

Personal Safety

with Mrs. Gerth and Mrs. Wagner

Health Classes

Day 1: Introduction / Social Safety

Day 2 & 3: Emotional Safety (SOS)

Day 4: Digital Safety (Online Reputation)

Day 5: Individual Summary Activity

Replace for 2019-20)



5 Types of Social Cruelty

1. TEASING

2. EXCLUSION

3. BULLYING

4. RUMORING

5. GANGING UP

What type
does THIS
video have?

IN SMALL GROUPS, HAVE:

- A dry-erase board
- A marker
- An eraser



DAY 2

Social Cruelty Review 2

What type
does THIS
video have?

1. TEASING
2. EXCLUSION
3. BULLYING
4. RUMORING
5. GANGING UP

Risk Factors

Not Supportive

Signs of Suicide (SOS)

VIDEO TIME



Signs of Suicide (SOS)

On paper or your iPad, summarize our last class by listing, writing, doodling, sketching, etc. for 2 minutes



Signs of Suicide (SOS)

On paper or your iPad, summarize our last class by listing, writing, doodling, sketching, etc. for 2 minutes



Signs of Suicide (SOS)

A...

C...

T...

Signs of Suicide (SOS)

Acknowledge the problem

Signs of Suicide (SOS)

Acknowledge the problem

Care - Let the person know

Signs of Suicide (SOS)

Acknowledge the problem

Care - Let the person know

Tell a responsible adult

Risk Factors

Not Supportive

Signs of Suicide (SOS)

