



ALIGNMENT CHART: National Health Education Standards

Second Step Child Protection Unit for Early Learning

Second Step Child Protection Unit and National Health Education Standards (pre/K)

The Second Step Child Protection Unit teaches children critical personal safety skills they can use to keep themselves safe. Children learn concrete Safety Rules to help them identify and avoid unsafe or abusive situations and straightforward Ways to Stay Safe to help them develop their ability to identify, refuse, and tell grown-ups about unsafe touches and situations and sexually abusive touch.

Learning and practicing these essential safety skills aligns closely with many of the National Health Education Standards. These standards, published by the Centers for Disease Control and Prevention, serve as the framework for most US state health education standards and are available at www.cdc.gov/healthyyouth/sher/standards/.

The chart below outlines the alignment between the National Health Education Standards and the Second Step Child Protection Unit.

Safety rules

- Common safety rules for guns, fire, riding on wheels and in vehicles, water, dogs, sharp tools, and traffic
- The Always Ask First Rule: Always ask a parent or the bigger person in charge first
- The Touching Rule: A bigger person should never touch your private body parts except to keep you healthy

Ways to stay safe

- Stop and think: Is it safe? What's the rule?
- Say words that mean no
- Tell a grown-up



Early Learning

Academic Health Standard	Content Strand	Key Skills and Concepts							Reinforcing Tools			
		Identify and follow Safety Rules	Know and follow the Always Ask First Rule	Know and remember the Touching Rule	Understand how to identify safe, unsafe, and unwanted touches	Understand and practice refusing unsafe or unwanted touches	Understand and practice how to identify unsafe situations	Understand and practice refusing to participate in unsafe situations	Understand and practice how to tell a grown-up about unsafe situations	Practice using safety skills to recognize and respond to sexual abuse	Using Skills Every Day: Thinking ahead, reinforcing, and thinking back on how children use safety skills	Curriculum Connections Activities: Reinforcing safety skills through integration with other areas of learning
NHES 1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.	1.2.4 List ways to prevent common childhood injuries.	✓	✓				✓	✓	✓	✓	✓	✓
	3.2.1 Identify trusted adults and professionals who can help promote health.		✓					✓	✓	✓	✓	✓
NHES 3 Students will demonstrate the ability to access valid information, products, and services to enhance health.	3.2.2 Identify ways to locate school and community health helpers.		✓	✓				✓	✓		✓	✓
	4.2.1 Demonstrate healthy ways to express needs, wants, and feelings.				✓		✓	✓	✓	✓		✓
NHES 4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	4.2.3 Demonstrate ways to respond in an unwanted, threatening, or dangerous situation.	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓
	4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.		✓					✓	✓	✓	✓	✓
	5.2.1 Identify situations when a health-related decision is needed.	✓	✓						✓	✓	✓	✓
NHES 5 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Students will demonstrate the ability to use decision-making skills to enhance health.	5.2.2 Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	✓	✓									✓
	7.2.2 Demonstrate behaviors that avoid or reduce health risks.	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓



Second Step, a program rooted in social-emotional learning (SEL), helps transform schools into supportive, successful learning environments uniquely equipped to encourage children to thrive.

By creating Second Step's research-based SEL curriculum for Preschool through Grade 8 in combination with our Bullying Prevention and Child Protection Units, we've formed an integrated, comprehensive program that makes a difference. It's a difference you can feel the moment you open the doors to a Second Step school—a sense of safety and respect grounded in the social-emotional health and well-being of the entire school community.

Learn more at SecondStep.org or call us at 800-634-4449, ext. 1.