

Unit #1 Title: Personal Safety Skills and Coping Strategies

Lesson Title: Safe and Healthy Life Choices (Part I) **Lesson #** 1 of 5

Grade Level: 9

Length of Lesson: 45-50 minutes

Missouri Comprehensive Guidance and Counseling Big Idea:
PS.3: Applying Personal Safety Skills and Coping Strategies

Grade Level Expectations (GLEs):
PS.3.A.09: Identify problem-solving, decision-making, and refusal skills needed to make safe and healthy life choices.
PS.3.B.09: Identify and utilize resources available to address personal safety issues.
PS.3.C.09: Identify resources to help individuals cope with life changes or events.

American School Counselor Association National Standards (ASCA):
Personal Social Development
C. Students will understand safety and survival skills

Materials (include activity sheets and/ or supporting resources)

List of local resources (e.g. Rape and Abuse Crisis Center), Alateen, etc.
Safe & Healthy Choices worksheet

Show Me Standards: Performance Goals (check one or more that apply)

	Goal 1: Gather, analyze and apply information and ideas
	Goal 2: Communicate effectively within and beyond the classroom
X	Goal 3: Recognize and solve problems
	Goal 4: Make decisions and act as responsible members of society

This lesson supports the development of skills in the following academic content areas.

Academic Content Area(s)	Specific Skill(s)
X Communication Arts	6. Participating in formal and informal presentations and discussions of issues and ideas
Mathematics	
X Social Studies	6. Relationships of the individual and groups to institutions and cultural traditions
Science	
X Health/Physical Education	7. Responses to emergency situations
Fine Arts	

Enduring Life Skill(s)

	Perseverance	X	Integrity	X	Problem Solving
X	Courage	X	Compassion	X	Tolerance
X	Respect	X	Goal Setting		

Lesson Measurable Learning Objectives:

The student will identify 5 safe and healthy (or unsafe/unhealthy) choices in high school and list at least two factors that influence his/her decision to make healthy (or unhealthy) choices.

Lesson Formative Assessment (acceptable evidence):

Formative assessment relates to the summative assessment for unit (performance outcome for goals, objectives and GLEs). Assessment can be question answer, performance activity, etc.

Students will analyze and assess life-changing events through a series of written questions.

Lesson Preparation

Essential Questions:

- How do safe and healthy choices affect our lives?
- Why is it hard to say no?

Engagement (Hook):

- Your best friend just told you he/she is thinking about suicide. What do you do?
- Where do you get help?

Procedures

Instructor Procedures/Instructional Strategies:	Student Involvement/Instructional Activities:
<ol style="list-style-type: none"> 1. Hand out <i>Safe and Healthy Life Choices</i> worksheet. 2. Upon completion, counselor will facilitate discussion of responses. 3. Review and provide resource materials from local agencies. 	<ol style="list-style-type: none"> 1. Students will complete the worksheet individually. 2. Students will discuss responses in small groups and with the whole class. 3. Students will receive information on local resources. In groups of 5-6, students will identify contact persons for the resources, which are available in the community.

Teacher Follow-Up Activities

Teacher will refer student to appropriate resources with student concerns.

Counselor reflection notes (completed after the lesson)

Safe & Healthy Choices

1. Five choices that can lead to safe and healthy – or to unsafe and unhealthy – decisions my peers and I will face in high school are:
2. Factors, which influence my decision to make healthy or unhealthy life choices, include the following:
3. What life changing events may occur in my life or in the lives of my peers?
4. Where can I receive assistance to help with specific life changing events?