

# Lesson Overview and Areas of Focus



## Unit 1: Social Skill Development

### 6.1 My Road Ahead: Setting Reachable Goals

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.

- **Goal Setting Steps**
- **Goal Setting Criteria**
- **Identify Resources for Support**

### 6.2 Who's in the Driver's Seat? Making Responsible Decisions

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, media, and family influence decisions.

- **Decision Making Model**
- **Understanding Consequences**
- **Evaluating Consequences of Decisions**

### 6.3 Diagnostic Tune-Up: Identifying and Managing Emotions

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 discern the emotions of others and demonstrate care and respect for self and others.

- **Identify Intense Emotions**
- **Physical Signals of Emotions**
- **Emotion Management Strategies**
- **Impact of Emotions on Deci-**

### 6.4 Express Yourself: Effective Communication

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. Students also analyze how perceptions and emotions can influence communication.

- **Elements of Communication**
- **Non-Verbal Communication**
- **Differentiate Assertive, Aggressive, and Passive Communication**

### 6.5 Peer Review: Bonding and Relationships

Students learn and apply peer refusal strategies and peer selection skills to promote healthy bonding and connectedness. Students identify the benefits of belonging to positive peer groups as well as the effects of associating with negative peer groups.

- **Peer Pressure**
- **Peer Refusal Strategies**
- **Assertiveness and Peer Refusal**
- **Benefits of Positive Peer Groups**

## Unit 2: Skill Application

### 6.6 Confidence in Progress: Respect for Self and Others

Students learn how confidence and self-respect positively affect their attitudes, behaviors, and relationships. Students assess their own strengths and weaknesses and demonstrate the ability to think positively in difficult situations.

- **Link Thoughts, Emotions, and Behavior**
- **Affects of Positive Thinking and Attitude on Outcomes**
- **Sense of Self and Self-Respect**

### 6.7 A Peaceful Approach: Conflict Resolution

Students identify healthy and unhealthy approaches to resolving conflict. Students evaluate the emotions associated with conflict to identify the probable effects of competition and cooperation in the resolution of a conflict.

- **Constructive Conflict Resolution Skills**
- **Conflicts and Emotions**
- **Healthy Approaches to Conflict**

### 6.8 Keep Your Cool: Anger Management

Students distinguish degrees of anger and identify the physical indicators of anger. Students also distinguish the actions that can escalate or de-escalate a conflict. Students learn healthy ways to manage anger and apply strategies to de-escalate a conflict.

- **Conflict De-escalation**
- **Physical Signs of Anger**
- **Healthy Anger Management Strategies**

### 6.9 What to Say: Identifying and Managing Bullying Situations

Students learn to recognize bullying and demonstrate healthy ways for targets and witnesses to respond to bullying behavior. Students identify several motivations for bullying and demonstrate healthy alternatives to bullying behavior.

- **Healthy Responses to Bullying Behavior**
- **Reporting vs. Snitching**
- **Why to Report**
- **Reasons People Bully**

### 6.10 That's Entertainment?: Media Violence

Students identify the negative influences of media representations of violence. Students apply critical thinking and media literacy skills to interpret depictions of violence in the media. Students also recall the skills learned in the course through a comprehensive course review.

- **Critical Thinking Skills**
- **Media Literacy Skills**
- **Explore Media Presentations of Violence**