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Date reviewed: February 23, 2009
Board approved: March 12, 2009

Independent Living Skills (ILS) 0032 Personal Safety Level 3 (0 Units)

Prerequisite: Successful completion in Independent Living Skills 0031

Prerequisite knowledge and skills: Before entering the course the student should be able to

1. understand safety at the bus stop,
2. interact appropriately with strangers,
3. identify pan handlers,
4. identify solicitors,
5. demonstrate safety while on the bus,
6. demonstrate safety at public restrooms,
7. demonstrate safety at the ATM machine,
8. understand what to do if confronted,
9. comply when you are robbed,
10. demonstrate 9-1-1 call,
11. follow safety while traveling,
12. demonstrate awareness of surroundings, and
13. practice safety while carrying money, jewelry, etc.

Total Hours: 16 hours lecture

Catalog Description: This course is designed to expand and improve personal safety skills while at home. Basic home safety tips will be explored and practiced. Importance of securing one's home will be practiced, and ensuring a safe and secure home and how to escape in an emergency will be covered.

Type of Class/Course: Non Credit

Texts: None

Additional Required Materials:

Hunter-Geboy, Carol. *Life Planning Education, A Youth Development Program*. Washington, DC: Advocates for Youth, 1995. Print.

Lucas, Irene. *Safe and Strong, Community Safety*. Santa Barbara: Lucaswrites Educational Multi-Media, Inc., 2001. Print.

Course Objectives:

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

1. ensure all entry/exit doors are locked,
2. understand candle safety,
3. identify telemarketers,
4. ensure windows are secured and locked when leaving or going to bed,
5. understand the importance of not giving out personal information,
6. identify who is at the door before answering,
7. develop an emergency phone list by the phone,
8. keep money and valuables in a safe place,
9. prepare an emergency survival kit,
10. ensure smoke detectors are checked twice a year and change batteries,
11. store medication in a safe manner,
12. keep strangers out of home,
13. develop an emergency escape route, and
14. ensure all appliances are turned off before leaving or going to bed.

Course Scope, Content, and Student Learning Outcomes:

Unit I Keeping Safe While at Home

Learning Outcomes	Assessment
Understand and use:	
A. Keys and locks	In class exercises, homework, exams
B. Personal information belongs to you	In class exercises, homework, exams
C. Stranger danger	In class exercises, homework, exams
D. Safe, lock-box, locking drawer	In class exercises, homework, exams

Unit II Planning for Emergencies

E. Smoke detector and batteries	In class exercises, homework, exams
F. Planning an escape route	In class exercises, homework, exams
G. Emergency phone list	In class exercises, homework, exams
H. Appliances	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. Activities
4. Group work
5. Discussion
6. Individual conference

Methods of Evaluation:

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