

Lesson Overview and Areas of Focus



Unit 1: Social Skills Development

<p>HS.1 Graduation Day: Setting Reachable Goals</p> <p>Students learn how to set and reach personal goals. Students also learn to recognize and manage potential obstacles that can get in the way of reaching a goal.</p> <ul style="list-style-type: none"> • Goal Setting Steps • Goal Naming Criteria • Setting Reachable Goals • Overcoming Obstacles • Finding Resources to Assist Reaching One's Goals • Trial Run Activity 	<p>HS.2 Who's in Charge Here? 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 examine how goals, peers, emotions, media, experience, and family influence decisions and recognize personal responsibility for the outcomes of their decisions.</p> <ul style="list-style-type: none"> • Decision Making Model • Understanding Consequences • Evaluating Consequences of v Decisions 	<p>HS.3 Feelings 101: Identifying and Managing Emotions</p> <p>Students learn to recognize and manage their emotions using healthy strategies. Students analyze how emotions and self-awareness influence decision making. Students also learn to interpret the emotions of others and demonstrate care and respect for self and others.</p> <ul style="list-style-type: none"> • Link Thoughts, Emotions, and Behavior • Interpret the Emotions of Others • Respond Appropriately to Emotions of Others • Emotion Recognition Activity 	<p>HS.4 Say What You Mean. Mean What You Say: Effective Communication</p> <p>Students apply effective communication skills to resolve conflict peacefully, share feelings and ideas with others, and enhance cooperation in order to maintain positive relationships. Students also analyze how perceptions and emotions can influence communication.</p> <ul style="list-style-type: none"> • Elements of Communication • Non-Verbal Communication • Differentiate Assertive, Aggressive, and Passive Communication • Roll Call Activity 	<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 their communities.</p> <ul style="list-style-type: none"> • Benefits of Positive Peer Groups • Characteristics of Healthy Relationships • Empathy • Social Awareness • Quality Assurance Activity
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Unit 2: Social Perspectives Information and Skills Application

<p>HS.11 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> <ul style="list-style-type: none"> • Understand the Benefits of Self-Respect • Recognize Someone Else's Perspective • Demonstrate Respectfully Disagreeing 	<p>HS.12 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> <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.13 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> <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.14 #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> <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.15 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 goals, choices, and self-esteem. Students review the self-efficacy and interpersonal skills developed and applied in the course.</p> <ul style="list-style-type: none"> • Evaluate Online Content to Detect Embellishment • Use the Decision-Making Model to Mitigate Social Media Influence • Identify the benefits and stressors associated with online activity
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