

	Lesson Theme Concepts	Lesson Theme Descriptions	Level 1 (usually ages 3-6)	Level 2 (usually ages 6-9)	Level 3 (usually ages 9-12)	Level 4 (usually ages 12-15)	Level 5 (usually ages 15-18)	Level 6 (usually ages 18+)	
Lesson #	Lesson Theme Concept	Lesson Theme Descriptions	Level 1 Lesson Titles	Level 2 Lesson Titles	Level 3 Lesson Titles	Level 4 Lesson Titles	Level 5 Lesson Titles	Level 6 Lesson Titles	
1	Respecting Yourself and Others	Ground rules for group learning. Respect for self and for others. Overall well-being for all.	Please and Thank You	The Golden Rule	Truth and Respect	Home Court Rules	Agreeing To Well-Being	Rules For An Amazing Life	
2	Emergency Preparedness & Safe Response Skill Practice	Awareness of potential emergency situations. Emergency preparedness. Skill practice for responding to emergency situations.	I Can Be Safe	Emergency Drill Practice	Emergency Plans	Emergencies and Helping Others	Emergency Plans in the Community	Emergencies - What To Do	
3	Feelings in Self and Others	Individual feelings and feelings of others. Includes communication and appropriate expression.	Happy, Sad & Mad	Feelings - Mine and Yours	Feelings Matter	Things To Remember About Feelings	Feelings, Communication And Relationships	Manage Feelings and Develop Great Relationships	
4	Abuse Awareness	Critical thinking regarding right and wrong. Introduction to types of abuse.	Feeling Safe	Think About Right and Wrong	Good and Bad Things Can Happen	The Problem of Abuse	Stopping Abuse	Break A Cycle	
5	Language For Safety	Age-appropriate concepts and language regarding what is appropriate and what is inappropriate.	Ok or Not OK	Appropriate	Safety Talk	Speak Up For Safety	Terms And Definitions You Need to Know	Legal Terms You Need to Know	
6	The Human Body	Our Bodies - information regarding the names and jobs of body parts. Choosing healthy habits to take care of our bodies.	My Body	Healthy Body	Taking Care of Yourself	Your Body Belongs to You!	Choices And Your Future Body	Personal Habits For Health and Happiness	
7	Information About Abuse	Identifying safe and unsafe situations. Educational empowerment re the different kinds of abuse.	Thumbs Up Or Thumbs Down	Could This Be Trouble?	Know About Abuse	Identifying Abuse	Recognizing and Responding to Abuse	Address The Problem Of Abuse	
8	Problem Solving	Learning to identify safe people and how to get help with and/or report a problem.	My Safe People	Problem Solving Plan	Little Problems and Big Problems	When I Have A Problem	Solving Problems With Help	Adult Problems	
9	Personal Safety Skills	Being responsible for ourselves, our personal information, and for our belongings. Skill development and practice to increase safety and improve personal responsibility.	I Am Responsible	My Responsibilities	Safety Skills To Practice	Applying Safety Skills In Different Situations	Know About Risks And Your Safety	Safety Skills For Life	
10	Critical Thinking For Good Choices and Decisions	Making good choices. Identifying and saying NO! to unsafe situations, peer pressure, bad directions, and questionable social media. Includes using media and technology responsibly, rules (laws), responsibilities, and consequences.	I Am A Thinker	I Think For Myself	Good Directions and Bad Directions	Good Choices and Bad Choices	Challenges	Adult Decisions	
11	Healthy Relationships	Identifying relationships; rules and best practices for safe & appropriate relationships. Also covers bereavement.	People	Family, Friends and Helpers	People In My Life	Healthy Relationships	Respectful Relationships	Family, Friends & Soul Mates	
12.a.	Rules, Laws and consequences	Staying out of trouble. Best practices for avoiding legal problems. Understanding and recognizing that we are responsible for our actions. Anticipating and accepting consequences that may result from choices we make.	Helpers	Emergency Helpers	Staying Safe and Out of Trouble	Being Safe, Healthy, and Legal	Adult Decisions To Avoid Serious Consequences	Responsibilities for Safe, Healthy and Legal Life	