

Prevention & Awareness for Total Health

7th Grade Overview

BULLYING UNIT

LESSON 1: UNDERSTANDING BULLYING

OBJECTIVES:

- Understand the difference between conflict and bullying.
- Give specific examples of conflict and bullying.
- List types of bullying.
- Analyze personal, first-hand examples of conflict and bullying.

ESSENTIAL QUESTION:

What is the difference between conflict and bullying?

PREVENTION FOCUS(ES):

- Bullying & Cyberbullying
- Mental Health/Suicide

LESSON 2: YOUR DIGITAL FOOTPRINT

OBJECTIVES:

- Define Digital Footprint.
- Describe different ways you can leave your digital footprint.
- Explain various reasons people may share inappropriate pictures.

ESSENTIAL QUESTION:

What is your digital footprint, and how can you protect yourself?

PREVENTION FOCUS(ES):

- Bullying & Cyberbullying
- Mental Health/Suicide

LESSON 3: WITNESS

OBJECTIVES:

- Differentiate between Bystanders & Upstanders
- Explain each person's role in making a positive difference for others.
- List strategies for getting help for someone who's in a bullying situation.
- Identify Key members of the school that will aid in defusing & eliminating bullying.

ESSENTIAL QUESTION:

What role do you play in anti-bullying, and what is your responsibility within school and community to stop bullying?

PREVENTION FOCUS(ES):

- Bullying & Cyberbullying

ABUSE UNIT

LESSON 1: UNDERSTANDING ABUSE

OBJECTIVES:

- Identify the 4 types of abuse.
- Provide examples of types of abuse.
- Make real-world connections to the implications of abuse.

ESSENTIAL QUESTION:

How can recognizing abuse make a difference in someone's ability to get help?

PREVENTION FOCUS(ES):

- Abuse of All Types
- Mental Health/Suicide

LESSON 2: COPING WITH ABUSE

OBJECTIVES:

- Recognize signs of abuse.
- Analyze possible causes of abuse.
- Describe the effects of abuse.

ESSENTIAL QUESTION:

How do individuals cope with the effects of abuse?

PREVENTION FOCUS(ES):

- Abuse of All Types
- Mental Health/Suicide

LESSON 3: HEALTHY RELATIONSHIPS

OBJECTIVES:

- Recognize key components of healthy and unhealthy relationships.
- Employ healthy relationship skills.

ESSENTIAL QUESTION:

What are the key components of a healthy relationship?

PREVENTION FOCUS(ES):

- Abuse of All Types
- Bullying & Cyberbullying
- Mental Health/Suicide

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SUBSTANCE USE UNIT

LESSON 1: REFUSAL SKILLS

OBJECTIVES:

- List risk factors and dangers of using alcohol, drugs, and tobacco.
- Apply refusal skills for future situations.
- Explain the benefits of refusing alcohol, drugs, and tobacco.
- Develop strategies to refuse substance use.

ESSENTIAL QUESTION:

What are some ways you can refuse to use substances?

PREVENTION FOCUS(ES):

- Drugs, Alcohol & Tobacco

LESSON 2: HARMFUL EFFECTS OF ABUSE

OBJECTIVES:

- Differentiate among substance use, abuse, and dependency.
- List the warning signs of e-cigarette and alcohol abuse.
- Explain the inevitable consequences of substance abuse/dependency.
- Define gateway drug.

ESSENTIAL QUESTION:

How do we recognize the warning signs of substance dependency?

PREVENTION FOCUS(ES):

- Drugs, Alcohol & Tobacco
- Mental Health/Suicide

LESSON 3: DEPENDENCY & GETTING HELP

OBJECTIVES:

- Define dependence & addiction.
- Explain the physiological impact of substances on the brain and body.
- List ways to get help for themselves or someone else struggling with addiction.
- Identify levels of control in regard to others using substances.

ESSENTIAL QUESTION:

How can you help someone with a substance dependency?

PREVENTION FOCUS(ES):

- Drugs, Alcohol & Tobacco
- Mental Health/Suicide

SELF-HARM & SUICIDE UNIT

LESSON 1: HEALTH INCLUDES MENTAL HEALTH

OBJECTIVES:

- Understand the term mental health and how it applies to every person.
- Explain the differences between stress, anxiety and depression.

ESSENTIAL QUESTION:

Why is there a stigma around the term mental health?

PREVENTION FOCUS(ES):

- Bullying & Cyberbullying
- Mental Health/Suicide

LESSON 2: SELF-HARM & HEALTHIER COPING STRATEGIES

OBJECTIVES:

- Define the term self-harm.
- Define the term self-care.
- Learn healthy self-care techniques.
- Develop a personal plan of go-to self-care techniques.

ESSENTIAL QUESTION:

What self-care techniques help when life gets hard?

PREVENTION FOCUS(ES):

- Mental Health/Suicide

LESSON 3: SUICIDE: THE IRREVERSIBLE ACT

OBJECTIVES:

- Dispute myths of suicide with facts.
- Identify protective factors for preventing suicide.
- List some warning signs of suicidal ideation.
- Explain at least one technique for referring someone to professional help.

ESSENTIAL QUESTION:

How can you help prevent suicide among your peers?

PREVENTION FOCUS(ES):

- Mental Health/Suicide