

High School Health – Life Management Skills

Rubric

Student Name(s) _____

Scenario # _____

Factors to Consider	Novice	Proficient	Expert
Apply decision making process to an scenario	Did not apply all step of the decision making process nor explain the process	Applied all decision making steps but not explicitly explain the process	Applied and explain all steps of the decision making process
Recognize potential destructive behavior	Did not recognize any potential destructive behaviors in initial situation or in consequences of their decisions	Recognized all potential destructive behavior in initial situation but not the potential consequences	Recognized all potential destructive behaviors in initial situation and the potential consequences
Respond to behavior	Responds to situation unsafely, not following laws or demonstrating good character	Responds to situation safely, following laws, but not demonstrating good character	Responds to situation safely, following laws, and demonstrating good character
Identify protective factors (resources)	Does not identify any protective factors	Identifies only 1 protective factors	Identifies all protective factors

Scenarios – Life Management Skills

1. You are at a party where no parents are present. Some teens are now drinking beer. You are on the basketball team.
2. Your mom and dad are constantly arguing. They are divorcing. You will have to live with one of them.
3. You and a friend go to a concert. When it is over, you both get lost on the way home. You have no cell phone and are in a dangerous neighborhood.
4. You just received a text from your friend which read he is going to commit suicide after school. It is not the first time he has said this.
5. You are playing basketball with some guys in the neighborhood and a person you don't know very well keeps bumping into you during the game. At one point he knocks you down.
6. Your friends are picking on a new student in school. You don't like this and want your friends to stop.
7. You visit a friend at their home and finds she has inappropriate images on her computer.
8. You decide you are no longer interested in the person you are dating. You decide you are going to break up.
9. Your new friend has told you that her boyfriend has been harassing her. He calls her all the time wants to know where is and what she is doing. She rarely can talk to her old friends without him giving her evil looks. She is starting to be frightened of him.
10. Your friend keeps texting another student. The content is mean and threatening.