Be Aware | Express Feelings | Stay Safe | Make Good Choices | Always Check First | Rely on your Gut | Talk and Tell

Our personal safety education programs are age-appropriate, interactive and designed to build upon each other. Parents and teachers receive follow-up materials that include information about the program content and activities that can be used with children to review the concepts learned.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Number/length of Sessions</th>
<th>Format</th>
<th>Objectives</th>
</tr>
</thead>
</table>
| Pre-kindergarten and Kindergarten  
*P.A. Bear* | 1 session 30 minutes | Bear and storybook | • Learn about different types of feelings  
• Learn the difference between public/private places  
• Learn that we all have four private places  
• Differentiate between good, bad and secret touches  
• Identify the three safety rules: Say No, Get Away, Tell Someone  
• Identify safe people |
| First and Second Grades       | 2 sessions 45 minutes     | Interactive activities and workbook | Same objectives as kindergarten plus:  
• Identify the difference between secrets and surprises  
• Know to always check first  
• Identify characteristics of a safe person  
• Identify safe people inside and outside of the home  
• Define the “uh-oh” feeling |
| Third and Fourth Grades       | 2 sessions 45 minutes     | Video, interactive activities and workbook | Same objectives as above plus:  
• Identify the four types of child abuse  
• Identify what to do in dangerous situations related to abuse in the home, online or in the community  
• Identify what to do when you get the “uh-oh” feeling  
• Identify behaviors displayed by a safe person |
| Fifth Grade                   | 2 sessions 45 minutes     | Video and interactive activities and workbook | Same objectives as above plus:  
• Define boundaries  
• Identify when boundaries are being violated  
• Identify what to do when boundaries are violated |
| Sixth Grade                   | 1 session 45 minutes      | Interactive activities       | Same objectives as above plus:  
• Able to apply safety skills in dangerous situations |