



# **Safe and Supported: Inside the New PurposeFull People Safety Unit**

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# Safe and Supported: Inside the New PurposeFull People Safety Unit

## Entry Task



What does school-wide implementation of prevention programs look like on your campus?



The goal is to raise awareness and provide education on safety, mental health, and substance abuse.



WHEN YOU SPEAK UP FOR YOURSELF IN AN UNSAFE SITUATION.

1

### SHOW COURAGE!

Stand with your shoulders back and your hands on your hips.



2

### USE YOUR VOICE!

Speak clearly and loudly using strong phrases like "No!" or "I need help!"



Flexible



**Melissa Rosario**

 Director of Elementary  
Education



**Karen Madrid**

 Elementary Curriculum  
Specialist

# Objectives



Understand the key parts of Safe & Supported unit.



Launch the "I Know" campaign with confidence.



Use resources to boost student advocacy and well-being.

## Knowing Where to Go

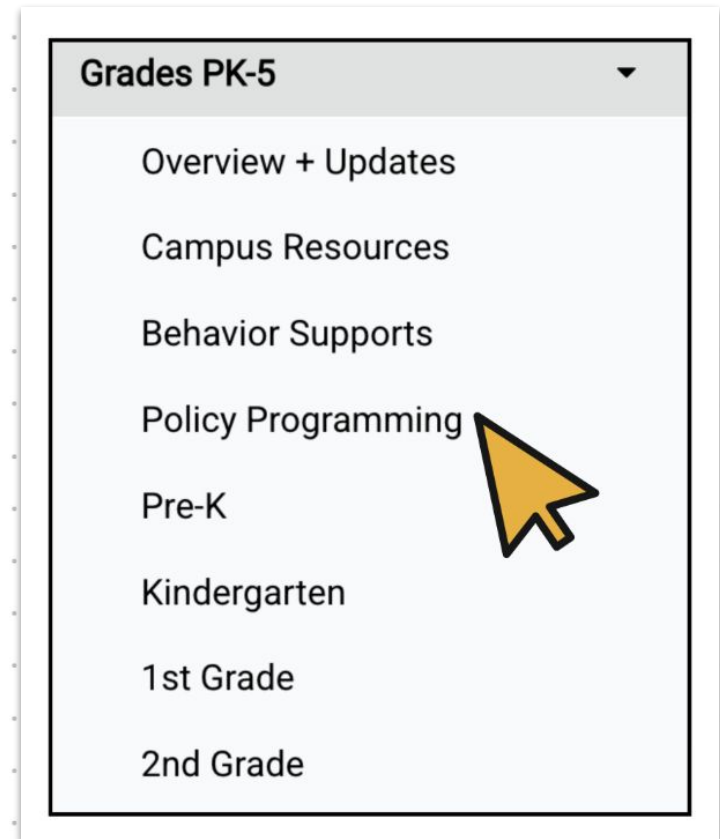


# Why Policy Programming?



**1 in 5 child experience some form of abuse**  
-National Children's Alliance Org.

- Erin's Law- Requires age-appropriate abuse and suicide prevention education in schools.
- ASCA student standards:
  - B-SMS 9. Personal safety skills
  - B-SS 8. Advocacy skills for self and others and ability to assert self, when necessary
- Empowers children to identify unsafe situations and seek support.



# I Know Campaign



**Know What You're Feeling** – Building emotional awareness and self-protection.



**Know When to Say "No"** – Learning to identify, set, and enforce personal boundaries.



**Know Where to Go** – Developing help-seeking skills and identifying trusted adults.



## THE I KNOW RULE



I KNOW HOW I FEEL.



I KNOW WHAT TO SAY: "NO!"



I KNOW WHERE TO GO.

# Policy Programming: Safe and Supported Unit

**Personal Safety:**  
7 lessons  
Now Available



**Mental Health:**  
5 lessons  
August 1st



**Healthy Choices:**  
5 lessons  
October 1st



# Safe and Supported: Lesson Overview



## Personal Safety

- Recognizing Risks
- Personal Boundaries
- Relationships
- Online Safety



## Mental Health

- Thoughts, Feelings, Actions
- Suicide Prevention
- Online Wellness



## Substance Abuse

- Healthy and Harmful Choices
- Keeping our Brains and Body Safe
- Power in Choices

