

Prepared by: L. Schryver
 Reviewed by: J. Ross
 Reviewed by: P. Bench
 Reviewed by: S. Popejoy
 Date reviewed: February 23, 2009
 Board approved: March 12, 2009

Independent Living Skills (ILS) 0030 Personal Safety Level 1 (0 Units)

Prerequisite: Acceptance into the Transition to Independent Living Program

Total Hours: 16 hours lecture

Catalog Description: This beginning course is designed to develop and improve personal safety skills. Basic personal safety procedures and skills will be introduced. Local safety resources such as 911, emergency contacts, and police and authorities will be reviewed. These skills are taught through lecture, and role playing.

Type of Class/Course: Non Credit

Texts: None

Additional Required Materials: None

Course Objectives:

By the end of the course, a successful student will be able to

1. develop confidence and bearing,
2. demonstrate 9-1-1 readiness,
3. understand safety while walking in the community,
4. explore use of the buddy system,
5. ask “who’s there” before answering door,
6. demonstrate closing and locking doors and windows,
7. demonstrate closing blinds when gone or at night,
8. keep identification on person,
9. develop emergency contact list,
10. keep personal information to yourself,
11. understand money is not for sharing,
12. keep money in a safe place,
13. demonstrate what to do if lost,
14. know difference between friends or acquaintances,
15. identify police, public servants etc., and
16. interact with police and other authorities.

Course Scope, Content, and Student Learning Outcomes:

Unit I Personal Safety

Learning Outcomes	Assessment
-------------------	------------

Understand and use:	
A. Gait, posture and eye contact	In class exercises, homework, exams
B. 911 Procedures	In class exercises, homework, exams
C. ID and emergency phone numbers	In class exercises, homework, exams
D. Safety strategies	In class exercises, homework, exams
E. Identification strategies	In class exercises, homework, exams

Unit II Safety Procedures

Learning Outcomes	Assessment
Understand and use:	
A. Deadbolt locks	In class exercises, homework, exams
B. Window locks	In class exercises, homework, exams
C. Wallets, purses, lock-boxes	In class exercises, homework, exams
D. Personal Information	In class exercises, homework, exams
E. Community awareness	In class exercises, homework, exams

Learning Activities Required Outside of Class:

The students will spend a minimum of 2 hours per week outside of their regular class time doing the following:

1. Studying
2. Completing homework exercises

Methods of Instruction:

1. Role-play
2. Lecture
3. Group work
4. Discussion
5. Individual conference

Methods of Evaluation:

1. Class participation
2. Written homework
3. Quizzes
4. Oral evaluations
5. Exams
6. Midterm and final