org** and log in with the activation key CPUK FAMI LYGK to get more information about what your child is learning in the *Second Step* program.

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