

Alignment to ASCA Mindsets & Behaviors



The **Childhelp Speak Up Be Safe (CHSUBS)** school-based child abuse prevention education curriculum for grades PK-12, with its in-depth facilitator training and scripted lessons, is dedicated to helping educators teach kids to recognize, resist, and stop abuse. Below, we have adapted the ASCA “Classroom and Group Mindsets & Behaviors Action Plan” to assist school counselors – who comprise the majority of CHSUBS facilitators – with identifying how the program can help fulfill their ASCA M&B action plan.

[Please note, the number of “Participants” ideal for CHSUBS lessons is a classroom up to about 30 students; all listed activities are done as a “Class/LG” except where “SG” (small group) is indicated. Thus, these columns have been eliminated.]

Mindsets	Grade level(s): Activity, Location (e.g., Lesson 1/Lesson2)
M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being	All grade levels: Program as a whole
M 2. Self-confidence in ability to succeed	All grades: discussions about safe adults, resistance strategies, rules/principles – especially “I have choices,” resistance strategies, and “It’s NEVER my fault” – and practicing identifying and dealing with unsafe people and situations
M 3. Sense of belonging in the school environment	All grade levels: Introduction, L1 and L2
M 4. Understanding that postsecondary education and lifelong learning are necessary for long-term career success	N/A
M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes	All grades: Resistance Strategies, L2
M 6. Positive attitude toward work and learning	All grades: interactive and reinforcement activities
Behavior Learning Strategies	Activity
B-LS 1. Demonstrate critical-thinking skills to make informed decisions	All grades: situational examples, L1 and L2; Resistance Strategies, L2 3-4: scenarios, L2 5-12: scenarios, L1 and L2
B-LS 2. Demonstrate creativity	All grades: reinforcement activities, L1 and L2 All grades: “I have choices” discussions 3-8: Safety Check handout activity 7-8: webpage design activity, L2 3-12: responses to scenarios
B-LS 3. Use time-management, organizational and study skills	All grades: group activities, reinforcement activities, discussions, L1 and L2
B-LS 4. Apply self-motivation and self-direction to learning	All grades: reinforcement activities, L1 and L2
B-LS 5. Apply media and technology skills	3-12: online and cell phone safety sections 3-6: Online Safety Pledge (reinforcement activity) 7-8: webpage design activity, L2
B-LS 6. Set high standards of quality	N/A
B-LS 7. Identify long- and short-term academic, career and social/emotional goals	3-12: resistance strategies and various safety sections, L2
B-LS 8. Actively engage in challenging coursework	N/A

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B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions	All grades: safe adult discussions 3-8: Safety Check handout activity 1: Concept of “Bad Secrets,” L2 2: personal safety activities, L1; Tricks and Secrets, L2 3: Turn & Talk activities, L1; Recognizing Unsafe Situations, L2 4: Turn & Talk activities, L1; Recognizing Dangerous Situations, L2 5: Personal Boundaries, Practicing Assessing Safety, L1; Practicing Resistance Strategies, L2 6: Personal Boundaries, Assessing Risk, Practicing Seeking Help, L1; Practicing Resistance Strategies, L2 7-8: Practicing Identifying Crossed Boundaries, L1; Practicing Identifying Unsafe Situations, L2 9-12: Practicing Recognizing Abuse, L1; Practicing Safety Principles and Resistance Strategies, L2
B-LS 10. Participate in enrichment and extracurricular activities	All grade levels: Program as a whole
Behavior Self-Management Skills	Activity
B-SMS 1. Demonstrate ability to assume responsibility	All grades: identifying safe adults; assuming roles in group activities PK/K: “Do I Feel Safe?,” L1 1: Using Your Words, L2 2: Resistance Strategies, L2 3: Recognizing Unsafe Situations, Resistance Strategies, L2 4: Safety Net/Respect, L1; Recognizing Dangerous Situations, L2 5: Personal Boundaries, L1; Taking care of Yourself and Others, L2 6: Personal Boundaries, L1; Practicing Resistance Strategies, L2 7-8: boundaries activities, L1; Practicing Identifying Unsafe Situations, L2 9-12: practice using safety principles and resistance strategies in many scenarios, L1 and L2
B-SMS 2. Demonstrate self-discipline and self-control	All grades: classroom rules in Introduction (used throughout lesson), L1 and L2
B-SMS 3. Demonstrate ability to work independently	All grades: reinforcement activities, L1 and L2
B-SMS 4. Demonstrate ability to delay immediate gratification for long-term rewards	All grades: discussions about unsafe tricks, gifts, promises, and secrets
B-SMS 5. Demonstrate perseverance to achieve long- and short-term goals	N/A
B-SMS 6. Demonstrate ability to overcome barriers to learning	N/A
B-SMS 7. Demonstrate effective coping skills when faced with a problem	All grades: using safety rules/principles, resistance strategies, responding to examples and scenarios
B-SMS 8. Demonstrate the ability to balance school, home and community activities	N/A
B-SMS 9. Demonstrate personal safety skills	All grade levels: Program as a whole
B-SMS 10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities	PK/K: “Do I Feel Safe?,” L1 PK/K, 1: “My Body” Concept, L1 1: Concept of “Bad Secrets,” L2 2: Safety Examples Activity, L1; Tricks and Secrets, L2 3-4: Who Abuses Children?, L1; Recognizing Unsafe/Dangerous Situations, L2

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	<p>5: Personal Boundaries, Practicing Assessing Safety, L1; Internet Safety, cell Phone Safety, Taking Care of Yourself and Others, L2</p> <p>6: Personal Boundaries, Assessing Risk for Abuse, L1; Understanding the Whole Person, Cell Phone and Internet Safety, L2</p> <p>7-8: Assessing Risk for Abuse, Practicing Identifying Personal Boundaries, L1; Cyberbullying, Internet Predators, and Cell Phone Safety, L2</p> <p>9-12: Social Development, healthy relationships discussions, Practicing Recognizing Abuse, L1; Online Safety, Practicing Safety Principles and Resistance Strategies, L2</p>
Behavior Social Skills	Activity
B-SS 1. Use effective oral and written communication skills and listening skills	All grade levels: Program as a whole
B-SS 2. Create positive and supportive relationships with other students	2-12: Turn & Talk activities, L1 and/or L2 All grades: class activities, small group activities (SG)
B-SS 3. Create relationships with adults that support success	All grade levels: Program as a whole
B-SS 4. Demonstrate empathy	PK/K: "Do I Feel Safe?" L1; Resistance Strategies, L2
B-SS 5. Demonstrate ethical decision-making and social responsibility	PK/K: "Do I Feel Safe?" L1; Resistance Strategies, L2
B-SS 6. Use effective collaboration and cooperation skills	2-12: Turn & Talk activities, L1 and/or L2 All grades: class activities, small group activities (SG)
B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams	All grades: class activities, small group activities (SG)
B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary	All grade levels: Program as a whole
B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation and environment	All grade levels: Program as a whole