

Unit #1 Title: Personal Safety Skills and Coping Strategies

Lesson Title: Safe and Healthy Life Choices (Part II)

Lesson # 2 of 5 (This lesson is a continuation of 9th Grade Lesson 1)

Grade Level: 9

Length of Lesson: 45-50 minutes

Missouri Comprehensive Guidance Standard:

PS.3: Applying Personal Safety Skills and Coping Strategies

Grade Level Expectation (GLE):

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 that can help manage 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)

Video or Speaker on a risk taking behavior (i.e. Drugs, Alcohol, Rape, Sexual Harassment, Bullying, Cyberspace, Gangs)

“Presentation Review Assessment” 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	

Missouri Comprehensive Guidance Programs:

Linking School Success to Life Success

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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):

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 management of life changing events through discussion and written assessment.

Lesson Preparation

Essential Questions:

- How do safe and healthy life choices affect our lives?
- What resources are available to manage life-changing events?

Engagement (Hook):

- John, you have just taken a sip of your father's cocktail. Are you at risk?
- Jane, Mark wants you to "try" marijuana with him. Are you at risk?

Procedures

Instructor Procedures:	Student Involvement:
1. Following engagement via "hook", the counselor will introduce presenter or video.	1. Students will listen to introduction of presenter or video and write questions they have/hope to answer through the presentation.
2. Presenter will present or video will be shown.	2. Students will listen to presentation or watch video and take notes.
3. Counselor will facilitate follow-up discussion.	3. Students will participate in discussion in small groups.
4. Counselor will distribute "Presentation Review Assessment" worksheets.	4. Students will complete "Presentation Review Assessment" worksheet.

Teacher Follow-Up Activities

Teacher will refer student to appropriate resources with student concerns.

Counselor reflection notes (completed after the lesson)

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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 other 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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(Circle yes or no)

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