Below is an overview of the current Kidproof student courses including their content and curriculum area.

**Cybersafe Early Years**
- Grades K-2  1 hour
- Content Overview
  - Four Rules of Safe Online Behavior
  - Being a Good Online Citizen
  - Improper Online Behavior
  - Cyber-Bullying, Personal Information, Online Predators, Screen Name Safety
- Curriculum Area
  - Personal Safety
  - Internet Safety
  - Relationships
  - Ethics & Good Citizenship

**Never Bee Lost**
- Grades K-2  1 hour
- Content Overview
  - Steps to Staying Safe
  - Who to Choose to Help
  - Stranger Smarts
  - Phone Number Activity
- Curriculum Area
  - Personal Safety

**Safe Kids**
- Grades K-2  1 hour
- Content Overview
  - At Home Safety: Electricity, Poison, Fire Safety, Gun Safety
  - Outside the Home Safety: Traffic, Bikes, and Playgrounds
  - Emergencies & Calling for Help
- Curriculum Area
  - Personal Safety

North Norwich Public School:
“The course exceeded my expectations, to be honest!”

YMCA:
“The content was perfect for the age group! What a great program!”

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STUDENT COURSE OVERVIEW

Below is an overview of the current Kidproof student courses including their content and curriculum area.

Safe Sport

Grades 3-5        2 hours

Content Overview
• Winning and Losing Well
• Cheating
• Handling Competition
• Self-Esteem and Steps to Improving Self-Esteem
• Bullying, How to react to Bullying, Witnessing Bullying, Avoiding Bullying
• Dealing with Aggressive Players and Coaches
• Healthy Living
• Warm-up, Equipment, Game Rules, Sun Safety
• Healthy Eating
• Travel tips, Coaches and Adults, Hotel Rooms.

Curriculum Area
✓ Personal Safety
✓ Relationships
✓ Ethics & Good Citizenship
✓ Personal Health & Self-Esteem

Stranger Smarts

Grades 3-5        2 hours

Content Overview
• Definition of a Stranger
• Kid and Parent Promise
• Instinct, Intuition and Personal Alarms
• Protecting Safety Zone
• Safe Places vs. Safe Situations
• Tricks Predators will Use
• Where to Go For Help

Curriculum Area
✓ Personal Safety
✓ Relationships
✓ Ethics & Good Citizenship

I Wanna Walk

Grades 3-5        2 hours

Content Overview
• Planning Safe Route
• Dealing with Bullies Along the Way
• Pedestrian, Traffic and Road Safety
• Safety around Strangers
• Bike and Scooter Safety
• Dressing for Success
• Healthy Lifestyle

Curriculum Area
✓ Personal Safety
✓ Ethics & Good Citizenship
✓ Personal Health & Self-Esteem

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### Cybersafe

**Grades 3-5**  
2 hours

**Content Overview**
- What is the Internet. How, when and where should it be used
- Getting to Know the Internet. Definitions of Common Cyber-Terminology
- Rules for Safely Using the Internet and Social Networks
- Identifying Dangers Online
- Predators: How to Recognize Warning Signs
- Harassment / Bullying: How to Identify, Avoid and Respond
- Criminal Activity - Enticement
- Viruses
- Instant Messaging and Chatting: Face to Face Friends Vs. Acquaintances & Strangers
- Selecting a User Name and Passwords
- Personal Information
- Communication with Parents about Online Experiences

**Curriculum Area**
- Personal Safety
- Internet Safety
- Relationships
- Ethics & Good Citizenship

### Bullyproofing

**Grades 3-5**  
2 hours

**Content Overview**
- Developing Tolerance and Empathy
- Non-Discrimination against Gender, Physical Disability, Race, and Religion
- Identifying Bullying and Cyber Bullying
- What is Bullying and Why do People Bully
- Aggressive vs. Assertive: Why Violence is Never the Answer
- Responding to Bullies:
  - Witnessing Bullying
  - Avoiding Bullying
- If you are a Bully
- 5 Elements of Good Citizenship:
  - Compassion
  - Respect for yourself and others
  - Honesty
  - Responsibility
  - Courage

**Curriculum Area**
- Personal Safety
- Internet Safety
- Relationships
- Ethics & Good Citizenship

### First Aid For Kids

**Grades 4-6**  
2 hours

**Content Overview**
- Responding to Emergencies: Four Step Action Plan
- Fire Safety
- Choking and Breathing Difficulties
- Treatment of Poisoning, Burns, and Nosebleeds
- Treatment for Cuts, Scrapes, and Punctures
- Case Studies / Scenarios

