



PHYSICAL EDUCATION AND WELLNESS

Personal Safety & Injury Prevention

Curriculum Alignment
D1.2, D1.3

Name: _____

STEREOTYPING

Stereotyping is when we assume something about a person because of their race, gender, or other characteristics. Assumptions are not always correct.

Boys like sports, and girls like dance.
All teachers are strict.
Kids who wear glasses are smart.
Girls love pink, and boys love blue.

Understanding Stereotypes

Write three stereotypes you have heard. For each, explain why it is unfair.

Stereotype 1

Why it's unfair:

Stereotype 2

Why it's unfair:

Stereotype 3

Why it's unfair:

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Curriculum Alignment
D1.3, D1.3.2

Name: _____

Lesson 5

UNDERSTANDING CONSENT

Write the title "Consent" and below it, write what the word means. Then, draw a picture to show what you understand.

Write the title "Consent" and below it, write what the word means. Then, draw a picture to show what you understand.

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Curriculum Alignment
D1.2, D1.3, D1.3.2

Name: _____

RESPECTING OTHERS' ONLINE CHOICES

Everyone uses technology differently. Respect when friends or family want a break from screens. It's okay to unplug!

True or False?

Complete the below true or false. Have a discussion with a classmate to see if you agree.

1. It's okay to feel upset if someone doesn't reply right away. **True / False**
2. Respecting others' screen choices helps build healthy friendships. **True / False**
3. Spending all your free time online is the best way to stay connected with friends. **True / False**
4. Talking face-to-face is just as important as chatting online. **True / False**
5. Taking breaks from screens can help you enjoy time with friends and family. **True / False**

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Curriculum Alignment
D1.2, D1.3

Name: _____

ONLINE SAFETY

We can do to be safe online, like not sharing personal info, and only talking to trusted people.

Safe and Unsafe

Write down your address, phone number, and email address. Write down a strong password. Write down a friend's name. Write down a friend's address. Write down a friend's phone number. Write down a friend's email address. Write down a friend's name. Write down a friend's address. Write down a friend's phone number. Write down a friend's email address.

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Curriculum Alignment
D1.2, D1.3

Name: _____

Lesson 2

RECOGNISING AND HANDLING BULLYING

Bullying is when someone hurts or upsets others on purpose. It can happen in different ways, like through teasing, name-calling, or leaving someone out on purpose.

Recognising Bullying

Write down the name of the person who is bullying. Write down the name of the person who is being bullied. Write down the name of the person who is helping.

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GRADE 4

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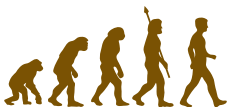
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How to Use This Resource

This curriculum resource is designed to align with the Alberta curriculum for Physical Education and Wellness, incorporating both Personal Safety and Injury Prevention and Social-Emotional Learning Skills strands. Each lesson highlights one or more curriculum strands at the top of the page, promoting a cross-strand learning approach that encourages holistic development for students.

The lessons are carefully crafted to provide students with opportunities to explore personal safety concepts while actively practicing social and emotional skills. This integrated approach supports both academic and personal growth, ensuring meaningful and engaging learning experiences.

What's Included:

Teacher slides include:

- Learning Objectives
- Learning Materials
- Real-World Applications
- Recap Points
- Homework/Extension Tasks

Each lesson is thoughtfully designed for Grade 4 students, ensuring it reflects the values of representation, inclusion, and relatability. Lessons incorporate real-life examples to connect with students' experiences and foster meaningful learning. Teachers are encouraged to adapt or expand upon the material to meet the unique needs and interests of their students, creating an engaging and supportive learning environment tailored to their classroom.

How to use the Teacher Slides

Simply follow the sequence of slides, adapt the content as needed, and use the prompts and visuals to engage your students effectively. Each slide is structured to provide clear, step-by-step guidance for delivering the lesson, making it easy to stay organized and on track.

The slides are flexible, allowing you to customize the pace, language, or activities to suit your students' unique learning styles and needs. Use the built-in visuals and prompts to spark discussions, encourage critical thinking, and create an interactive and dynamic classroom environment.



How to Use This Resource

Student Workbook Activities:

Every lesson is paired with corresponding activities in the workbook, allowing students to actively engage with the lesson content and solidify their understanding of the topic. These activities are thoughtfully designed to align with the learning objectives, providing practical opportunities for students to apply what they've learned.

To support independent learning, an answer key is included at the back of the workbook. This enables students to assess their own progress, identify areas for improvement, and take ownership of their learning journey.

Personal Safety and Injury Prevention – Learning Objectives

1. Stay Safe Using Technology

- Learn about risks of using communication technologies like online games, texting, and social media. Discuss ways to stay safe, such as limiting screen time, avoiding talking to strangers, and keeping personal information private.

2. Recognizing and Handling Bullying

- Identify different types of bullying, like physical, verbal, social, and online bullying, and talk about how it can hurt feelings and mental health. Practise ways to respond, like asking trusted adults for help and using school resources.

