

Guidance
Unit 15: Personal/Social Development

Essential Understandings	<ul style="list-style-type: none"> ▪ There are certain attitudes, knowledge and interpersonal skills that help a student understand and respect self and others. ▪ The proper application of safety skills enhances personal and physical well-being.
Essential Questions	<ul style="list-style-type: none"> ▪ What is needed to understand self and respect self and others? ▪ What are safety and survival skills for students? ▪ How does the relationship between rules and laws affect the safety and protection of rights of the individual?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Understanding and setting personal boundaries, rights, and personal privacy is beneficial in protecting one’s safety. ▪ Using effective problem solving and decision making skills as well as learning techniques for managing stress and conflict are beneficial in making safe and healthy choices throughout life.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ Personal safety ○ Decision-making ○ Cyber-bullying ○ Teasing ○ Peer pressure ○ Rumors ○ Harassment ○ Reporting ○ Digital footprint ○ Peer Support ○ Boundaries ○ Grooming ○ Posting ○ Sharing
Essential Skills	<ul style="list-style-type: none"> ○ Distinguish between appropriate and inappropriate behavior. ○ Recognize personal boundaries, rights, and privacy needs. ○ Understand the need for self-control and how to practice it. ○ Recognize that everyone has rights and responsibilities ○ Use effective communication skills. ○ Learn how to make and keep friends. ○ Learn about the relationship between rules, laws, safety, and the protection of rights of the individual. ○ Demonstrate the ability to set boundaries, rights, and personal privacy. ○ Differentiate between situations requiring peer support and situations requiring adult professional help. ○ Identify resource people in the school and community, and know how to seek their help.

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	<ul style="list-style-type: none"> ○ Apply effective problem solving and decision making skills to make safe and healthy choices. ○ Learn how to cope with peer pressure. ○ Learn techniques for managing stress and conflict. ○ Learning coping skills for managing life events.
<p>Related Maine Learning Results</p>	<p>Health Education and Physical Education</p> <ul style="list-style-type: none"> ▪ A1. Healthy behaviors and personal health- (6-8) Students examine the relationship between behaviors and personal health. ▪ C2. Avoiding/Reducing Health Risks- (6-8) Students demonstrate behaviors to avoid or reduce health risks to self and others. ▪ D1 Influences on Health Practices/Behaviors (6-8) Students explain and analyze influences on adolescent health behaviors. ▪ D2 Technology and Health (6-8) Students analyze the influence of technology, including medical technology, on personal and family health. ▪ F1 Decision- Making (6-8) Students apply decision-making skills to enhance health <p>Career and Education Development</p> <ul style="list-style-type: none"> ▪ A1. Self-Knowledge and Self-Concept- (6-8) Students explain how interests, skills, habits of mind, and experiences support and maintain a positive self-concept. ▪ A3. Interpersonal Skills- (6-8) Students demonstrate behaviors that reflect positive interpersonal skills and analyze how positive interpersonal skills lead to success in a variety of school, work, and community settings. ▪ C2. Decision-making- (6-8) Students compare and apply different models for decision-making including the rational, intuitive, and consultative models for setting short-term and long-term goals in career and education.
<p>Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Internet Safety Lesson- Adapted from Common Sense Media- ▪ Safe Online Talk Lesson from Common Sense Media- https://www.common sense media.org/educators/lesson/safe-online-talk-6-8 ▪ Crossing the Line Lesson from common Sense Media- https://www.common sense media.org/educators/lesson/cyberbullying-crossing-line-6-8 ▪ SASSMM Personal Safety Lesson for Grade 6
<p>Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Group Stoplight activity ▪ Group Discussion ▪ Exit slips (Write one thing you learned and ask one question)
<p>Sample Resources</p>	<ul style="list-style-type: none"> ▪ Common Sense Media- www.common sense media.org ▪ Internet Safety Night CD- Presented by PTO Today ▪ “Digital Footprint” Common Sense Media Website-

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	<p>https://www.common sense media.org/videos/digital-footprint</p> <ul style="list-style-type: none">▪ Sexual Assault Support Services of Midcoast Maine http://sassmm.org/education/
Technology Link	<ul style="list-style-type: none">▪ http://www.brunswick.k12.me.us/curriculum