

INTERVENING TO HELP OTHERS

Purpose: This lesson helps students confront alcohol or other drug abuse.

Time Required for Lesson: 50 minutes

Grade Level: 10

Missouri Comprehensive Guidance Strand: Personal and Social Development

Big Idea: PS.3. Applying Personal Safety Skills and Coping Strategies

Concept: PS.3.B. Personal safety of self and others

ASCA Standards:

Domain: Personal Social Development

C. Students will understand safety and survival skills

Materials: Paper; Pens/pencils; Local Telephone Books

Comprehensive Guidance Program Curriculum Unit/Lesson links

Grade 10 Unit: Personal Safety Skills and Coping Strategies **Concept:** PS 3. B



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
X	Courage	X	Compassion	X	Tolerance
X	Respect	X	Goal Setting		

Lesson Assessment acceptable evidence of what learners will know and be able to do as a result of this lesson:

Students will share two resources they can utilize to help others.

Lesson Preparation

Essential Questions: Where can we find help if we need it?

Engagement (Hook): Are you prepared to help others?

Procedures

<i>Professional School Counselor Procedures:</i>	<i>Student Involvement:</i>
<ol style="list-style-type: none"> 1. Ask students to imagine the following scenario: “Your friend has been drinking secretly for several months and no one knows about this behavior except you. The amount your friend has been drinking has increased in the last week, and he or she is now drinking every day. You are not sure why this friend is drinking, but you do know that his or her parents are in the midst of an angry divorce.” 2. Ask students to list the steps he or she would take in dealing with the scenario. Tell students to be as specific as possible, including phone numbers of any agencies that they would contact. They should think the process through clearly and provide a backup plan if their first plan of action does not work. 3. Divide students into groups of four. Ask them to compare plans and negotiate until they have a group plan that all four members agree upon. Distribute local telephone book to each group to locate agencies and phone numbers that might be helpful. 4. Ask each group to present a plan of action for helping the friend in the scenario. Encourage the class to discuss various possibilities, their benefits, and their drawbacks. Remind students that there are many resources to assist other with substance abuse. 	<ol style="list-style-type: none"> 1. Students listen to the scenario 2. Students list the steps he or she would take in dealing with the scenario. Students include phone numbers of agencies that they would contact. Students provide a backup plan if their first plan does not work. 3. Students divide into four groups. Students compare plans and negotiate until they have a group plan that all four members agree upon. Students use local phone books to locate agencies and phone number that might be helpful. 4. Each group presents their plan of action to help the friend in the scenario. Students discuss various possibilities, their benefits, and their drawbacks.