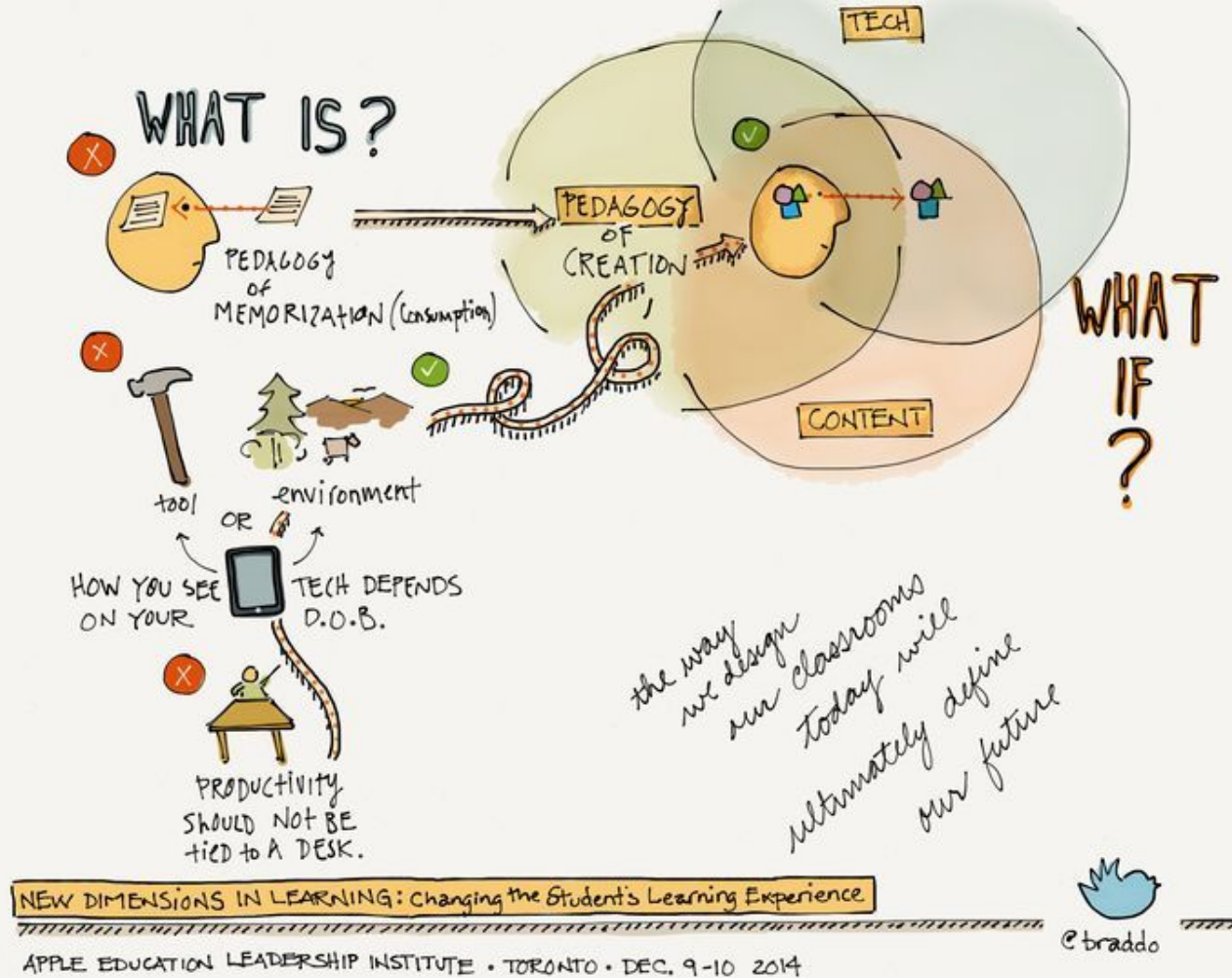
VIDEO TIME

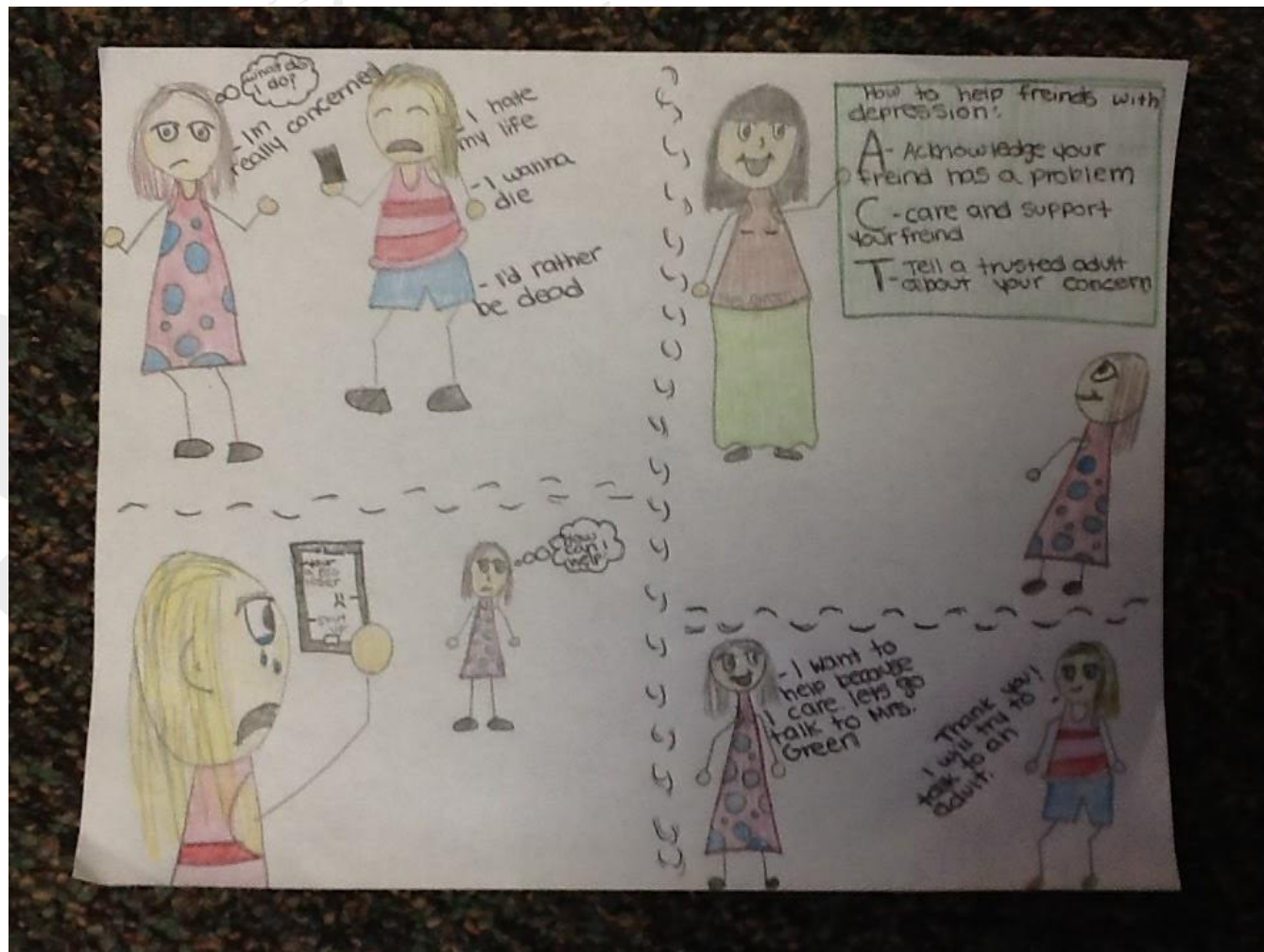


HOMework:

