

Prevention & Awareness for Total Health

9th Grade Overview

BULLYING UNIT

LESSON 1: CONFLICT VS. BULLYING

OBJECTIVES:

- Understand the differences between conflict, bullying, and harassment.
- Identify the key features of conflict, bullying, and harassment.
- Create original scenarios to demonstrate conflict and bullying.

ESSENTIAL QUESTION:

How are conflict, bullying, and harassment similar and what differentiates them?

PREVENTION FOCUS(ES):

- Bullying & Cyberbullying
- Mental Health/Suicide

LESSON 2: CYBER-IMAGE

OBJECTIVES:

- Identify their digital footprint and key points of internet safety.
- List the pros and cons of social media.
- Provide examples of bullying and explain the consequences of those examples.
- Predict potential outcomes for all parties in cyberbullying situations.

ESSENTIAL QUESTION:

What are some examples of cyberbullying and potential outcomes of those actions?

PREVENTION FOCUS(ES):

- Bullying & Cyberbullying
- Mental Health/Suicide

LESSON 3: DIFFUSE AND GET HELP

OBJECTIVES:

- Recognize warning signs of bullying.
- Explain each person's role in making a positive difference for others.
- List strategies for getting help for someone in a bullying situation.
- Identify key members of the school that will aid in defusing and 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: KNOW THE FACTS

OBJECTIVES:

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

ESSENTIAL QUESTION:

What are the four types of abuse and how can you help someone who is being abused?

PREVENTION FOCUS(ES):

- Abuse of All Types
- Mental Health/Suicide

LESSON 2: RECOGNIZING ABUSE

OBJECTIVES:

- Understand the effects of abuse.
- Understand where to seek assistance and report abuse.

ESSENTIAL QUESTION:

How do individuals cope with the effects of abuse?

PREVENTION FOCUS(ES):

- Abuse of All Types
- Mental Health/Suicide

LESSON 3: LOVE IS RESPECT

OBJECTIVES:

- Identify key components to a healthy relationship.
- List the warning signs of an unhealthy dating relationship or friendship.

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: REASONS TO REFUSE

OBJECTIVES:

- Explore reasons youth begin to use substances such as alcohol, tobacco products, or other drugs.
- Identify the risk factors of youth who use.
- Create refusal phrases and techniques to use when pressured by peers.
- Discuss the benefits of refusing substances such as alcohol, tobacco products, and drugs.

ESSENTIAL QUESTION:

What are some refusal statements you can make to your peers?

PREVENTION FOCUS(ES):

- Drugs, Alcohol & Tobacco

LESSON 2: HARMFUL EFFECTS OF ALCOHOL & THC

OBJECTIVES:

- List facts about the harmful effects and dangers of THC and alcohol.
- Define substance abuse.
- Identify and discuss warning signs of substance abuse.

ESSENTIAL QUESTION:

What are the dangers associated with alcohol and marijuana use/abuse?

PREVENTION FOCUS(ES):

- Drugs, Alcohol & Tobacco
- Mental Health/Suicide

LESSON 3: DEPENDENCY & GETTING HELP

OBJECTIVES:

- Explore and define the words dependency and addiction.
- Discuss the control and negative impact substances have on people with dependency or addiction.
- Identify referral techniques and other ways students can get help for someone they know who is substance dependent or battling addiction.
- Practice using referral techniques through scenarios.

ESSENTIAL QUESTION:

How can you help someone struggling with a substance dependency?

PREVENTION FOCUS(ES):

- Drugs, Alcohol & Tobacco
- Mental Health/Suicide

SELF-HARM & SUICIDE UNIT

LESSON 1: STRESS, ANXIETY & DEPRESSION

OBJECTIVES:

- Define the terms mental health, stress, anxiety, and depression.
- List some stress management techniques.
- Share alternatives for dealing with anxiety.
- Recognize symptoms of depression.

ESSENTIAL QUESTION:

How can mental health be affected by our ability to cope with stress and manage anxiety and depression?

PREVENTION FOCUS(ES):

- Bullying & Cyberbullying
- Mental Health/Suicide

LESSON 2: SELF-HARM

OBJECTIVES:

- Define the term self-harm.
- Understand various methods of self-harm.
- Explain some risk factors influencing self-harm.
- Recognize the signs of self-harm.
- Share alternative coping mechanisms to self-harming behaviors.

ESSENTIAL QUESTION:

What are the risk factors for self-harm and what are some positive coping strategies that can help prevent self-harm?

PREVENTION FOCUS(ES):

- Mental Health/Suicide

LESSON 3: THE PERMANENT DECISION

OBJECTIVES:

- List the warning signs of suicide.
- Disprove myths of suicide with facts.
- Explain referral techniques for those showing suicidal warning signs.

ESSENTIAL QUESTION:

What signs might indicate that a person is considering suicide and how can you assist them in getting help?

PREVENTION FOCUS(ES):

- Mental Health/Suicide