

Lesson Overview and Areas of Focus



Unit 1: Social Skills Development

8.1 The Architect: 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**

8.2 iDecide: 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**
- **Predicting Positive and Negative Consequences**
- **Personal Responsibility**

8.3 Calibrating Sensors: 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 Decisions**

8.4 Press Send: 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**

8.5 Friend Request: 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**
- **Understanding Influence**

Unit 2: Skills Application

8.6 Compatibility: Respect for Self and Others

Students study the link between thoughts and their effects on attitudes and actions. Students identify the positive and reciprocal consequences of treating themselves and others with respect.

- **Differences Scavenger Hunt**
- **Louder than Words Game**
- **Effects of Self-Respect**
- **Respect for Others and Personal Responsibility**

8.7 Optimal Resolution: Conflict Resolution

Students learn to identify healthy and unhealthy approaches to resolving conflict. Students learn to evaluate situations and the relationships involved in a conflict. Students also demonstrate effective negotiation skills to resolve conflicts through compromise.

- **Healthy Approaches to Conflict**
- **Negotiation Skills**
- **Emotions and Conflict**

8.8 System Feedback: Constructive Criticism

Students explore constructive criticism, how to give constructive criticism, and how to receive it. Students apply effective communication skills, emotion management and empathy to receive constructive criticism and use it in their efforts to reach their goals.

- **Destructive and Constructive Criticism**
- **Receiving Criticism**
- **Communication and Criticism**

8.9 What's the Deal?: Identifying and Managing Bullying Situations

Students learn to recognize bullying behaviors 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.

- **Defining Bullying Behavior**
- **Bullying Behavior Motivations**
- **Responsibilities of Targets and Witnesses**

8.10 Relationship Status: Teen Dating Violence

Students examine the healthy and unhealthy characteristics of dating relationships. Students identify possible warning signs of abuse relationships. Students also recall the skills learned in the course through a comprehensive course review.

- **Healthy Dating Relationships**
- **Warning Signs of teen Dating Violence**
- **Course Review**
- **Skill Application**