Using paper, create an **INFOPIC** which combines an image with words to clarify your concepts / summarize

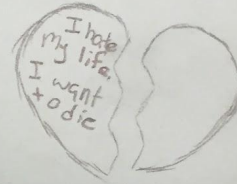
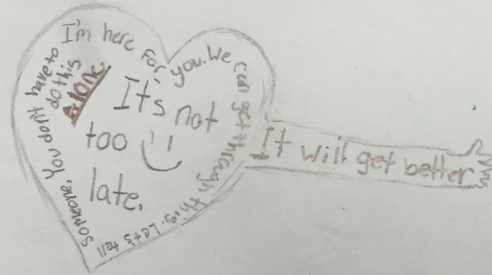
INFOPIC:
combines
an image
with words
to clarify
your
concepts /
summarize





FYI:
Complete
Student
Help
Sheet!

A-Acknowledge C-Care +- tell



Reach out... Before its too late.

FYI:
Complete
Student
Help
Sheet!

Remember:

Anything online
is just as
important in
real life!



Look for self
injuries:



Care

ACT

Acknowledge

Take it
SERIOUSLY!

Get
help
even
if
they
won't!

Some Signs of Suicide:

- feeling sad, depressed, angry, hopeless, guilty, etc.
- saying "I wish I were DEAD!"
- no desire to take part in favorite activities
- talking about suicide or death

AND MANY
MORE!

By: Taylor Bice

FYI:
Complete
Student
Help
Sheet!

Depression

By: Madeline Stencil

ACT!

ACT stands for:
Acknowledge the problem.
Care for the person who is.
Tell a responsible adult.

Signs Of Depression:

Loss of sleep.
You're giving away your belongings.
You don't want anyone who used to be close to you.
You hurt yourself or are trying to hurt your self without actually committing suicide.

Don't Hide It!



What If Your Friend or Someone You Know is Struggling?

If your friend or someone you know is struggling from depression, HELP THEM! DON'T IGNORE THEM! THEY NEED HELP! Find a trusted adult, teacher, or a guidance counselor, they will all help you and make sure you get back to yourself again.

What If Your Friend is Struggling?

Keeping depression in will only make it worse. You need to find or get help right away before it gets to powerful.



What Not to Do While Helping Someone With Depression

- Ignore them.
- Tell them there overexaggerating.
- Change the topic.

