



**MASSACHUSETTS PUBLIC FIRE AND SAFETY EDUCATION
CURRICULUM PLANNING GUIDEBOOK®**

**CHAPTER 1
IDENTIFICATION**

**CHAPTER 2
SELECTION**

**CHAPTER 3
DESIGN**

**CHAPTER 4
IMPLEMENTATION**

**CHAPTER 5
EVALUATION**

**APPENDIX A
RESOURCES**

**APPENDIX B
GLOSSARY**

**APPENDIX C
LESSON PLANS**

**APPENDIX D
Curriculum Framework Links**



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Massachusetts Health Curriculum Framework Learning Standard Components

SAFETY and PREVENTION STRAND

Pre K-5 SAFETY & INJURY PREVENTION

Hazard Prevention

List safety rules for *fire safety*, weapons safety, *bus safety*, and *seat belt* use where applicable such as home, school, community, and play, and explain why they are important. (9.1)

Name persons and *community helpers* who can be contacted to help with safety and injury prevention. (9.2)

Describe personal responsibility for reducing hazards and avoiding accidents. (9.3)

Self Protection

Explain actions that apply when adults are and are not present during exposure to hazards and accidents. (9.4)

Evaluate home safety conditions , including the presence and proper use of smoke detectors and fire extinguishers (9.17)

Demonstrate the use of assertive behavior, refusal skills, and actions intended for personal safety.(9.5)

Emergency Intervention

Distinguish among symptoms of bleeding, choking, shock, poisoning, burns, broken bones, and cardiac arrest. (9.11)

Apply appropriate first aid for bleeding, choking, and burns. (9.7)

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KEY FIRE BEHAVIORS

Understanding and Practicing *Match & Lighter Safety*
 Understanding *Transportation Safety* (Bus, Seat Belt & Bicycle)
 Participating in *Home Hazard Inspections*
 Understanding *Cultural Fire Safety Issues*
 Understanding *Disabilities and Safety*

Recognize the Firefighter as a *Community Helper*

Stay Away from *Hot Things in the Home*
 Understanding *Your Personal and Community Role in Safety*

Practicing Fire Safety around *Heating Sources*
 Understanding and Practicing *Electrical Safety*
 Celebrating *Independence Day* Safely
 Celebrating *Halloween* Safely
 Celebrating *Thanksgiving* Safely
 Celebrating *Winter Holidays* Safely
 Celebrating *New Year's* Safely
 Understanding and Surviving *Severe Storms*

Practicing Safety When *Home Alone*
 Understanding and Practicing *Cooking Safety*
 Understanding and Practicing *Escape Plans*
 Understanding *Smoke Detectors/Alarms*
 Understanding and Practicing *Safety When Babysitting*
 Practicing Fire Safety with *Flammable Liquids*
 Understanding *Arson and False Alarms*
 Understanding and Practicing Safety around *Explosives and Fireworks*
 Understanding and Practicing *Match and Lighter Safety*

Reporting *Fires and Other Emergencies*

Understanding and Practicing *Poison Prevention*

Understanding and *Practicing First-Aid for Burns*
 Understanding and *Practicing First-Aid for Choking*



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Massachusetts Health Curriculum Framework Learning Standard Components

PERSONAL AND PHYSICAL HEALTH STRAND

Pre K- 5 PHYSICAL ACTIVITY & FITNESS

Motor Skill Development

Apply movement concepts including direction, balance, level (high, low), pathway (straight, curve, zigzag), range (expansive, narrow), and force absorption (rigid, with bent knees) to extend versatility and improve physical performance. (2.1)

Personal and Social Competency

Identify and demonstrate responsible personal and social behavior used in physical activity settings.(2.7)

Pre K- 5 TOBACCO, ALCOHOL & OTHER SUBSTANCE USE/ABUSE PREVENTION

Healthy Decisions

Identify who to seek help from for a possible poisoning or overdose.(10.4)

Identify external factors (such as character) and external factors (such as family, peers, community, faith-based affiliation and media) that influence the decision of young people to use or not to use drugs. (10.7)

Effects on the Body

List the potential outcomes of prevalent early and late adolescent risk behaviors related to tobacco, alcohol, and other drugs with peers (including marijuana and inhalants). (10.6)

Creating a Healthy Environment

Demonstrate ways of refusing and of sharing preventive health information about tobacco, alcohol, and other drugs with fellow students.(10.8)

After demonstrating knowledge in tobacco, alcohol, and other substance use/abuse prevention, apply advocacy skills for a healthy environment, such as identifying and evaluating initiatives and opportunities for advocacy, collecting and disseminating information, and disseminating information, and modeling. (10.15)

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KEY FIRE BEHAVIORS

Understanding and Practicing *Stop, Drop and Roll*
Understanding and Practicing *Crawl Low Under Smoke*

Understanding *Ice and Sledding* Safety
Understanding *Swimming and Boating* Safety
Understanding *Camping and Hiking* Safety
Responding Correctly to *Fire & Emergency Drills*
Identifying *Exit Signs & Knowing Two Ways Out of Public Places*

Understanding and Practicing *Poison Prevention Reporting Fires* and Other Emergencies

Understanding Safety with *Drugs, Alcohol & Tobacco*
Understanding and Practicing *Poison Prevention*
Understanding and Practicing *Flammable Liquid Safety*

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