



## ALEDO ISD BOARD MEETING TEMPLATE

**MEETING DATE:** October 16, 2017

**AGENDA ITEM:** PS, It's My Body Program Approval

**ALIGNS TO BOARD PRIORITY:**

- Safety - The District will maintain a safe and orderly environment

**Presenter:** Scott Kessel

**Background Information:**

- The School Health Advisory Council (SHAC) met on October 2 and recommended the approval and use of a new program for elementary campuses
- *PS, It's My Body* is a curriculum promoting personal safety that distinguishes between welcome and unwelcome touches; it teaches the three R's of personal safety: Recognizing, Resisting, and Reporting.
- *PS, It's My Body* is targeted toward PK – 4<sup>th</sup> grades students; the curriculum includes developmentally appropriate learning objectives, activities, and discussion questions
- *PS, It's My Body* is published by the Sunflower House, a Child Advocacy Center in the state of Kansas; it is facilitated and delivered in schools in our area by the Alliance for Children, the Child Advocacy Center of Tarrant County
- Lessons require one session of about 30-35 minutes in length; they are delivered by trained Alliance for Children staff or volunteers
- *PS, It's My Body* is similar to a program called Play It Safe, which was recommended by the SHAC and approved by the Board of Trustees in the fall of 2014; at the time it was approved, Play It Safe was a free program to schools in Aledo ISD, but beginning this school year the Play It Safe program will incur a fee of \$100 per facilitator per day with a likely total cost of more than \$300-\$500 per campus; *PS, It's My Body* will come at no cost to schools in Aledo ISD

**Administrative Considerations:** The *PS, It's My Body* program was approved for recommendation to the Board of Trustees by the School Health Advisory Council by a vote of 19-1

**FISCAL NOTE:** *PS, It's My Body* comes at no cost to Aledo ISD

**Administrative Recommendation:** Administration recommends the approval of the *PS, It's My Body* program as presented

## **P.S. It's My Body**

The curriculum is a personal safety program discussing *Welcome* and *Unwelcome* touches.

It is an innovative, practical safety series designed to teach and reinforce the three R's of personal safety: Recognizing, Resisting and Reporting.

The curriculum is divided into grade specific units which include: learning objectives, developmentally appropriate activities, and discussion questions

### **More specific information regarding grade specific activities include:**

*Touch Circles* helps children to recognize the difference between a Welcome Touch (i.e. hugs, handshakes and high fives) and an Unwelcome Touch (i.e. kicking, punching and touches on the private parts of the body). We talk about saying NO to Unwelcome Touches and that they need to tell a trusted adult about what happened (i.e. family members and school staff).

#### **Pre-K and K: Happy Bear**

*Happy Bear* is the name of the main character in a play, presented to Pre-K and K students to teach personal safety. Since it is important to stay safe all day long, the play opens at the beginning of Happy Bear's day. During the course of the play, children learn about Welcome and Unwelcome Touches, how to respond to an Unwelcome touch (say "No", move away, tell someone), who to tell and "It's never your fault".

#### **1<sup>st</sup> grade: Touch Circles and Secret vs. Surprise**

Secret vs. Surprise teaches children that it is okay to keep something from someone if it is fun and exciting, but that they need to tell a trusted adult about a secret that could be hurtful to them or someone else.

#### **2<sup>nd</sup> grade: Touch Circles and Telling vs. Tattling**

*Telling vs. Tattling* teaches children that it is important to talk to a trusted adult when it is something serious and they need help with vs. tattling that is usually not a big deal.

#### **3<sup>rd</sup> grade: Touch Circles and Frog in My Shoe**

*Frog in My Shoe* reinforces the importance of telling a trusted adult if/when someone gives them an Unwelcome Touch. They learn if they tell a trusted adult who doesn't believe them, they need to keep telling their story to other trusted adults until they find one that believes them, and is willing to help them.

#### **4<sup>th</sup> grade: Touch Circles and Who's in Control**

*Who's In Control* teaches children that they are in control of their bodies and they get to decide what happens to it.