Grossmont Union High School District
Special Education

SELF-PROTECTION TRAINING

Student:_____ Date:_____

Recent legislation has mandated the public schools to train students to recognize and avoid abuse. As our students gain independence and participate in community activities, we are acutely aware of their safety needs. In order to educate our students in self-protection techniques and alert them to potential situations which put them at risk, we are adding a unit of self-protection to all the community classes. Topics that will be covered are:

1. *Understanding body parts* – Basic review and introduction to sexual parts helpful in describing abuse.

2. *Acquiring skills necessary for maintaining a healthy body* – General principles of healthy nutrition and hygiene.

3. *Understanding emotions and feelings* – Recognizing basic feelings such as happy, sad, and angry, and how emotions and feelings affect our relationships with others.

4. *Understanding the concept of self-respect and responsibilities to self.*

5. *Developing an awareness of relationships* – Family, friends, strangers.

6. *Developing awareness of what constitutes dangerous situations and practice of techniques in avoiding danger.*

We feel it is very important that all or students have this training. The teachers of the community classes will be happy to review with you the curriculum and materials they are using at your request.

Please indicate your preference and return to student's advocate (check one).

__ My student **has my permission** to participate in the unit on Self-Protection.

__ My student **may <u>not</u> participate** in the unit on Self-Protection.

_____ _____
Parent/Guardian Date

CR:ssSelf-ProtectionTraining(Rev.06/95)
Cc: Parent and folder