

Ella the  
Goldendoodle



# A CHILD'S CHOICE

Establishing Safe Boundaries and Healthy Responses

A Child's Choice is an age-appropriate child abuse prevention curriculum for K-5th grade students. The content is interactive and builds upon the skills learned in previous years. The content includes stories, activities, and discussions that focus on teaching a child what boundaries are, how to establish them, and healthy response when boundaries have been crossed.

## LEARNING OBJECTIVES:

1. To provide information regarding:
  - a. Age-appropriate definitions of appropriate vs. inappropriate touch
  - b. Identifying the uncomfortable feelings and how to speak out about those
  - c. Learning how to say NO and be able to get away from bad situations
  - d. Identifying safe adults to share experiences with
2. To stress the concept that our bodies are to be respected and to establish boundaries that enforce this.
3. To provide lesson plans for teachers that are relevant and easy to facilitate.
4. To focus on safety, rather than on sexuality.

## Curriculum Highlights

- Includes total of 12 age-appropriate scenarios.
- Includes discussion questions for teachers and activities for reinforcement of lessons.
- Includes parent resources in English and Spanish.
- Includes Disclosure guides and resources.
- In adherence to NC DOI objectives

"There's not a better way to introduce a topic like this. I could not teach it without this. You thought of everything."  
Kindergarten Teacher

The roll out of A Child's Choice in our elementary schools was a success! The organization of materials and videos made it easy to prepare and deliver the lesson plans. Students were engaged in discussion and participated in the activities. They enjoyed the story, "Ella the Goldendoodle", and understood the safety concerns presented in the videos. Students were empowered to trust their feelings and recognize unsafe situations, and equipped with skills to keep themselves safe and get help. Parent viewings and the supporting parent resources allowed families time to ask questions, helped them better understand the material being discussed with their children, and provided an opportunity to reinforce the content at home.

Cabarrus County School, Lead Social Worker

## CONTENTS OF CURRICULUM:

### Kindergarten - 3rd Grade

- Ella The Goldendoodle Published Book by Award Winning Author
- 6 Scenarios that present and discuss the need to establish boundaries and teach healthy responses
- Each story is narrated by Ella the Goldendoodle with introduction and debrief to establish learning objective and to reinforce boundaries and how to respond when they have been violated.
- Teacher Guide including discussion questions.
- 4 Follow-Up Activities that include instructions for each section

### 4th Grade & 5th Grade

- 6 Scenarios that present and discuss the need to establish boundaries and teach healthy responses
- Each story is narrated with introduction and debrief to establish learning objective, to reinforce boundaries, and how to respond when boundaries have been violated.
- Teacher Guide including discussion questions.
- 6 Follow-Up Activities that include instructions for each section.

### Resources for Instructors

- Parent Letter with Talking Points
- Body Safety Guide for Parents
- Abuse Disclosure Guide
- NC General Statutes Overview

### Pricing Options by School Type

#### Home School Co-Op

Pricing is Per-Student and access is granted for 1 calendar year. Renewal is required for each school year.

#### Private or Charter School

Pricing is flat rate annual license. Discount is offered for multi-year. Maximum license is 5 years.

#### Public School System

Pricing is flat rate for use across all schools, not contingent on number of students. License is 5 years.