**Curriculum Area**
- Personal Safety
- Personal Health & Self-Esteem

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### Conflict Resolution

**Grades 4-6**  
**2 hours**

**Content Overview**
- Identifying Conflict & Analyzing the Source of Conflicts: How to Examine Deeper Reasons for a Conflict
- Hurtful Behaviors, Including Non-Verbal Behaviors
- Gender Conflict, Street Conflict: Why Violence is Never the Answer
- Benefits of Conflict Resolution and Tricks to De-escalating Conflict
- How to Interpret Non-Verbal Behaviors (Body Language), and Using Non-Verbal Communication to Diffuse a Conflict.
- Using “I” Statements to Prevent and Stop Conflict
- Conversation Starters: How to Use Inquiry, Acknowledgment, and Support Skills in Talking with Adults such as Parents

**Curriculum Area**
- Personal Safety
- Relationships
- Ethics & Good Citizenship

### Social Netiquette

**Grades 4-6**  
**2 hours**

**Content Overview**
- Social Networking Capacity for Danger
- Thinking Critically while Online: Identifying Accurate and Truthful Information
- Dangers of Global Exposure through Social Networking Sites
- Dangers of Mobile Phones and Sexting
- Social Ethics and Rules of Social Networking
- Social Networking and Friendships: Setting Boundaries
- Morals, Values, and Ethics: Behavior in Real Life Should Mirror CyberLife
- Facebook Friends: The more the better?
- Dangers of Gaming, Gambling and Chat-Rooms
- Identity Theft & Profile Building
- Social Networking Protocols & Etiquette: pictures, videos, personal information, screen name.

**Curriculum Area**
- Personal Safety
- Internet Safety
- Relationships
- Ethics & Good Citizenship
- Personal Health & Self-Esteem

### At Home Alone

**Grades 5-6**  
**2 hours**

**Content Overview**
- Rights and Responsibilities
- Supervision from a Distance
- Keeping Constructively Occupied
- Preparing for an Emergency
- Dealing with Visitors and Phone Calls

**Curriculum Area**
- Personal Safety
- Personal Health & Self-Esteem

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STUDENT COURSE OVERVIEW

Below is an overview of the current Kidproof student courses including their content and curriculum area.

**Babysitter Training**
- Grades 5+
- 7 hours

**Content Overview**
- The Business of Babysitting
- Finding a Safe Babysitting Job
- Caring for Kids of All Ages
- Mealtime and Healthy Eating
- Babyproofing and Safety Checks
- Dealing with Visitors and Phone Calls
- Managing Childhood Arguments and Sibling Rivalry
- Safe Play Time
- Babysitters First Aid
- Responding to Emergencies
- Fire Safety
- Emergency First Aid: Four Step Action Plan
- Choking and Breathing Difficulties
- Treatment of Poisoning
- Treatment of Burns
- Treatment for Cuts, Scrapes, and Punctures
- Treatment of Nosebleeds

**Curriculum Area**
- Personal Safety
- Relationships
- Ethics & Good Citizenship
- Personal Health & Self-Esteem

**A Girl’s Way**
- Grades 6-7
- 2 hours

**Content Overview**
- Healthy Relationships & Communications
- Friends vs. Clique: How to Choose Your Friends
- How to Handle Peer Pressure
- Friends of the Opposite Sex: Respect and Understanding
- The Word No: Setting Boundaries with friends and Acquaintances
- Tips for Safe Outings with Friends: Increasing Critical Thinking Skills
- Family Relationships & Communication
- Online Relationships: Responsibility, Safety, Integrity
- Influence of Media on Body Image and Self-Esteem
- Tips for Improving Body Image and Self-Esteem

**Curriculum Area**
- Personal Safety
- Personal Health & Self-Esteem

**At Home Alone + First Aid**
- Grades 5-6
- 4 hours

**Content Overview**
- Rights and Responsibilities
- Keeping Constructively Occupied
- Preparing for an Emergency
- Dealing with Visitors and Phone Calls
- Responding to Emergencies: Four Step Action Plan
- Fire Safety
- Choking and Breathing Difficulties
- Treatment of Poisoning, Burns, and Nosebleeds
- Treatment for Cuts, Scrapes, and Punctures
- Case Studies / Scenarios

**Curriculum Area**
- Personal Safety
- Personal Health & Self-Esteem

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