

BRSU Health Curriculum: 3-4 Violence & Injury Prevention

Enduring Understandings:

- Using safety precautions can prevent unintentional injuries.
- It is important for us to appropriately express our feelings related to stressful situations.

<p>CORE CONCEPTS</p> <ul style="list-style-type: none"> • Identify safety hazards in the community • Recognize that most injuries can be prevented • List examples of dangerous or risky behaviors that might lead to injuries • Identify ways to reduce risk from animal and insect bites and stings • Identify ways to reduce injuries from firearms • Identify ways to prevent vision or hearing damage • Describe how to ride a bike, skateboard, scooter, skates/Healys, ATVs, and snowmobiles safely, including wearing protective equipment • Identify safety precautions for physical activities in different kinds of weather • List physical and emotional reactions to stressful situations • Explain the importance of talking with parents/trusted adults about feelings • Examine the importance of being aware of one’s own feelings and of being sensitive to the feelings of others • Give examples of bullying behaviors 	<p>INTERPERSONAL COMMUNICATION</p> <ul style="list-style-type: none"> • Demonstrate what to say when calling 911 or other emergency numbers • Demonstrate verbal and nonverbal communication to avoid unsafe situations • Explain what to do if someone is poisoned or injured and needs help
<p>HEALTHY CHOICES/SELF MANAGEMENT</p> <ul style="list-style-type: none"> • Describe positive conflict resolution skills • Develop specific fire safety rules and “home” plans (e.g., family drills, escape routes, meeting places) • Demonstrate appropriate ways to express and deal with emotions and feelings • Practice the ability to respect the personal space and boundaries of self and others • List healthy ways to accept and express affection 	<p>ADVOCACY</p> <ul style="list-style-type: none"> • Explain what to do if you or someone is being bullied • Demonstrate how to stand up for someone being bullied • Encourage your family to develop safe habits (e.g., helmets, sunblock, mouthguards, etc.)
<p>GOAL SETTING AND DECISION MAKING</p> <p>NA</p>	<p>ANALYZING INFLUENCES</p> <p>NA</p>

ACCESSING INFORMATION	POTENTIAL ACTIVITIES/RESOURCES
<ul style="list-style-type: none">• Household products• Household products have a label that defines its safe use and potential dangers	