

KEEPING CONVERSATIONS GOING UNIT

We use the concept Conversation Drivers and Stoppers to label actions that either drive or move a conversation forward, or stop the conversation. Once learners can maintain the conversation, they can practice using Topic Radar, i.e. thinking about topics that others find interesting.

Conversations Drivers and Stoppers

- Using Conversation Drivers & Stoppers with Friends Video Lesson + Companion Worksheet
- Conversation Drivers & Stoppers Scenario Cards

Using Topic Radar

- Topic Radar - Keeping Our Friends Interested Video Lesson + Companion Worksheet
- Conversation Topics Role-Play Worksheet

RESPONSIBLE DECISION MAKING UNIT

High levels of fear and anxiety around a punishment can cause behavior to spiral out of control. Teens who are coached in maintaining respect for others while calmly accepting both the natural and imposed consequences of their behavior quickly learn the benefits of their new actions: less punishment, lectures, and conflict.

Accepting a Consequence

- Accepting a Consequence Introduction Video Lesson + Companion Worksheet
- Accepting a Consequence Question Prompts

Being Responsible

- Accepting Criticism Video Lesson + Companion Worksheet
- Taking Responsibility Video Lesson + Companion Worksheet

SOLVING PROBLEMS UNIT

This complex goal pulls together multiple cognitive skills that are used in order to make decisions. New thinking pathways are created as students practice a series of steps to analyze the problem, determine if there is a need for help, devise logical solutions, and use critical thinking skills to choose the best solution.

Handling Conflicts

- Handling Conflicts with Friends Video Lesson + Companion Worksheet
- Will of the Wheel: Problem Solving Game

Practice Scenarios

- Fork in the Road Question Cards
- Problem Peak Game

SHOWING EMPATHY UNIT

Empathy is understanding how someone else feels and then taking an extra step to show them we care. In Empathy Essentials, learners take another's perspective by accessing all the information they know about that person and applying it with the current situation. When we can do this, we successfully adapt behavior to align with another's mood, thereby forming stronger bonds and relationships.

Empathy Introductions

- Empathy Essentials Introduction Video Lesson + Companion Worksheet
- Using Empathy Essentials with Friends Video Lesson + Companion Worksheet

Practice Showing Empathy

- Showing Empathy Scenarios- Packet
- Showing Empathy - Older Video Lesson + Companion Worksheet

CYBERBULLYING AND ONLINE COMMUNICATION UNIT

Cyber Skills teaches nuanced digital etiquette. Learners begin to recognize the intent of online messages and posts, and craft appropriate responses. Lessons cover communicating over text, using social media platforms, and cyberbullying.

Cyberbullying Introduction

- Cyberbullying Video Lesson + Companion Worksheet
- Cyberbullying Scenarios

Learning Cyber Skills

- Cyber Skills - Sharing on Social Media Video Lesson + Companion Worksheet
- Text Message Responses Printable Activity

POSITIVE SELF-ESTEEM UNIT

Thinking positively battles the cycle of negative feelings that can trick a mind into staying negative. This unit covers identifying negative feelings and utilizing the power of using positive self-talk to overcome negative thinking.

Self-Esteem Introduction

- Having Positive Self-Esteem Video Lesson + Companion Worksheet
- Being Rejected by a Peer Video Lesson + Companion Worksheet

Growing Your Self-Esteem

- Self-Esteem Packet
- My Strengths in Different Places Worksheet