

Lesson Overview and Areas of Focus

Unit 1: Social Skills Development



<p>5.1 Preparing for Take Off: Setting Reachable Goals</p> <p>Students learn how to set and reach personal goals. Students also name a short term goal using the Goal Naming Criteria</p> <ul style="list-style-type: none">• Goal Setting Model Steps• Goal Naming Criteria• Identify Resources for Support• Name a Short Term Personal Goal	<p>5.2 Rocket Science Making Responsible Decisions</p> <p>Students learn to plan their actions, evaluate their choices, and problem solve using the steps for responsible decision making. Students also demonstrate the ability to identify positive options when making a decision.</p> <ul style="list-style-type: none">• Decision Making Model• Understanding Consequences• Choosing the Healthy Option• Maintaining a healthy media/ life balance	<p>5.3 Systems Check: Identifying and Managing Emotions</p> <p>Students learn to recognize and manage their emotions using healthy strategies. Students examine the relationship between feelings and behavior and learn to discern the emotions of others.</p> <ul style="list-style-type: none">• Identify Various Emotions• Physical Signals of Emotions• Feelings and Behavior• Healthy ways to Manage Emotions	<p>5.4 This is Your Captain Speaking: Effective Communication</p> <p>Students learn and apply effective communication skills to handle conflict peacefully, share feelings and ideas with others, and enhance cooperation in order to maintain positive relationships.</p> <ul style="list-style-type: none">• Elements of Communication• Non-Verbal Communication• Differentiate Assertive, Aggressive and Passive Communication• Active Listening Skills• Preventing Online Miscommunication	<p>5.5 My Flight Crew: Bonding and Relationships</p> <p>Students compare healthy and unhealthy friendship qualities and learn the benefits of bonding with pro-social others. Students also apply effective communication skills to support and encourage others.</p> <ul style="list-style-type: none">• Healthy Friendship Qualities• Benefits of Positive Peer Groups• Compassion and Empathy in encounters online and in person
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Unit 2: Skills Application

<p>5.6 Initiate Launch: Respect for Self and Others</p> <p>Students learn the affect of self-respect and self-confidence together with a respect for others to develop a greater capacity to build empathy, diffuse conflict, and develop stronger relationships.</p> <ul style="list-style-type: none">• Cooperation• Respecting Differences• Positive Self Talk• Maintaining Perspective in online and offline encounters• Self-Respect	<p>5.7 Smooth Landing: Conflict Resolution</p> <p>Students learn to recognize the precursors to conflict and learn strategies to resolve conflict to build stronger, healthier relationships. Students practice respecting differing opinions and the needs of others to seek peaceful solutions to conflict.</p> <ul style="list-style-type: none">• Conflict Defined• Emotions Related to Conflict• Healthy Approaches to Conflict• Conflict Resolution Strategies• Conflict Resolution in online encounters	<p>5.8 Initiate Countdown: Anger Management</p> <p>Students learn to express their feelings with confidence, not aggression, to satisfy their needs for security, position, safety, and power. Students practice reporting and refusing bullying behaviors and to speak up if they are the target or the witness of a bullying situation.</p> <ul style="list-style-type: none">• Physical Indicators of Anger• Healthy Anger Management Strategies• De-escalation Strategies	<p>5.9 Shields Up: Identifying and Managing Bullying Situations</p> <p>Students learn the short term and long term effects of tobacco use on the body. Students also demonstrate the effective use of peer-pressure refusal strategies in a variety of situations involving tobacco.</p> <ul style="list-style-type: none">• Bully Event Management Strategies• Identify Bullying Behavior• Reporting vs. Snitching• Bullying vs. Conflict• Benefits of Reporting	<p>5.10 Flight Academy: Being a Positive Role Model Course Review</p> <p>Students learn the effects of marijuana on the brain and body as well as its impact on reaching goals. Students recall and apply skills developed in the course.</p> <ul style="list-style-type: none">• How to be a Positive Influence• Qualities of a Positive Role Model• Role of Personal Responsibility in the Outcomes of Decisions• Course Review
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