

## ACADEMIC STANDARDS FOR SAFETY

### 10.3. Safety and Injury Prevention

10.3.3. GRADE 3	10.3.6 GRADE 6	10.3.9. GRADE 9	10.3.12. GRADE 12
<i>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:</i>			
<p>A. Recognize safe/unsafe practices in the home, school and community.</p> <ul style="list-style-type: none"> <li>• general (e.g., fire, electrical, animals)</li> <li>• modes of transportation (e.g., pedestrian, bicycle, vehicular)</li> <li>• outdoor (e.g., play, weather, water)</li> <li>• safe around people (e.g., safe/unsafe touch, abuse, stranger, bully)</li> </ul> <p>B. Recognize emergency situations and explain appropriate responses.</p> <ul style="list-style-type: none"> <li>• importance of remaining calm</li> <li>• how to call for help</li> <li>• simple assistance procedures</li> <li>• how to protect self</li> </ul> <p>C. Recognize conflict situations and identify strategies to avoid or resolve.</p> <ul style="list-style-type: none"> <li>• walk away</li> <li>• I-statements</li> <li>• refusal skills</li> <li>• adult intervention</li> </ul> <p>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).</p>	<p>A. Explain and apply safe practices in the home, school and community.</p> <ul style="list-style-type: none"> <li>• emergencies (e.g., fire, natural disasters)</li> <li>• personal safety (e.g., home alone, latch key, harassment)</li> <li>• communication (e.g., telephone, Internet)</li> <li>• violence prevention (e.g., gangs, weapons)</li> </ul> <p>B. Know and apply appropriate emergency responses.</p> <ul style="list-style-type: none"> <li>• basic first aid</li> <li>• Heimlich maneuver</li> <li>• universal precautions</li> </ul> <p>C. Describe strategies to avoid or manage conflict and violence.</p> <ul style="list-style-type: none"> <li>• anger management</li> <li>• peer mediation</li> <li>• reflective listening</li> <li>• negotiation</li> </ul> <p>D. Analyze the role of individual responsibility for safety during physical activity.</p>	<p>A. Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.</p> <ul style="list-style-type: none"> <li>• modes of transportation (e.g., pedestrian, bicycle, vehicular, passenger, farm vehicle, all-terrain vehicle)</li> <li>• violence prevention in school</li> <li>• self-protection in the home</li> <li>• self-protection in public places</li> </ul> <p>B. Describe and apply strategies for emergency and long-term management of injuries.</p> <ul style="list-style-type: none"> <li>• rescue breathing</li> <li>• water rescue</li> <li>• self-care</li> <li>• sport injuries</li> </ul> <p>C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.</p> <ul style="list-style-type: none"> <li>• effective negotiation</li> <li>• assertive behavior</li> </ul> <p>D. Analyze the role of individual responsibility for safety during organized group activities.</p>	<p>A. Assess the personal and legal consequences of unsafe practices in the home, school or community.</p> <ul style="list-style-type: none"> <li>• loss of personal freedom</li> <li>• personal injury</li> <li>• loss of income</li> <li>• impact on others</li> <li>• loss of motor vehicle operator's license</li> </ul> <p>B. Analyze and apply strategies for the management of injuries.</p> <ul style="list-style-type: none"> <li>• CPR</li> <li>• advanced first aid</li> </ul> <p>C. Analyze the impact of violence on the victim and surrounding community.</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p>