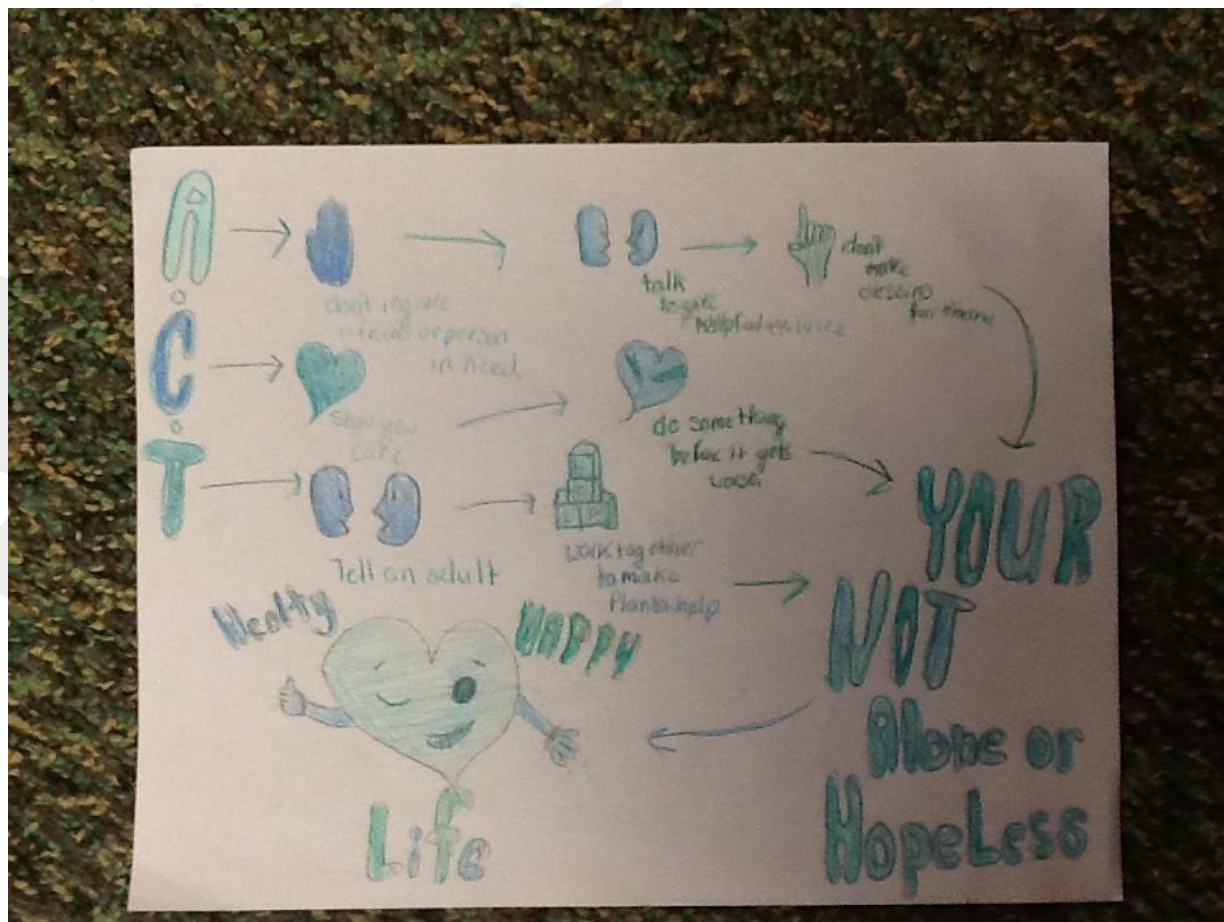


Health Depression Paper
by Madeline Stencil
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Glogster EDU

edu.glogster.com

FYI:
Complete
Student
Help
Sheet!



FYI:
Complete
Student
Help
Sheet!

Acknowledge

Don't do

Don't walk away



Don't say things like

- Stop being dramatic
- ignore it



- They'll get over it.

Care

Good thing

- Tell them that this is serious 😐
- Tell them that you care 😊
- Tell an adult right away 👤
- Stay with your friend all the time 👤

Tell Someone

Kamryn Brockman

FYI:
Complete
Student
Help
Sheet!

**MY FRIEND
NEEDS
HELP**





The background features a light gray, textured surface with a faint, stylized map of the United States. A large, dark gray hand is shown holding a paintbrush, actively painting the map. The text is centered over this background.

Your Digital Citizenship

Day 4

Be Prepared to Define Predator



Start
at
2:05





Maggie Video and Sexting

Sex Trafficking (7 minutes of video)

We (school) hear from students
and parents/guardians

Social Media Work

Be prepared to:

1. Define your APP
2. Share how your APP can be used positively



Video



Old video / If time...



THINK

Before you...



THINK!

- T - Is it true?
- H - Is it hurtful?
- I - Is it illegal?
- N - Is it necessary?
- K - Is it kind?

Individual Summary Activity

Option 1

For your parents/guardians and Health teacher, **create a video** (59 seconds or less) that **summarizes our 5-day unit on Personal Safety**.

Content must include:

- details on **social cruelty**
- information on **emotional safety**
 - explanation of **SOS and ACT**
- examples of **digital safety**

Send to:

- **Parents/guardians' emails &**
- **Your health teacher's email**
 - kclogue@pulaskischools.org
 - arbock@pulaskischools.org
 - jthubbard@pulaskischools.org
 - cgkarcz@pulaskischools.org

Option 2

For your parents/guardians and Health teacher, **write an email** that **summarizes our 5-day unit on Personal Safety**.

Content must include:

- details on **social cruelty**
- information on **emotional safety**
 - explanation of **SOS and ACT**
- examples of **digital safety**

Send to:

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 - cgkarcz@pulaskischools.org

Survey Time 2016-17

- Use iPad
- Took originally in GO Time in September

<https://goo.gl/forms/7eAiERuB2QmNZoP53>



Both
QR
Codes
Work

