

High School (Grades 9-12)

Content Area – Personal Health and Safety

Goal	Targets	Resources	Lessons	Character Trait
IV.A. Student Competency: Students incorporate wellness practices into daily living				
IV.A.i. Goal: Students will understand wellness as an element of healthy functioning	Evaluate the benefits of taking time for themselves.	Stopping the Pain	Activity 18	Responsibility Respect Courage Honesty
	Identify their personal limits and boundaries necessary for good self-care.	Don't Let Your Emotions Run Your Life for Teens	Pg. 9	
IV.A.ii. Goal: Students will learn techniques for managing stress	Evaluate the benefits derived from effective stress management.	Beyond the Blues	Pg. 86 Activity 20	Responsibility Courage Respect
	Evaluate their ability to manage stress.	Stopping the Pain	Activity 28	
IV.B. Student Competency: Students demonstrate resiliency and positive coping skills				
IV.B.i. Goal: Students will effectively manage change	Explain how a changing world demands lifelong learning.	Interest Inventory	Research ongoing skills needed for 2 careers	Responsibility Courage Honesty
	Analyze their feeling when wanted/unwanted changes occur.	The Social Success Workbook for Teens	Pg. 47 Activity 15	
IV.B.ii. Goal: Students will effectively manage transitions	Predict how they will manage the change in their lives that occur when leaving high school.	Bigfuture.org	Evaluate cost of living and lifestyle	Problem Solving/Conflict Resolution Responsibility Good Citizenship Courage
	Summarize how planning will help them make the transition.			

IV.C. Student Competency: Students possess assertiveness skills necessary for personal protection				
IV.C.i. Goal: Students will demonstrate the ability to set boundaries for physical, social, and emotional protection	Evaluate the consequences of abuse and violence in personal relationship.			Respect Caring Courage Responsibility Integrity Honesty
	Recognize personal limitations in responding to critical situations.	Self-Esteem Workbook for Teens	Pg. 163 Activity 37	
IV.C.ii. Goal: Students will demonstrate an appreciation for the rights of others to have a physically, emotionally, and socially safe environment	Evaluate their own level of respect related to interaction with others.	The Social Success Workbook for Teens.	Pg. 72 Activity 23	Respect Honesty Integrity Fairness Caring