

Description of Parent Opt-In Personal Safety Guidance Lessons

The personal safety lessons focus on helping students recognize unsafe situations, understand boundaries, and know how to seek help from trusted adults. All instruction is developmentally appropriate and aligned to students' age and grade level. Content is carefully created to be factual, preventative, and supportive rather than graphic or sensational.

For example, a lesson for kindergartens explains the importance of telling a trusted grown-up when someone has made them feel uncomfortable. Middle schoolers' personal safety lessons include social media use and characteristics of healthy relationships. High schoolers learn about signs of emotional abuse, family violence and trafficking.

Overall, the personal safety curriculum is designed to build awareness and confidence as students grow, reinforcing key concepts at each stage of development. Lessons emphasize respect, communication, and personal responsibility while equipping students with practical skills to protect themselves and others. The lessons support students in making informed, safe choices and foster a school environment where students feel empowered to seek support when needed.