3. Making Safe Choices

- Practise making safe decisions by thinking through different situations, like online chats, outdoor activities, or peer pressure, and deciding the best way to stay safe.

4. Setting Personal Boundaries

- Learn how to set boundaries in situations that feel unsafe or uncomfortable. Practise saying "no" politely but firmly, explaining feelings, and walking away from harmful situations.

5. Understanding Consent

- Talk about why it's important to ask for and give consent, how it shows respect for others, and how to make sure everyone stays safe and comfortable in group activities.

6. Spotting Unsafe Behaviours

- Recognize unsafe behaviours, like when someone gives gifts or tries to keep others away. Discuss how to ask for help from trusted adults or school staff when feeling unsafe.

7. Stand Up to Discrimination

- Learn ways to respond to unfair treatment or hurtful actions, like stereotyping or teasing based on race, gender, or religion. Explore school programmes that can help.

8. Maintaining Healthy Relationships

- Explore how using technology affects friendships and feelings. Create plans to balance time spent online and offline, building respectful and kind relationships.

How to Access The Teacher Slides

This product includes PowerPoint slides. You can present them in PowerPoint or upload to your Google Classroom. If you don't already have a free Google account, you will need to do that before downloading this digital resource. Each student will also need their own account to work on the slides digitally.

You will...

- Save a copy of the file on your own Google Drive so you can edit the copy.
- If you want to only share one slide at a time, open your saved copy of the file, select the slide you want to share, right-click on the slide in the view panel on the left side, select copy. Then open a new empty Google Slides presentation and paste the copied slide into the new file. If your students need more than one slide for their writing assignment, direct them to duplicate the slide.



Lesson 1

STAYING SAFE USING — TECHNOLOGY —

Technology

Technology helps us connect, play games, and learn new things. But we must use it carefully. Technology can be a lot of fun and useful. But it's important to know how to use it safely to avoid risk or harm.

Think, Pair and Share

Write one thing you love about using technology. Share it with a partner and discuss how to use it safely.

Why do you think it's important to use technology safely? Write your answer below, then share with a partner.



1. _____

2. _____

ONLINE RISKS

Some risks include talking to strangers, sharing too much personal information, and spending too much time on screens. These can make you feel unsafe and take time away from fun things like playing or being with friends and family

True or False

Mark true or false, then explain your reasoning in one sentence:

1. Everyone online is honest.

- ☐ True
- ☐ False

Reason: _____

2. Technology can be risky if we're not careful.

- ☐ True
- ☐ False

Reason: _____

3. You should never share your address or phone number with someone you don't know online.

- ☐ True
- ☐ False

Reason: _____

BE CAREFUL ONLINE

Not everyone you meet online is who they say they are. It's important to stay safe and be cautious when talking to strangers on the internet.

Protect Personal Info

Never share your full name, address, phone number, or passwords online. Keep this information private.



What Would You Do?

You're playing an online game, and someone you don't know asks for your phone number. What would you do?

Complete the sentences below by filling in the missing words:

1. Use _____ and _____ in your passwords.
2. Never share your _____ with others.
3. A strong password should be at least _____ characters long.

BE KIND ONLINE

Always be respectful to others when you're online. Treat people kindly, just like you would in person, and remember that your words can affect others' feelings.

Cyberbullying

If someone is mean online, don't respond. Block them and report it to a trusted adult.

What Would You Do?

Someone sends you a mean message on social media. What steps would you take? Write your answer below.



SOCIAL MEDIA SAFETY

Social media can be fun, but don't share photos or post things that show where you live or go to school. Keeping this information private helps you stay safe and avoid people who shouldn't know where you are.

Match the Pairs

Draw lines to match the rule with why it's important:

Rules

Why it's Important

Use privacy settings

Helps you handle situations that make you feel upset online.

Think before you post

Gives you more time to spend with family and friends.

Avoid talking to strangers

Protects your accounts from being hacked.

Limit screen time

Keeps strangers from seeing your information.

Create strong passwords

Keeps you safe from unknown people online.

Tell a trusted adult

Helps avoid sharing too much.

SAFE GAMING

Play games that are age-appropriate and always check if the game is right for you. Make sure the game is safe and fun for everyone before you start playing.

Asking For Help

If something online makes you feel scared or confused, tell a trusted adult right away.

Trusted Adults

Who is a trusted adult you can talk to about problems online?
Write their name, then share with a partner.
Why is this a trusted person?



Name: _____

Reason: _____

REFLECTION

Now that you've learned about staying safe using technology, it's important to think about how you can use these tips in your daily life. Reflect on the questions below to help you make good choices online.

Reflection Questions

1. What is one thing you can start doing today to keep yourself safe while using online games, texting, or social media?

2. Can you think of a time when you or someone you know faced a challenge online? What did you learn from that experience?

3. How will you share what you've learned about online safety with your friends or family? Why is it important to share this knowledge?

