



3rd Grade

Comprehensive Prevention & SEL Lessons





PATH Curriculum Guide

Prevention & Awareness for Total Health

Curriculum Purpose:

The Prevention & Awareness for Total Health (PATH) curriculum provides a comprehensive approach to teaching students concepts related to social, emotional, and behavioral health. The curriculum is centered around four mandated prevention topics and embeds additional life skills and character traits. We desire for our students to be well equipped with life-long skills which will help them combat challenges, protect physical health and safety, foster kindness, enhance relationships, promote mental wellness, and build positive coping skills and resilience. We want our students to do more than survive – we want them to thrive!

Curriculum Components:

Prevention Areas



Social Emotional Learning Skills

Self-Awareness

Self-Management

Social Awareness

Relationship Skills

Responsible Decision-Making

Our path to success includes learning to...

Stay Safe - protecting yourself and others

Understand the Big Issues – identifying the actions to take for seeking help

Communicate Respect & Kindness - choosing your words and actions with care

Cope with Life's Issues - using your coping skills to deal with life's challenges

Encourage Others - caring for other people just as you care for yourself

Show Courage - standing up for what is right, even when it is hard to do

Stay Positive - loving yourself and having a daily positive outlook on life

Curriculum Structure & Recommendations:

Facilitators are encouraged to provide the same lessons on scheduled dates to create school-wide consistency for the program. The most efficient medium for accessing the lesson is for each facilitator to have digital access to the lesson as well as a projector for displaying slides during the lesson delivery. First, download each lesson from the portal. Second, all provided linked materials will download as PDFs. When viewing PDFs select “single page” or “full screen view” to show slides for presentation. Facilitators have access to the lesson guide that includes objectives, essential question, materials list, presentation slides, handouts, and parent letters. Each lesson guide may be printed for facilitator’s ease of delivery to allow for simultaneous displaying of slide and digital materials while reading the scripted talking points during visual display. The 30-minute lesson is divided into optimal timed sections to complete the lesson in the allotted time.

The lesson titles for 3rd Grade are as follows:

- 1. My Go-To People**
- 2. My Internal Alarm**
- 3. Healthy Choices Help**
- 4. My Coping Skills**
- 5. My Bad Day**
- 6. My Choices Affect Others**
- 7. My Self-Worth**

Communicating with Parents: [Download Introduction Letters](#)

As schools and families work together for the betterment of the whole child, communication is key. The embedded parent letters allow for electronic or printed distribution. Two types of parent letters are included for your choice: one, the introductory letter overviews the entire curriculum and has an “opt out” notice for parents who prefer their children not participate; two, the lesson-by-lesson parent letter, located at the end of each lesson, includes a lesson content summary, helpful parent tips, and valuable resource links. Administration may choose to distribute only the introductory letter, only the lesson-by-lesson letters, or both types of letters.



Dear 3rd Grade Parents,

Because our school is committed to your child's wellness, we will be using the Prevention and Awareness for Total Health (PATH) curriculum, which is a school-wide approach to address mandated topics and strengthen character education. We believe that schools and families must work together for the betterment of the whole child, and communication is essential. We are excited to share this information with you as we use PATH to empower students to make choices that will protect their safety and create life-long physical and mental health.

The purpose of this comprehensive prevention curriculum is to concentrate on critical prevention areas and expand into additional life skills and character traits. We desire for our students to be well equipped with life-long skills which will help them combat challenges, protect physical health and safety, foster kindness, enhance relationships, promote mental wellness, and build positive coping skills and resilience. We want our students to do more than survive – we want them to thrive!

3rd Grade Curriculum Contents:

Throughout the year, your child will participate in the following lessons:

Lesson 1: My Go-To People

Lesson 5: My Bad Day

Lesson 2: My Internal Alarm

Lesson 6: My Choices Affect Others

Lesson 3: Healthy Choices Help

Lesson 7: My Self-Worth

Lesson 4: My Coping Skills

Helplines and Resources:

We recommend the links below to provide support for raising children amid a changing and challenging world.

BULLYING

- Stop Bullying <https://www.stopbullying.gov/>
- Warning Signs of Bullying <https://www.stopbullying.gov/at-risk/warning-signs/index.html>
- Stop It Now For Tips & Creating a Family Safety Plan <https://stopitnow.org/help-guidance/prevention-tools>
- Do Something <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

SUBSTANCE ABUSE

- Kids Health from Nemours <https://kidshealth.org/en/parents>
- SAMHSA Treatment Referral Helpline 1-800-662-HELP / Prevention of substance abuse and mental illness www.samhsa.gov/prevention
- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

ABUSE

- Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (800-422-4453)
- Erin's Law (parent information) <http://www.erinslaw.org/for-parents/>

ABUSE (Cont.)

