

## Middle School (Grades 6-8)

### Content Area – Personal Health and Safety

Goal	Targets	Resources	Lessons	Character Trait
<b>IV.A. Student Competency: Students incorporate wellness practices into daily living</b>				
<b>IV.A.i. Goal: Students will understand wellness as an element of healthy functioning</b>	Describe the benefits they derive from taking time for themselves.	Stopping the Pain	“You are much more than a person who self-injures.” p. 50	Responsibility
	Describe methods they use in caring for their physical, intellectual and emotional health.	Stopping the Pain	“Doing things that will make you happy.” p. 64-65	
<b>IV.A.ii. Goal: Students will learn techniques for managing stress</b>	Analyze how they manage stress.	CBT Toolbox	“Thermometer- Express which situations cause the most tension.” p. 33	Problem Solving/Conflict Resolution Responsibility
	Identify internal/external factors that create stress in their lives.	CBT Toolbox	“Cognitive Behavioral Triangle – bring awareness to how our thoughts, feelings, and behaviors are connected.” p. 2	
<b>IV.B. Student Competency: Students demonstrate resiliency and positive coping skills</b>				
<b>IV.B.i. Goal: Students will effectively manage change</b>	Analyze how life roles, and events impact the quality of life.	Stopping the Pain	“Understanding your feelings.” p. 50-52	Responsibility Courage Good Citizenship Gratitude Integrity Caring Respect Honesty
	Demonstrate understanding that a changing world demands lifelong learning.	Stopping the Pain	“You can correct your automatic thoughts.” p. 61-63	
<b>IV.B.ii. Goal: Students will</b>	Describe the people who are available to help them when needed.	Stopping the Pain	“Talking with people about who you really are.” Pg. 77-85	Responsibility Courage Good Citizenship

effectively manage transitions	Analyze how they have managed transitions in the past.	Mindfulness for Teen Anxiety	“Visualizing the Present.” “Clearing the mind.” “Bringing mindfulness to your emotions.” “Bringing mindfulness to everyday activities.” “Making your space peaceful.” Pg. 50-63	Gratitude Integrity Caring Respect Honesty
<b>IV.C. Student Competency: Students possess assertiveness skills necessary for personal protection</b>				
IV.C.i. Goal: Students will demonstrate the ability to set boundaries for physical, social, and emotional protection	Explain the connection between trust & breach of confidentiality/gossip.	Mindfulness for Teen Anger	“Deepening the Well of Understanding.” “Effective Communication.” “Using I-Messages.” Pg. 118-127	Responsibility Courage Integrity Honesty
	Understand the consequences of failure to request adult assistance.	Beyond the Blues	“Good communication skills.” Pg. 69-74	
IV.C.ii. Goal: Students will demonstrate an appreciation for the rights of others to have a physically, emotionally, and socially safe environment	Identify the personal effects of bullying behavior.	Bullying Workbook for Teens	“Reframing Negative Thoughts.” Pg. 86-89 “Empathy” Pg. 113-115	Responsibility Caring Courage Gratitude Fairness Integrity Honesty
	Understanding Cyber-bullying.	Bullying Workbook for Teens	“Taking steps against cyberbullying.” “Cyberbullying or not” Pg. 15-21	