

Teaching Unit: ***The Meaning of Friendship***

Essential Understandings

Friendship is a personal thing. The qualities we value in friends are unique to individuals.

Sub Topic:

Knowledge and Skills

Discuss reasons why you need friends and why you choose the friends you do.

Discuss reasons to avoid being in a clique.

List the consequences of the friendships you choose to pursue.

Discuss why people are defined in the minds of others by the friends they choose.

Explain times when you may sometimes need to end a friendship.

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Teaching Unit: ***Drugs***

Essential Understandings

There are safe and unsafe ways people choose to use drugs.

Sub Topic: ***Prescrip. vs. OTC/Responsible Drug***

Knowledge and Skills

Define the meaning of drug, prescription drug, over-the-counter drug, drug misuse, drug abuse, and drug addiction.

Discuss responsible drug use.

Discuss the safe use of prescription and OTC drugs.

Be able to effectively use the guidelines for making responsible decisions.

Demonstrate assertive resistance to drug use.

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Teaching Unit: ***Puberty***

Essential Understandings

The physical, mental/emotional, and social changes that occur during puberty is both a unique and universal time of change in your life.

Sub Topic:

Knowledge and Skills

Identify the physical changes they will experience during puberty.

Identify the physical changes that take place in boys during puberty.

Identify the physical changes that take place in girls during puberty.

Explain how the onset and duration of puberty varies from one individual to another, and that eventually everyone catches up.

Feel at ease with their own bodies and understand that there is no "right" way for them to look.

Look forward to puberty as a positive, exciting experience.

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Teaching Unit: ***Safety***

Essential Understandings

People need to have a basic knowledge of how to handle emergencies and/or situations that require first aid.

CPR involves keeping oxygenated blood flowing back-and-forth between the brain and the heart.

The Heimlich is a technique designed to remove the object that is blocking the airway of the victim.

Every home should have a First Aid kit that is easily accessible.

Sub Topic: ***Heartsaver CPR/First Aid***

Knowledge and Skills

Students will identify an emergency situation based on symptoms exhibited by victim, then immediately respond in the appropriate manner: heart attack, seizure, diabetic, choking, breathing problems, fainting, shock, and bad allergic reaction.

Student will demonstrate effective CPR skills on an adult/child.

Student will demonstrate the Heimlich.

Access 911 and clearly state pertinent information.

Students will receive a Heartsaver/First Aid card upon successfully completing this unit of study.

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Teaching Unit: ***Safety***

Essential Understandings

Students can increase their chances of being found, when lost in the woods, if they know how to make themselves more visible to the rescuing team. "Find a space, show your face."

Individuals lost in the woods can keep themselves safe and warm if they learn a few basic survival tips.

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Teaching Unit: ***Bullying***

Essential Understandings

There is a difference between bullying and teasing.

People bully for many different reasons.

Victims of bullies experience a variety of feelings that they may not even comprehend themselves.

There are several strategies for dealing with a bully.

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Sub Topic: ***Lost In The Woods***

Knowledge and Skills

Identify helpful "survival hints" of what to do when "lost in the woods."

Identify ways to make yourself more visible to the rescue team.

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Sub Topic:

Knowledge and Skills

Define bullying and teasing and the difference between bullying and teasing.

Identify the reasons why someone behaves as a bully.

Identify the feelings of the person being bullied.

Name several strategies for dealing with bullying behavior.

Communicate when confronted with a bullying situation through the use of "I" messages.

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