MENTAL HEALTH

- National Suicide Prevention Lifeline 1-800-273-TALK <https://suicidepreventionlifeline.org/>
- National Institute of Mental Health <https://www.nimh.nih.gov/index.shtml>
- The Jason Foundation <http://jasonfoundation.com/about-us/jason-flatt-act/>
- American Psychological Association Public Education Line- 1-800-964-2000 <https://www.apa.org/helpcenter/communication-parents>
- National Federation of Families for Children's Mental Health. www.Ffcmh.org

IMPORTANT NOTE: We are excited to bring PATH to all our students. If you choose to have your student sit out of these lessons, please contact the school in writing that you prefer to opt out. As a parent or guardian, you may want to keep the attached helplines and resources for reference if ever needed for your student or yourself.

Estimados Padres de 3º Grado:

Debido a que nuestra escuela está comprometida con el bienestar de su hijo/a, utilizaremos el plan de estudios de Prevención y Conciencia para la Salud Total (PATH), que es un enfoque de toda la escuela para abordar temas obligatorios y fortalecer la educación del carácter. Creemos que las escuelas y las familias deben trabajar juntas para el mejoramiento de todo el niño, y la comunicación es esencial. Nos complace compartir esta información con usted mientras usamos PATH para capacitar a los estudiantes a tomar decisiones que protegerán su seguridad y crearán salud física y mental de por vida.

El propósito de este currículum integral de prevención es concentrarse en áreas críticas de prevención y expandirse en habilidades para la vida y rasgos de carácter adicionales. Deseamos que nuestros estudiantes estén bien equipados con habilidades para toda la vida que los ayuden a combatir los desafíos, proteger la salud física y la seguridad, fomentar la amabilidad, mejorar las relaciones, promover el bienestar mental y desarrollar habilidades de resistencia y resistencia positivas. Queremos que nuestros estudiantes hagan más que sobrevivir: ¡queremos que prosperen!

Contenido del plan de estudios de 3º Grado:

Durante todo el año, su hijo/a participará en las siguientes lecciones:

Lección 1: Mis personas de confianza

Lección 2: Mi alarma interna

Lección 3: Opciones sanas de ayuda

Lección 4: Mis habilidades de afrontamiento

Lección 5: Mi mal día

Lección 6: Mis elecciones afectan a otros

Lección 7: Mi autoestima

Líneas de ayuda y recursos:

Recomendamos los enlaces a continuación para brindar apoyo para criar a los niños en un mundo cambiante y desafiante.

BULLYING

- Detener el bullying <https://www.stopbullying.gov/>
- Señales de advertencia de intimidación <https://www.stopbullying.gov/at-risk/warning-signs/index.html>

ABUSO DE SUSTANCIAS

- Salud de los niños de Nemours <https://kidshealth.org/es/parents>
- Línea de ayuda de referencia de tratamiento SAMHSA 1-800- 662-HELP / Prevención del abuso de sustancias y enfermedades mentales www.samhsa.gov/prevention
- Center on Addiction. <https://www.centeronaddiction.org/e-cigarettes/about-e-cigarettes/10-surprising-facts-about-e-cigarettes>

ABUSO

- Childhelp National Child Abuse Hotline 1-800-4-A-CHILD (800-422-4453)
- Ley de Erin (información de los padres) <http://www.erinslaw.org/for-parents/ABUSE>

(Cont.)

- Detener ahora para obtener consejos y crear un plan de seguridad familiar <https://stopitnow.org/help-guidance/prevention-tools>
- Haz algo <https://www.dosomething.org/us/facts/11-facts-about-child-abuse>

SALUD MENTAL

- Línea de vida nacional para la prevención del suicidio 1-800-273-TALK <https://suicidepreventionlifeline.org/>
- Instituto Nacional de Salud Mental <https://www.nimh.nih.gov/index.shtml>
- The Jason Foundation <http://jasonfoundation.com/about-us/jason-flatt-act/>
- American Psychological Association Public Education Line- 1-800-964-2000 <https://www.apa.org/helpcenter/communication-parents>
- Federación Nacional de Familias para la Salud Mental de los Niños. www.Ffcmh.org

NOTA IMPORTANTE: Estamos entusiasmados de llevar PATH a todos nuestros estudiantes. Si elige que su estudiante se quede fuera de estas lecciones, comuníquese por escrito con la escuela que prefiere optar por no participar. Como padre o tutor, es posible que desee conservar las líneas de ayuda y los recursos adjuntos como referencia si alguna vez es necesario para su estudiante o usted mismo.