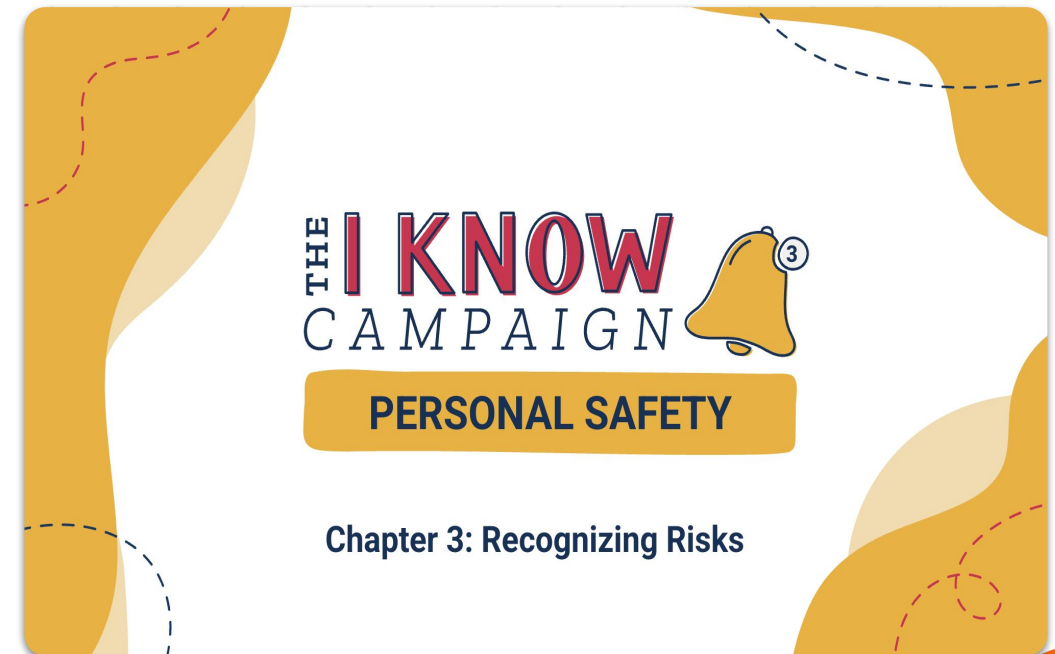
# Personal Safety Pre-K -2nd

**Lesson Name:** Recognizing Risks

**Key Concepts:** Understand the difference between safe and unsafe situations, and learn how to get help

**Activities:**

- Pre-K/K- Calling for help
- 1st- Safety Search
- 2nd- Circle of Safety



# Family Resources



## How Families Can Help:

- Reinforce safety lessons and open communication at home.
- Practice boundary-setting and role-playing scenarios.
- Be an active listener and create a safe space.

Resources for families:



PERSONAL SAFETY

### Overview

We're covering an important topic: **Personal Safety**. In this unit, students will learn how to stay safe, ask for help, and name trusted adults in their lives.

One key skill is using their **Strong Voice** if something feels unsafe. This means standing tall, hands on hips, and speaking clearly and loudly. Strong phrases include:

- "No! Please stop."
- "No! I don't like that."

These lessons help students recognize when something doesn't feel right and know how to respond. Our goal is for every student to feel strong, safe, and supported.

Thank you for partnering with us to build these essential life skills!

### Trusted Adults

A trusted adult is someone your student can go to when they feel unsafe, confused, or need help. Trusted adults are good listeners who care and can help with big or uncomfortable situations.

At school, your student is learning to identify 2 trusted adults:

- One trusted adult at **school**
- One trusted adult at **home**

This helps students know who they can turn to if something doesn't feel right.

### Additional Family Resources

Access our family page to learn more!  
<https://www.characterstrong.com/personal-safety>

### Conversation Starters

- Who is a trusted adult at school you can go to if you need help?
- What can you say if someone crosses your boundary?

