

Lesson Overview and Areas of Focus



Unit 1: Social Skill Development

<p>HS.1 Graduation Day Goal Setting</p> <p>Students learn how to set and reach personal goals. Students apply the steps to setting personal goals and understand the benefits of positive self-talk. Students also learn how to overcome obstacles to reaching a goal.</p> <p>Students Will Be Able To:</p> <ul style="list-style-type: none"> Identify and Apply the Steps to Setting Reachable Goals Understand How to Overcome Obstacles Evaluate the Benefits of Setting Personal Goals 	<p>HS.2 Who's in Charge Here? Decision Making</p> <p>Students learn how to plan their actions, evaluate their choices, and problem-solve using the steps for responsible decision making. Students also examine social and emotional influences on decisions and take responsibility for their choices.</p> <p>Students Will Be Able To:</p> <ul style="list-style-type: none"> Demonstrate Using the Decision Making Model Identify Consequences of Potential Solutions Recognize Personal Responsibility When Making a Decision 	<p>HS.3 Feelings 101 Identifying and Managing Emotions</p> <p>Students learn how to recognize and manage their emotions in healthy ways. Students analyze how unmanaged emotions can influence decision making, and how having empathy and respect helps us get along better with others.</p> <p>Students Will Be Able To:</p> <ul style="list-style-type: none"> Link Thoughts, Emotions, and Behaviors Identify the Emotions of Others Demonstrate Taking Someone Else's Perspective 	<p>HS.4 Say What You Mean. Mean What You Say Effective Communication</p> <p>Students learn how to apply effective communication skills to peacefully resolve conflicts and maintain positive relationships. Students also analyze how being assertive can help them be successful in various situations.</p> <p>Students Will Be Able To:</p> <ul style="list-style-type: none"> Demonstrate Active Listening Differentiate Assertive, Aggressive, and Passive Communication Demonstrate Assertively Asking for What They Want or Need 	<p>HS.5 The Ties that Bind Bonding and Relationships</p> <p>Students compare healthy and unhealthy friendship qualities and learn the benefits of bonding with pro-social others. Students develop social-awareness and interpersonal skills to maintain positive interactions with people at work, school, and in their communities.</p> <p>Students Will Be Able To:</p> <ul style="list-style-type: none"> Understand the Benefits of Positive Peer Groups Identify the Characteristics of Healthy Relationships Recognize How to Be Supportive and Inspire Others
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Unit 2: Skill Application

<p>HS.6 Many Rivers to Cross Respect for Self and Others</p> <p>Students examine why having self-respect boosts their self-esteem and self-confidence. Students also learn perspective-taking skills and demonstrate disagreeing respectfully with others.</p> <p>Students Will Be Able To:</p> <ul style="list-style-type: none"> Understand the Benefits of Self-Respect Recognize Someone Else's Perspective Demonstrate Respectfully Disagreeing 	<p>HS.7 The Resolution Solution Conflict Resolution</p> <p>Students learn how to differentiate between everyday conflicts and violence. Students examine what can escalate a conflict to violence and learn healthy approaches to resolving conflicts.</p> <p>Students Will be Able To:</p> <ul style="list-style-type: none"> Recognize Behaviors that Escalate a Conflict Apply Healthy Approaches to Conflict Resolution Identify Conflict De-escalation Strategies 	<p>HS.8 Maximizing Life, Minimizing Stress Stress Management</p> <p>Students identify the mental and physical signs of stress. Students also learn how managing stress makes it easier to succeed in social and academic situations.</p> <p>Students Will be Able To:</p> <ul style="list-style-type: none"> Recognize the Physical and Mental Signs of Stress Understand the Negative Consequences of Avoiding Stress Demonstrate Healthy Strategies to Manage Stress 	<p>HS.9 #Compatibility Healthy Teen Dating</p> <p>Students differentiate healthy and unhealthy characteristics of dating relationships. Students also demonstrate ways to bond with pro-social partners to build and maintain healthy dating relationships.</p> <p>Students Will be Able To:</p> <ul style="list-style-type: none"> Identify Characteristics of Healthy and Unhealthy Dating Relationships Understand How to Avoid Unhealthy Dating Relationships Establish Standards for Healthy Dating Relationships 	<p>HS.10 Finding Perspective Social Media Awareness</p> <p>Students analyze online content and apply the decision-making model to mitigate the influence of social media on personal goals, choices, and self-esteem. Students also review the social-emotional skills developed and applied in the course.</p> <p>Students Will be Able To:</p> <ul style="list-style-type: none"> Evaluate Online Content to Detect Embellishment Use the Decision-Making Model to Mitigate Social Media Influence Successfully Apply the <i>Too Good</i> skills in Their Daily Lives
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