

**Unit #1 Title:** Keeping Myself Safe By Making Safe and Healthy Choices. **Grade Level:** 4

**Number of Lessons in Unit:** 2

**Time Required for each lesson:** 90 minutes each

**Best time of year to implement this Unit:** Anytime

**Lesson Titles:**

Lesson 1: What are bullying and harassment?

Materials/special preparations Required:

Student handouts: Bully survey, What Is a Bully? note sheet, Scenarios for Groups, Writing Materials.

Transparencies: Definitions of four types of bullying, definition of harassment, bully, target, witness/reporter definitions

Answer Key for Bully survey

STAR poster

Star Model Problem

Solving Poster

Scenarios for Groups

“Say No” poster

Lesson 2: Drug and Alcohol Awareness

Materials/special preparations Required:

Transparencies of several drug statistics, the scoring rubric, and the drug information worksheet

Writing and Drawing Materials. Various Drug Information Packets for groups.

Scoring Rubrics for each student.

Drug Information Research Worksheet outline.

Puppets

Poster board

Magazines and newspapers.

**Missouri Comprehensive Guidance Standard:**

PS.3: Applying personal safety skills and coping strategies.

**Grade Level Expectation(s):**

PS.3.A.04.a.i: Apply effective problem-solving, decision-making, and refusal skills to make safe and healthy choices in various life situations.

PA.3.B.04.a.i: Describe different types of violence and harassment, and identify strategies for intervention.

**American School Counselor Association National Standard (ASCA):**

Personal/Social

B: Students will make decisions, set goals and take necessary action to achieve goals.

C: Students will understand safety and survival skills.

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

<b>X</b>	Goal 1: Gather, analyze and apply information and ideas 1. Develop questions and ideas to initiate and refine research 5. Comprehend and evaluate written, visual, and oral presentation and works 7. Evaluate the accuracy of information and the reliability of its sources 8. Organize data, information, questions, and ideas while recognizing the perspectives of others
<b>X</b>	Goal 2: Communicate effectively within and beyond the classroom 1. Plan and make written, oral, and visual presentations for a variety of purpose and audiences 3. Exchange information, questions, and ideas while recognizing the perspectives of others
<b>X</b>	Goal 3: Recognize and solve problems 1. Identify problems and define their scope and elements 2. Develop and apply strategies based on ways others have prevented or solved problems
<b>X</b>	Goal 4: Make decisions and act as responsible members of society and others 1. Explain reasoning and identify information used to support decisions

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

<b>Academic Content Area(s)</b>		<b>Specific Skill(s)</b>
<b>X</b>	Communication Arts	1. Speaking and writing standard English (including grammar, usage, punctuation, spelling, capitalization) 4. Writing formally (such as reports, narratives, essays) and informally (such as outlines, notes) 6. Participating in formal and informal presentations and discussions of issues and ideas
	Mathematics	
	Social Studies	
	Science	
<b>X</b>	Health/Physical Education	1. Structures of, functions of, and relationship among human body systems. 5. Methods used to assess health, reduce risk factors, and avoid high-risk behaviors (such as violence, tobacco, alcohol, and other drug use.)
	Fine Arts	

**Unit Assessment (acceptable evidence):**

Lesson 1 Students will be able to use the STAR problem solving method to solve a real life scenario. Lesson 2 Students will share their knowledge by creating and presenting a poster, puppet show, skit, or oral presentation.
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**Brief Summary of Unit:**

Lesson 1 – Students will learn about the four types of bullying and a definition of harassment. They will use the STAR problem solving method to solve real life scenarios.
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Lesson 2 – Students will teach each other about four different categories of drugs and share facts and refusal methods.

**Unit Goals:**

Students will be able to identify bullying and harassment situations.

Students will know facts about drugs and alcohol and how to not use or abuse them.

**Student Prior Knowledge: What prior knowledge do students need (e.g. the steps to solving a problem) to be successful in this unit?**

Students will review the STAR method to solving problems and the “Say No” method of dealing with dangers. Students will need basic knowledge of how to work together in groups.