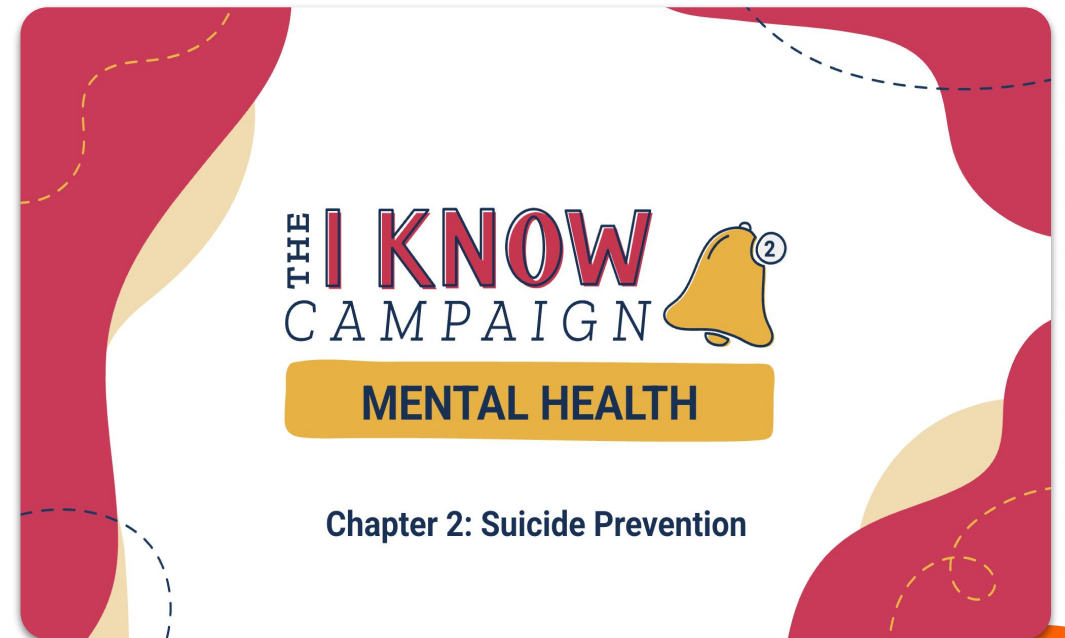
# Mental Health 3rd-5th

**Lesson Name:** Suicide Prevention

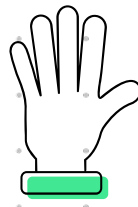
**Key Concepts:** Understand what suicide is, recognize warning signs, and practice asking for help.

**Activities:**

- 3rd- Who can help?
- 4th- Positive Self-Talk
- 5th- What's on your mind?



**How excited are YOU for our new content?!**

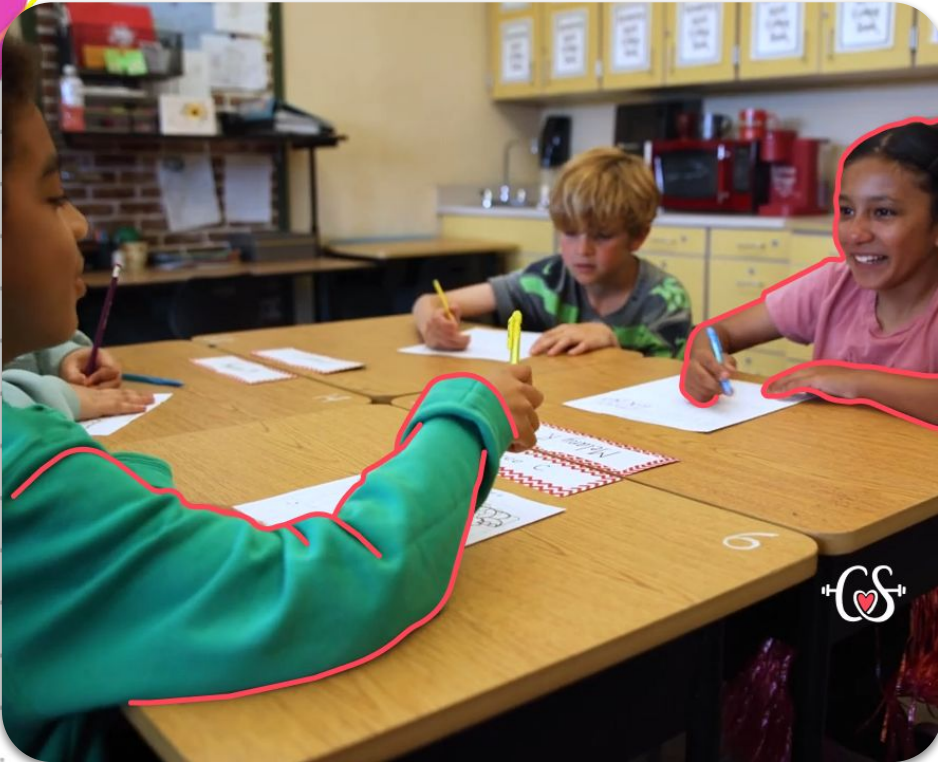


*Temperature*

**Check**

# CharacterStrong Elementary Champion

## Panel: Real Stories, Real Impact



Join elementary educators as they share real stories of bringing CharacterStrong to life.



