

Unit #1 Title: Personal Safety Skills and Coping Strategies

Lesson Title: Safe and Healthy Life Choices **Lesson #** 1 of 5

Grade Level: 9

Length of Lesson: 45-50 minutes

Missouri Comprehensive Guidance Standard:

PS.3: Applying Personal Safety Skills and Coping Strategies

Grade Level Expectations (GLEs):

PS.3.A.09.a.i: Identify problem-solving, decision-making, and refusal skills needed to make safe and healthy life choices.

PS.3.B.09.a.i: Identify and utilize resources available to address personal safety issues.

PS.3.C.09.a.i: 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 social services resources in your area.(e.g. Rape and Abuse Crisis Center)
Samples of printed information available through individual agencies (request enough copies for every ninth grade student)
“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 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 life choices affect our lives?
- What resources are available to manage life-changing events?
- How can refusal skills promote personally responsible decisions?

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:

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:

1. Students will complete the worksheet individually.
2. Students will discuss responses in a small group 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 that are available in their 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 unsafe and/or unhealthy decisions my peers and I will face in high school are:
2. Factors that influence my decision to make healthy or unhealthy life choices include the following:
3. What life changing events are likely to (or may) occur in my or my life peers' lives?
4. Where can I receive assistance to help with specific life changing events?