## ACADEMIC STANDARDS FOR SAFETY

### 10.3.  Safety and Injury Prevention

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**Pennsylvania’s public schools shall teach, challenge and support every student to realize his or her maximum potential and to acquire the knowledge and skills needed to:**

**A.** Recognize safe/unsafe practices in the home, school and community.
- general (e.g., fire, electrical, animals)
- modes of transportation (e.g., pedestrian, bicycle, vehicular)
- outdoor (e.g., play, weather, water)
- safe around people (e.g., safe/unsafe touch, abuse, stranger, bully)

**B.** Recognize emergency situations and explain appropriate responses.
- importance of remaining calm
- how to call for help
- simple assistance procedures
- how to protect self

**C.** Recognize conflict situations and identify strategies to avoid or resolve.
- walk away
- I-statements
- refusal skills
- adult intervention

**D.** Identify and use safe practices in physical activity settings (e.g., proper equipment, knowledge of rules, sun safety, guidelines of safe play, warm-up, cool-down).

**A.** Explain and apply safe practices in the home, school and community.
- emergencies (e.g., fire, natural disasters)
- personal safety (e.g., home alone, latch key, harassment)
- communication (e.g., telephone, Internet)
- violence prevention (e.g., gangs, weapons)

**B.** Know and apply appropriate emergency responses.
- basic first aid
- Heimlich maneuver
- universal precautions

**C.** Describe strategies to avoid or manage conflict and violence.
- anger management
- peer mediation
- reflective listening
- negotiation

**D.** Analyze the role of individual responsibility for safety during physical activity.

**A.** Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.
- modes of transportation (e.g., pedestrian, bicycle, vehicular, passenger, farm vehicle, all-terrain vehicle)
- violence prevention in school
- self-protection in the home
- self-protection in public places

**B.** Describe and apply strategies for emergency and long-term management of injuries.
- rescue breathing
- water rescue
- self-care
- sport injuries

**C.** Analyze and apply strategies to avoid or manage conflict and violence during adolescence.
- effective negotiation
- assertive behavior

**D.** Analyze the role of individual responsibility for safety during organized group activities.

**A.** Assess the personal and legal consequences of unsafe practices in the home, school or community.
- loss of personal freedom
- personal injury
- loss of income
- impact on others
- loss of motor vehicle operator’s license

**B.** Analyze and apply strategies for the management of injuries.
- CPR
- advanced first aid

**C.** Analyze the impact of violence on the victim and surrounding community.

**D.** Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.