Practical tips you can use right away



Honest challenges and how they overcame them



Real wins that changed school culture



**Session 4 Location: RM. 405**

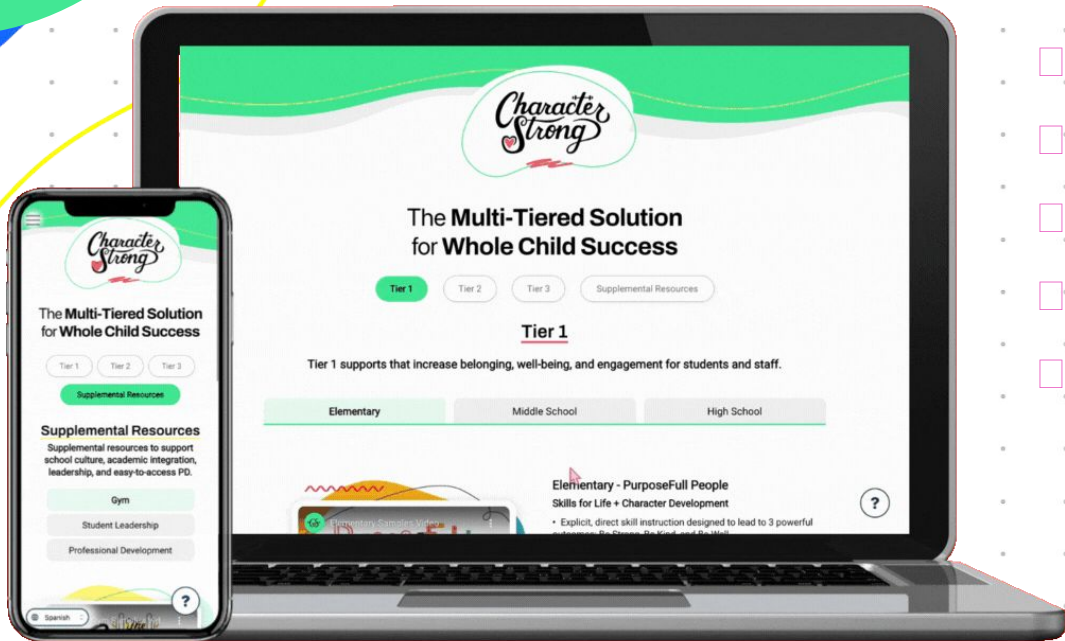


# 60 Second Feedback





# Tier 1 Curriculum



- PreK - 12th Grade Vertically Aligned Curriculum
- Designed by Educators for Educators
- Every lesson is unique and does not repeat
- Research-Based Lessons
- Plug and Play Resources

Scan to  
Learn More



# Affirmations



**"I am a strong and capable educator."**

**"I make a positive difference in my students' lives."**

**"I am continuously growing and learning."**

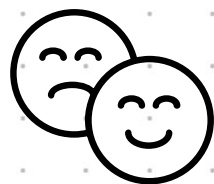
# Pre-K Improvements



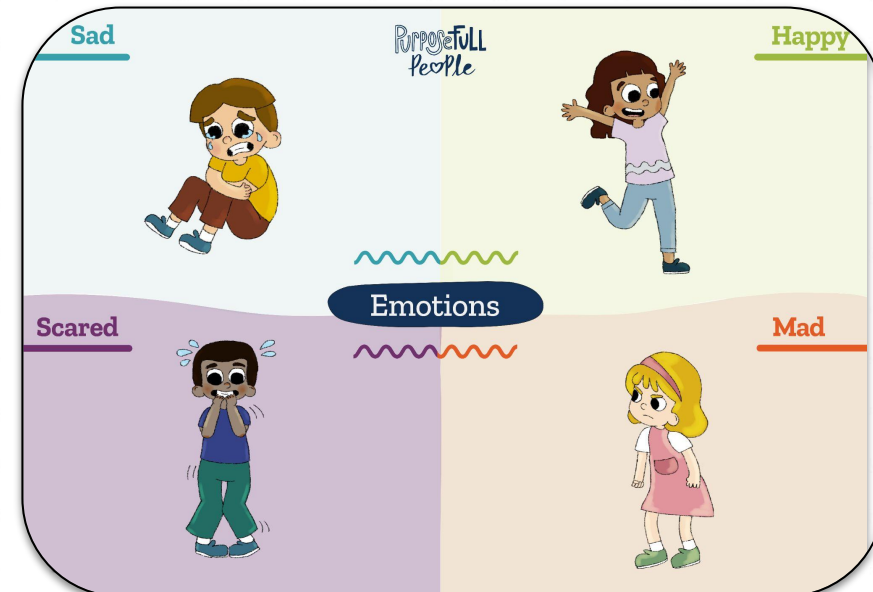
Start Sections: Pre-K/Kinder New illustrations, stories, and reflection questions to introduce each trait.



Each Life Skills lesson now only takes 15–20 minutes.



Emotions Poster highlighting 4 core feelings using student characters. (Happy, Sad, Scared, Mad)



# Pre-K Improvements



**New videos:** Ms. Bridget and Fidget guide students through key concepts in short, age-appropriate videos that are playful, clear, and engaging.

