

Personal Safety and Injury Prevention



Making Healthy Choices

C1.1 Supports – injury prevention, emergencies, bullying & violence

Program:

Friends For Life - The Friends for Life program is designed to teach children and youth important emotional and social skills that they can apply to their daily lives. These skills build resilience which protects individuals against stress and enables them to meet the challenges of difficult situations.

To offer this program in a classroom there needs to be a commitment for a 40 – 60 minute class each week for 7 – 10 weeks. Classroom teachers play an important collaborative role by reinforcing the lessons learned each week. Therefore, their presence and involvement during the sessions are encouraged. Resources will be provided for classes to use between sessions. When able, individual classroom needs will be adapted into the program.

Resources:

- [Parachute Canada Website \(Brain Day\)](#)

Making Healthy Choices

C2.2 Strategies – threats to personal safety

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Resources:

- [Internet Safety - Need help now](#)
- [Teachers Resources for Internet Safety](#)
- [Internet Safety](#)

Making Connections for Healthy Living

C3.2 Actions, self-concepts

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