

Unit 1 Title: Personal Safety Skills and Coping Strategies	
Lesson Title: Risk Taking Behaviors	Lesson 3 of 5
Grade Level: 10	
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.10: Utilize decision-making skills to evaluate risk-taking behavior. PS.3.B.10: Evaluate and review resources that address personal safety issues. PS.3.C.10: Analyze and refine coping skills to manage life-changing events.	
American School Counselor Association (ASCA) National Standards: Personal Social Development C. Students will understand safety and survival skills	

Materials (include activity sheets and/ or supporting resources)

Video or Presenter about healthy choices <i>Presentation Review Assessment</i> worksheet

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

X	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
X	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	5. Methods used to assess health, reduce risk factors, and avoid high risk behaviors (such as violence, tobacco, alcohol and other drug use) 7. Responses to emergency situations.
	Fine Arts	

Enduring Life Skill(s)

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

Lesson Measurable Learning Objectives:

The student will view and evaluate a presentation on the dangers of risky behavior and write three related questions to explore.

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 utilize, evaluate, review, and refine decision-making skills referencing dangerous risk-taking behaviors; address personal/safety issues; and address management of life-changing events through discussion and written assessment.

Lesson Preparation

Essential Questions:

- How do safe and healthy life choices affect our lives?
- How is the knowledge of available resources used to manage life-changing events?

Engagement (Hook):

Are you at risk?

Procedures

Instructor Procedures/Instructional Strategies:	Student Involvement/Instructional Activities:
<ol style="list-style-type: none"> 1. The counselor will introduce presenter or video. 2. Presenter will present or video will be shown. 3. Counselor will facilitate follow-up discussion. 4. Counselor will distribute <i>Presentation Review Assessment</i> worksheets. 	<ol style="list-style-type: none"> 1. Students will listen to introduction of presenter or video and write questions they have or hope to answer through the presentation. 2. Students will listen to presentation or watch video and take notes. 3. Students will participate in discussion in small groups. 4. Students will complete <i>Presentation Review Assessment</i> worksheet.

Teacher Follow-Up Activities

Teacher will inform counselor if student appears to be in need of assistance through appropriate resources.

Presentation Review Assessment

(Circle yes or no)

- Yes No 1. I can identify risk-taking behaviors.
- Yes No 2. I have been involved in a risk-taking behavior.
- Yes No 3. I know where to find resources to assist with personal safety issues.
- Yes No 4. I know how to assist others in finding resources for life changing events.
- Yes No 5. Today's program was helpful in addressing personal safety.
- Yes No 6. I know my counselor has appointments and/or resources to assist me.

I'd like to know more about ...

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