

10th Grade Year at a Glance

Course Description: These quarter lessons offers a sequentially developed health curriculum focusing on age appropriate and skills necessary to maintain and improve over-all health well-being.

Overall Goals:

- To promote health and well-being of one’s self and others through appreciation of positive personal and community health values and effective communication skills
- To enhance personal responsibility for reducing risky behaviors through the use of critical thinking skills
- To develop skills to inform use of health related information, products and services
- To build resiliency into the process of growth and development

Quarter 1	Quarter 2	Quarter 3	Quarter 4
<p>Topic: Refusal Skills/Substance Abuse</p> <p>4R Small Group Session 5: Impact of Substance Use & Abuse</p> <ol style="list-style-type: none"> 1. Activity (20 minutes) – When Does Substance Use Become a Problem Activity (20 minutes) – Impact of Drug Use/Abuse 2. Supplemental Activity – Group Sharing 	<p>Topic: Decision Making Skills</p> <p>4R Small Group Session 8: Boundaries and Assertive Communication</p> <ol style="list-style-type: none"> 1. Game (18 minutes) <ol style="list-style-type: none"> a. Activity: Either option 1 or 2 (if time allows both) 2. Activity Discussion (5 minutes): – Communication Styles 3. Activity (5 minutes): Practicing Assertive Communication 4. Supplemental: additional activities from Session 8 	<p>Topic: Coping Skills/Anger Management</p> <p>4R Small Group Session 9: Taking Responsibility for Emotions</p> <ol style="list-style-type: none"> 1. Activity (20 minutes) - Post It, Pile It – Coping with Stress & Anger 2. Supplemental Activity – Communicating an Apology 	<p>Topic: Social Emotional/ Bullying/Sexting</p> <p>Common Sense Media</p> <ol style="list-style-type: none"> 1. Feeling on Display lesson (45 minutes): Unit 1: 4.9-12 2. Video: Feeling on Display Unit 1: 5.9-12
	<p>Supplemental Resources: http://www.loveisrespect.org/healthy-relationships/setting-boundaries/</p>		