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.

<table>
<thead>
<tr>
<th>Academic Content Area(s)</th>
<th>Specific Skill(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>X Communication Arts</td>
<td>6. Participating in formal and informal presentations and discussions of issues and ideas</td>
</tr>
<tr>
<td></td>
<td>6. Relationships of the individual and groups to institutions and cultural traditions</td>
</tr>
<tr>
<td>X Social Studies</td>
<td>7. Responses to emergency situations</td>
</tr>
<tr>
<td>Science</td>
<td>Fine Arts</td>
</tr>
</tbody>
</table>

Enduring Life Skill(s)

<table>
<thead>
<tr>
<th>Perseverance</th>
<th>X</th>
<th>Integrity</th>
<th>X</th>
<th>Problem Solving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Courage</td>
<td>X</td>
<td>Compassion</td>
<td>X</td>
<td>Tolerance</td>
</tr>
<tr>
<td>Respect</td>
<td>X</td>
<td>Goal Setting</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Missouri Comprehensive Guidance & Counseling Programs: Linking School Success to Life Success

To ensure that the work of educators participating in this project will be available for the use of schools, the Department of Elementary and Secondary Education grants permission for the use of this material for non-commercial purposes only.
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:
1. Hand out Safe and Healthy Life Choices worksheet.
2. Upon completion, counselor will facilitate discussion of responses.
3. Review and provide resource materials from local agencies.

Student Involvement/Instructional Activities:
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?