

**School Curriculum Resources:**

# **Personal Safety and Injury Prevention**

**Grades 1 - 12**



Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<b>Personal Safety and Injury Prevention Grade 1</b>	<p><b>C1.2 Safe Practices- personal safety</b></p> <p><b>Bicycle Safety</b>  <a href="#">ABC Bike Check Video</a></p> <p><a href="#">Be Visible Video</a></p> <p><a href="#">Bike Helmet Fitting Video</a>  <a href="#">Biking on paths/trails Video</a>  <a href="#">Biking Rules Video</a></p> <p><a href="#">CAA Bike Safety Resources</a>  <a href="#">Cycling Safety Resources</a></p> <p><a href="#">Cycling Safety Videos</a></p> <p><a href="#">Dangers of Cycling on Sidewalks Video</a>  <a href="#">Hand signals &amp; safe biking tips Video</a>  <a href="#">MTO Young Cyclist Guide</a>  <a href="#">No White at Night Video</a>  <a href="#">Proper bike Fitting Video</a>  <a href="#">Request a bike skills workshop at your school</a>  <a href="#">Sharing the Trail Video</a></p> <p><b>Concussion Awareness</b>  <a href="#">Lambton Public Health: Concussion Information</a>  <a href="#">TD Think First For Kids - Concussion Program</a></p>	<p><b>C2.3 Caring and exploitive behaviours and feelings</b></p> <p><b>Injury Prevention</b></p> <p><a href="#">Ophea: Safety Poster Lesson Plan</a></p> <p><a href="#">Ophea: Stand Up For Safety Lesson Plan</a>  <a href="#">Ophea: Stop and Tell Lesson Plan</a></p> <p><b>C2.4 Safety at school</b></p> <p><a href="#">Ophea: Name The Danger Lesson Plan</a></p> <p><a href="#">Ophea: Safety Bingo Lesson Plan</a>  <a href="#">Ophea: Safety Poster Lesson Plan</a></p>	<p><b>C3.1 Potential risks at home, in the community, outdoors</b></p> <p><b>Concussion Awareness</b>  <a href="#">Lambton Public Health: Concussion Information</a>  <a href="#">TD Think First For Kids - Concussion Program</a></p> <p><b>Fire Safety</b>  <a href="#">The Great Escape - Fire Safety Lessons: CD</a></p> <p><b>Household Chemical Products Safety</b></p> <p><a href="#">Stay Safe - Hazard Symbols: Lesson plan and game board</a></p> <p><b>Injury Prevention</b>  <a href="#">Child Safety Resources for Teachers</a>  <a href="#">Parachute Canada: Safety Resources</a>  <a href="#">TD Think First For Kids Program</a></p> <p><a href="#">Ophea: Name The Danger Lesson Plan</a>  <a href="#">Ophea: Safe Practices and Safety Risks Lesson Plan</a></p> <p><b>Sun Safety</b></p> <p><a href="#">Canadian Dermatology Association: Sun safety resources</a>  <a href="#">Ontario Sun Safety Working Group: Curriculum resources</a></p>

Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<b>Personal Safety and Injury Prevention</b> <b>Grade 1</b>	<b>Injury Prevention</b>  <a href="#">Child Safety Resources for Teachers</a> <a href="#">Parachute Canada: Safety Resources</a>  <a href="#">Pedestrian Safety Video</a> <a href="#">TD Think First For Kids Program</a>  <a href="#">Ophea: Safe Practices and Safety Risks Lesson Plan</a> <a href="#">Ophea: Safety Bingo Lesson Plan</a> <a href="#">Ophea: Stand Up For Safety Lesson Plan</a>		<a href="#">SCREEN ME! Sun Safe Awareness &amp; Education Program Website</a> <a href="#">Sun Safe Play, Everyday! Sing-along DVD</a>  <a href="#">SunSense: Free sun safety resources for educators</a> <a href="#">Sun Safety Colouring Page</a> <a href="#">Canadian Dermatology Association: Order sun safety bookmarks and stickers</a>  <a href="#">Sun Smart Summer Fun Word Search</a>  <b>Water Safety</b>  <a href="#">KidsHealth Swimming Safety</a>

Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<b>Personal Safety and Injury Prevention</b> <b>Grade 2</b>	<p><b>C1.1 Personal safety - home and outdoors</b></p> <p><b>Bicycle Safety</b></p> <p><a href="#">ABC Bike Check Video</a></p> <p><a href="#">Be Visible Video</a></p> <p><a href="#">Bike Helmet Fitting Video</a></p> <p><a href="#">Biking on paths/trails Video</a></p> <p><a href="#">Biking Rules Video</a></p> <p><a href="#">CAA Bike Safety Resources</a></p> <p><a href="#">Cycling Safety Resources</a></p> <p><a href="#">Cycling Safety Videos</a></p> <p><a href="#">Dangers of Cycling on Sidewalks Video</a></p> <p><a href="#">Hand signals &amp; safe biking tips Video</a></p> <p><a href="#">MTO Young Cyclist Guide</a></p> <p><a href="#">No White at Night Video</a></p> <p><a href="#">Proper bike Fitting Video</a></p> <p><a href="#">Request a bike skills workshop at your school</a></p> <p><a href="#">Sharing the Trail Video</a></p> <p><b>Concussion Awareness</b></p> <p><a href="#">Lambton Public Health: Concussion Information</a></p> <p><a href="#">TD Think First For Kids - Concussion Program</a></p> <p><b>Fire Safety</b></p> <p><a href="#">The Great Escape - Fire Safety Lessons: CD</a></p>	<p><b>C2.3 Standing up for yourself</b></p>	<p><b>C3.1 Relating to others</b></p> <p><a href="#">Ophea: Enhancing Safe and Positive Behaviour Lesson Plan</a></p> <p><a href="#">Ophea: Relating Positively to Others Lesson Plan</a></p>

Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<b>Personal Safety and Injury Prevention</b> <b>Grade 2</b>	<p><b>Household Chemical Products Safety</b>  <a href="#">Stay Safe - Hazard Symbols: Lesson plan and game board</a></p> <p><b>Safety Practices</b>  <a href="#">Child Safety Resources for Teachers</a>  <a href="#">TD Think First For Kids Program</a></p> <p><a href="#">Ophea: Enhancing Safe and Positive Behaviour Lesson Plan</a></p> <p><a href="#">Ophea: Monitoring Prescription Medication Lesson Plan</a></p> <p><b>Sun Safety</b>  <a href="#">Canadian Dermatology Association: Sun safety resources</a>  <a href="#">Ontario Sun Safety Working Group: Curriculum resources</a>  <a href="#">SCREEN ME! Sun Safe Awareness &amp; Education Program Website</a>  <a href="#">SunSense: Free sun safety resources for educators</a>  <a href="#">Canadian Dermatology Association: Order sun safety bookmarks and stickers</a></p> <p><a href="#">Sun Smart Summer Fun Word Search</a>  <a href="#">SunSense Fortune Teller</a></p> <p><b>C1.2 Food allergies</b></p> <p><a href="#">Ophea: Monitoring Prescription Medication Lesson Plan</a>  <a href="#">Ophea: Safe Behaviour and Allergies Lesson Plan</a></p>		

Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<b>Personal Safety and Injury Prevention Grade 3</b>		<p><b>C2.2 Safety guidelines outside of class</b></p> <p><b>Concussion Awareness</b>  <a href="#">TD Think First For Kids - Concussion Module</a></p> <p><b>Fire Safety</b>  <a href="#">The Great Escape - Fire Safety Lessons: CD</a></p> <p><b>Household Chemical Products Safety</b>  <a href="#">Stay Safe - Hazard Symbols: Lesson plan and game board</a></p> <p><b>Injury Prevention</b>  <a href="#">Child Safety Resources for Teachers</a>  <a href="#">Parachute Canada: Safety Resources</a>  <a href="#">Request a bike skills workshop at your school</a>  <a href="#">TD Think First For Kids Program</a></p> <p><a href="#">Ophea: Applying Health Knowledge &amp; Skills Lesson Plan</a>  <a href="#">Ophea: Safety Guidelines Outside of Class Lesson Plan</a>  <a href="#">Ophea: Safety Scenarios Lesson Plan</a></p> <p><b>Sun Safety</b>  <a href="#">Canadian Dermatology Association: Sun safety resources</a>  <a href="#">Ontario Sun Safety Working Group: Curriculum resources</a>  <a href="#">SCREEN ME! Sun Safe Awareness &amp; Education Program Website</a>  <a href="#">Canadian Dermatology Association: Order sun safety bookmarks and stickers</a></p> <p><a href="#">Sun Smart Summer Fun Word Search</a>  <a href="#">SunSense Fortune Teller</a></p>	<p><b>C3.2 Real and fictional violence</b></p> <p><a href="#">Ophea: Substance Abuse and Violence Lesson Plan</a></p> <p><a href="#">iTHINK: A Critical Thinking &amp; Media Literacy Manual</a></p>

Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<b>Personal Safety and Injury Prevention Grade 3</b>		<a href="#">SunSense: Free sun safety resources for educators</a>  <b>Water Safety</b> <a href="#">KidsHealth Swimming Safety</a> <a href="#">Lifesaving Society: Drowning Reports</a> <a href="#">End Drowning in the Great Lakes: Brochure</a>	

Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<b>Personal Safety and Injury Prevention</b> <b>Grade 4</b>	<p><b>C1.2 Safe use of technology</b></p> <p><a href="#">OPHEA: ConnectED</a></p> <p><b>C1.3 Bullying and abuse</b></p>	<p><b>C2.2 Decision making- assessing risk</b></p> <p><b>Bike Safety</b>  <a href="#">Request a bike skills workshop at your school</a></p> <p><b>Concussion Awareness</b>  <a href="#">Lambton Public Health: Concussions</a>  <a href="#">TD Think First For Kids - Concussion</a></p> <p><b>Fire Safety</b>  <a href="#">The Great Escape - Fire Safety Lessons: CD</a></p> <p><b>Household Chemical Products Safety</b>  <a href="#">Stay Safe - Hazard Symbols: Lesson plan and game board</a></p> <p><b>Injury Prevention</b>  <a href="#">Child Safety Resources for Teachers</a>  <a href="#">Parachute Canada: Safety Resources</a>  <a href="#">TD Think First for Kids - Injury Prevention Curriculum</a>  <a href="#">Ophea: Making Healthy and Safe Decisions - Part 1</a>  <a href="#">Ophea: Making Healthy and Safe Decisions- Part 2</a>  <a href="#">Ophea: What Should I Choose -Decision Making and Assertiveness Skills Lesson</a></p> <p><b>Sun Safety</b>  <a href="#">Canadian Dermatology Association: Sun safety resources</a>  <a href="#">Ontario Sun Safety Working Group: Curriculum resources</a>  <a href="#">SCREEN ME! Sun Safe Awareness &amp; Education Program Website</a>  <a href="#">SunSense: Free sun safety resources for educators</a>  <a href="#">Canadian Dermatology Association: Order sun safety bookmarks and stickers</a></p> <p><a href="#">SunSense Fortune Teller</a></p>	



Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<b>Personal Safety and Injury Prevention Grade 5</b>	<p><b>C1.1 Supports- injury prevention, emergencies, bullying, violence</b></p> <p><b>Bike Safety</b>  <a href="#">ABC Bike Check Video</a>  <a href="#">Be Visible Video</a>  <a href="#">Bike Helmet Fitting Video</a>  <a href="#">Biking on paths/trails Video</a>  <a href="#">Biking Rules Video</a>  <a href="#">CAA Bike Safety Resources</a>  <a href="#">Cycling Safety Resources</a>  <a href="#">Cycling Safety Videos</a>  <a href="#">Dangers of Cycling on Sidewalks Video</a>  <a href="#">Hand signals &amp; safe biking tips Video</a>  <a href="#">MTO Young Cyclist Guide</a>  <a href="#">No White at Night Video</a>  <a href="#">Proper Bike Fitting Video</a>  <a href="#">Request a bike skills workshop at your school</a></p> <p><b>Injury Prevention</b>  <a href="#">Pedestrian Safety Video</a>  <a href="#">Safe Travel Planning (Grades 4 to 6)</a>  <a href="#">TD Think First for Kids - Injury Prevention Curriculum</a></p> <p><a href="#">Ophea: In Their Shoes Lesson Plan</a>  <a href="#">Ophea: Who Can Help? Lesson Plan</a>  <a href="#">Ophea: Who is Affected? Lesson Plan</a></p> <p><a href="#">Ophea: Decision Making and Personal Safety Lesson Plan</a></p>	<p><b>C2.2 Strategies- threats to personal safety</b></p> <p><a href="#">Ophea: Decision Making and Personal Safety Lesson Plan</a></p> <p><a href="#">Ophea: ConnectED</a></p>	<p><b>C3.2 Actions, self-concepts</b></p> <p><a href="#">Ophea: In Their Shoes Lesson Plan</a></p> <p><a href="#">Ophea: Who is Affected? Lesson Plan</a></p>

Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<b>Personal Safety and Injury Prevention Grade 6</b>		<p><b>C2.3 Safe and positive social interaction, conflict management</b></p> <p><a href="#">Ophea: Choice Boards Lesson Plan</a></p> <p><a href="#">Ophea: Consequences and Community Action Lesson Plan</a></p> <p><a href="#">Ophea: Cyberbullying and Gaming Addiction Lesson Plan</a></p> <p><a href="#">Ophea: ConnectED</a></p> <p><a href="#">Ophea: Campaign Messengers: Taking a Stand!</a></p>	<p><b>C3.2 Responsibilities, risks – care for self and others, safety practices</b></p> <p><b>Bike Safety</b> <a href="#">Request a bike skills workshop at your school</a></p> <p><b>Concussion Awareness</b></p> <p><a href="#">Lambton Public Health: Concussion Information</a></p> <p><a href="#">TD Think First For Kids - Concussion Module</a></p> <p><b>Injury Prevention</b> <a href="#">TD Think First for Kids - Injury Prevention Curriculum</a></p> <p><a href="#">Ophea: Choice Boards Lesson Plan</a></p> <p><a href="#">Ophea: Consequences and Community Action Lesson Plan</a></p> <p><a href="#">Ophea: Cyberbullying and Gaming Addiction Lesson Plan</a></p> <p><a href="#">Ophea: Impact of Cyberbullying Lesson Plan</a></p> <p><b>Sun Safety</b></p> <p><a href="#">Canadian Dermatology Association: Sun safety resources</a></p> <p><a href="#">Canadian Skin Cancer Foundation's Go Safe Sun Safety Elearning Classes</a></p> <p><a href="#">Ontario Sun Safety Working Group: Curriculum resources</a></p> <p><a href="#">SCREEN ME! Sun Safe Awareness &amp; Education Program Website</a></p> <p><a href="#">Canadian Dermatology Association: Order sun safety bookmarks and stickers</a></p> <p><a href="#">SunSense Fortune Teller</a></p>

Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<b>Personal Safety and Injury Prevention Grade 6</b>			<a href="#">SunSense: Free sun safety resources for educators</a>  <b>Stress</b> <a href="#">Kids Have Stress Too Program</a>
<b>Personal Safety and Injury Prevention Grade 7</b>	<b>C1.1 Benefits and dangers – technology</b>  <a href="#">Ophea: Benefit and Dangers of Technology Lesson Plan</a> <a href="#">Ophea: Help, Help, Help Lesson Plan</a>  <a href="#">Ophea: What Would You Do? Lesson Plan</a>  <a href="#">Ophea: CyberCops</a>	<b>C2.2 Impact- bullying harassment</b>  <a href="#">Ophea: Benefit and Dangers of Technology Lesson Plan</a> <a href="#">Ophea: Harassment and Resolution Strategies Lesson Plan</a> <a href="#">Ophea: Mental Health Connections Lesson Plan</a> <a href="#">Ophea: What Would You Do? Lesson Plan</a> <a href="#">Ophea: Campaign Messengers: Taking a Stand!</a>	

Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<b>Personal Safety and Injury Prevention</b> <b>Grade 8</b>	<p><b>C1.2 Reducing risk of injuries, death</b></p> <p><b>Bike Safety</b>  <a href="#">ABC Bike Check Video</a>  <a href="#">Be Visible Video</a>  <a href="#">Bike Helmet Fitting Video</a>  <a href="#">Biking on paths/trails Video</a>  <a href="#">Biking Rules Video</a>  <a href="#">CAA Bike Safety Resources</a>  <a href="#">Cycling Safety Resources</a>  <a href="#">Cycling Safety Videos</a>  <a href="#">Dangers of Cycling on Sidewalks Video</a>  <a href="#">Hand signals &amp; safe biking tips Video</a>  <a href="#">MTO Young Cyclist Guide</a>  <a href="#">No White at Night Video</a>  <a href="#">Proper Bike Fitting Video</a>  <a href="#">Request a bike skills workshop at your school</a></p> <p><b>Concussion Awareness</b></p> <p><a href="#">Lambton Public Health: Concussion Information</a>  <a href="#">TD Think First For Kids - Concussion Module</a></p>	<p><b>C2.2 Assessing situations for potential danger</b></p> <p><b>Dental Health</b>  <a href="#">Lambton Public Health: Healthy Mouth/Healthy You Booklet (by request)</a></p> <p><b>Injury Prevention</b></p> <p><a href="#">Ophea: Assessing Dangerous Situations Lesson Plan</a>  <a href="#">Ophea: Dangers of Substance Use Lesson Plan</a></p> <p><b>Sun Safety/Ultraviolet Radiation</b>  <a href="#">Canadian Cancer Society Sun Safety/Tanning Videos</a>  <a href="#">Canadian Skin Cancer Foundation's Go Safe Sun Safety Elearning Classes</a>  <a href="#">Dear 16 Year Old Me: Education Video</a>  <a href="#">Ontario Sun Safety Working Group: Curriculum resources</a>  <a href="#">SCREEN ME! Sun Safe Awareness &amp; Education Program Website</a>  <a href="#">SunSense: Free sun safety resources for educators</a>  <a href="#">The Dark Side of the Sun DVD lesson plan</a>  <a href="#">Canadian Dermatology Association: Order sun safety bookmarks and stickers</a></p> <p><a href="#">Ophea: CyberCops</a></p>	<p><b>C3.2 Impact of violent behaviours; supports</b></p> <p><a href="#">Ophea: Substance Use Impacts Lesson Plan</a>  <a href="#">Ophea: Violent Behaviours and Dangers: The Impacts Lesson Plan</a>  <a href="#">Ophea: Campaign Messengers: Taking a Stand!</a></p>

Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<p style="text-align: center;"><b>Personal Safety and Injury Prevention Grade 8</b></p>	<p><b>Injury Prevention</b>  <a href="#">Parachute Canada Resources</a>  <a href="#">TD Think First For Kids Program for Grade 7-8</a></p> <p><a href="#">Ophea: Assessing Dangerous Situations Lesson Plan</a>  <a href="#">Ophea: Dangerous Situations Lesson Plan</a></p> <p><a href="#">Child Pedestrian Injuries Report</a>  <a href="#">How Does a Teenager Cross the Road? Infographic</a>  <a href="#">Pedestrian Safety: By the Numbers Report</a>  <a href="#">Pedestrian Safety and Teens: Infographic</a></p> <p><a href="#">Pedestrian Safety Video</a></p> <p><b>Water Safety</b>  <a href="#">Drowning Doesn't Look Like Drowning: Video</a>  <a href="#">Lifesaving Society: Drowning Reports</a>  <a href="#">TeensHealth: Water Safety</a>  <a href="#">End Drowning in the Great Lakes: Brochure</a>  <a href="#">Lifesaving Society: Teens and Drowning</a></p>		

Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<b>Personal Safety and Injury Prevention Grade 9</b>	<p><b>C1.2 Technology- benefits and risks, safe use</b></p>		<p><b>C3.2 Mental Health concerns – warning signs and responses</b>  <a href="#">Centre for Addiction and Mental Health (CAMH) - Teacher Resources</a></p> <p><b>C3.3 Responding to bullying/harassment (including sexual harassment, gender-based violence, homophobia, racism)</b></p> <p><a href="#">Ophea: Campaign Messengers: Taking a Stand!</a></p>
<b>Personal Safety and Injury Prevention Grade 10</b>	<p><b>C1.1 Mental Health- factors that enhance</b></p> <p><a href="#">Centre for Addiction and Mental Health (CAMH) - Teacher Resources</a>  <a href="#">Ophea: YouThrive</a>  <a href="#">mindyourmind.ca - Wellness</a></p>	<p><b>C2.3 Conflict- within oneself and with others; resolution strategies</b></p>	<p><b>C3.2 Minimizing health and safety risks- physical and personal environment</b></p> <p><a href="#">A guide to common infections pamphlet (by request)</a>  <a href="#">Drugged Driving Kills Projects: Why Drive High?</a>  <a href="#">Parachute Canada: Injury Prevention strategies (various topics)</a>  <a href="#">Ophea: Campaign Messengers: Taking a Stand!</a></p>

Topic	Understanding Health Concepts	Making Healthy Choices	Making connections for Healthy Living
<b>Personal Safety and Injury Prevention</b> <b>Grade 11</b>	<p><b>C1.2 Action, risks and influencing factors</b></p> <p><a href="#">Distracted Driving</a></p> <p><a href="#">Lambton Public Health: Body Piercing</a>  <a href="#">Lambton Public Health: Tattooing</a></p> <p><b>C1.3 Suicide- warning signs and prevention strategies</b></p> <p><a href="http://mindyourmind.ca">mindyourmind.ca - Suicide</a></p>	<p><b>C2.1 Strategies for making safer choices</b></p> <p><a href="#">Parachute Canada: Injury Prevention strategies (various topics)</a>  <a href="#">Ophea: YouThrive</a></p>	<p><b>C3.2 Behaviours associated with risk-social impacts, costs and ways of preventing</b></p>
<b>Personal Safety and Injury Prevention</b> <b>Grade 12</b>	<p><b>C1.1 Harassment, violence, abuse-effects, legal implications and responses</b></p>	<p><b>C2.2 Using living skills, and supports to reduce vulnerability to harassment, violence, abuse</b></p> <p><a href="#">Ophea: YouThrive</a></p>	<p><b>C3.2 Harassment, violence, abuse in local and global contexts- resources, supports, and responses</b></p>