## Seventh Grade Unit #1 Overview – Personal Safety and Injury Prevention

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<th>Lesson</th>
<th>Unit #1 Topic</th>
<th>Materials to Prepare</th>
<th>Support Materials</th>
<th>Teaching Strategies</th>
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</table>
| 1      | Healthy Relationships             | - Handouts to be photocopied  
- Poster paper, Markers, and Tape for Guidelines  
- CD / iPod – if choosing Option #2 for Activity #2  
- Overhead projector or SMARTBoard                                                                              | - Back to Back / Face to Face  
- Move to the Music OR Scramble  
- Exit Statement                                                                                                   | - Back to Back / Face to Face  
- Move to the Music OR Scramble  
- Exit Statement                                                                                                   |
| 2      | Impact of Bullying and Harassment | - Handouts to be photocopied  
- Overhead projector or SMARTBoard                                                                                                                                         | - Graphic organizer  
- Jigsaw  
- Exit Statement                                                                                                  | - Graphic organizer  
- Jigsaw  
- Exit Statement                                                                                                  |
| 3      | Benefits and Dangers of Technology | - Handouts to be photocopied  
- Handouts from previous class  
- Overhead projector or SMARTBoard                                                                                                                                            | - Jigsaw  
- Huddle Up  
- Exit Statement                                                                                                 | - Jigsaw  
- Huddle Up  
- Exit Statement                                                                                                 |
| 4      | Stress and Emotional Regulation   | - Handouts from previous class  
- Scrap paper (1/4 sheet for each student)  
- Box / bin for Snowball activity  
- Overhead projector or SMARTBoard                                                                                                                                           | - Think, Pair, Share  
- Reflection  
- Snowball  
- Exit Statement                                                                                                  | - Think, Pair, Share  
- Reflection  
- Snowball  
- Exit Statement                                                                                                  |
| 5      | Decision Making                   | - Handouts to be photocopied  
- Role Play Scenarios  
- Overhead projector or SMARTBoard                                                                                                                                             | - IDEAL Decision Making Model  
- Pass the Paper  
- Exit Statement                                                                                                  | - IDEAL Decision Making Model  
- Pass the Paper  
- Exit Statement                                                                                                  |
| 6      | Skills Into Practice              | - Handouts to be photocopied  
- Skills for Effective Relationships DVD  
- DVD player and screen / TV  
- Guidelines for Respondent laminated poster  
- Overhead projector or SMARTBoard                                                                                                                                 | - Guidelines for Respondent laminated poster  
- Skills for Effective Relationships DVD                                                                 | - Guidelines for Respondent laminated poster  
- Skills for Effective Relationships DVD                                                                 |
| 7      | Practicing Skills and Culminating Activity | - Handouts to be photocopied  
- Skills for Effective Relationships DVD  
- DVD player and screen / TV  
- Guidelines for Respondent laminated poster  
- Overhead projector or SMARTBoard                                                                                                                                           | - Discussion  
- Role Plays  
- Exit Statement  
- Culminating Activity                                                                                             | - Discussion  
- Role Plays  
- Exit Statement  
- Culminating Activity                                                                                             |
# Seventh Grade Unit #2 Overview – Substance Use, Addictions and Related Behaviors

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| 1      | Problematic Substance Use                         | - Paper / Markers to create word wall  
- Handouts to be photocopied  
- Poster paper, Markers, and Tape for Guidelines  
- Substance Misuse/Abuse laminated cards | - Background information about Mental Health issues  
- Substance Misuse/Abuse laminated cards | - Word Wall  
- Graphic Organizer  
- Sorting  
- Think Pair Share  
- Exit Statement |
| 2      | Linking Substance Use with Mental Health          | - Handouts to be photocopied  
- Laminated magazine ads  
- Small packs of post-it notes (one per student) | - Laminated magazine ads | - Word Wall  
- Picture Word Induction  
- Exit Statement |
| 3      | Connection Between Body Image and Substance Abuse | - Handouts to be photocopied  
- Overhead projector or SMARTBoard  
- Small pack of post-it notes (one per student)  
- Chart paper  
- Markers  
- Overhead markers | - Help-Seeking laminated poster | - Word Wall  
- Jigsaw  
- Post It Pile It  
- Exit Statement |
| 4      | Help Seeking Practice                             | - Overhead projector or SMARTBoard  
- Handouts to be photocopied | - Help-Seeking laminated poster | - Word Wall  
- Fold the Line  
- Exit Statement |
| 5      | Researching the Implications of Substance Use and Addictions | - Handouts to be photocopied  
- Overhead projector or SMARTBoard  
- Computer lab | - Word Wall  
- Researching  
- Graphic Organizer  
- Exit Statement |
| 6      | Implications of Substance Use and Addictions Presentations | - Handouts to be photocopied  
- Handouts from previous class  
- Overhead projector or SMARTBoard  
- Bristol Board or large paper  
- Computer lab time (if necessary) | - Word Wall  
- Graphic Organizer  
- Gallery Walk  
- Exit Statement |
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</table>
| 7      | Practicing Skills Related to Substance Use and Other Addictions | • Handouts to be photocopied  
• Skills for Effective Relationships DVD  
• DVD player and screen / TV  
• Guidelines for Respondent laminated poster  
• Overhead projector or SMARTBoard | • Guidelines for Respondent laminated poster  
• Skills for Effective Relationships DVD | • Word Wall  
• Role Play  
• Exit Statement |
| 8      | Practicing Skills and Culminating Activity | • Handouts to be photocopied  
• Skills for Effective Relationships DVD  
• DVD player and screen / TV  
• Guidelines for Respondent laminated poster  
• Overhead projector or SMARTBoard | • Guidelines for Respondent laminated poster  
• Skills for Effective Relationships DVD | • Word Wall  
• Role Play  
• Exit Statement  
• Culminating Activity |
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<th>Unit #3 Topic</th>
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<th>Support Materials</th>
<th>Teaching Strategies</th>
</tr>
</thead>
</table>
| 1      | Facts, Myths and Reproductive Systems | • Paper / Markers to create word wall  
• Handouts to be photocopied  
• Reproductive System laminated cards  
• Poster paper, Markers, and Tape for Guidelines  
• SMARTBoard clickers (if option is used)  
• Overhead projector or SMARTBoard | • Reproductive System laminated cards | • Word Wall  
• Thumbs Up/Down  
• Clickers  
• Sorting  
• Exit Statement |
| 2      | Male and Female Reproductive Systems and Fertilization | • Overhead projector or SMARTBoard  
• Process of Fertilization laminated cards  
• Animated video of the reproductive system | • Process of Fertilization laminated cards | • Word Wall  
• Matching  
• Guest Speaker  
• Exit Statement |
| 3      | STI’s and Sources of Support | • Handouts to be photocopied  
• Computer lab (for whole period)  
• Overhead projector or SMARTBoard | | • Word Wall  
• Researching  
• Exit Statement |
| 4      | Sharing Info About STI’s and Sources of Support | • Handouts to be photocopied  
• Overhead projector or SMARTBoard  
• Handouts from previous class  
• 8 pieces of 11x17 paper – headings written on | | • Word Wall  
• Review  
• Carousel  
• Exit Statement |
| 5      | Skills for Healthy Relationships | • Handouts to be photocopied  
• Overhead projector or SMARTBoard  
• Handouts from previous class  
• Skills for Effective Relationships DVD  
• DVD player and screen / TV  
• Guidelines for Respondent laminated poster  
• Basket, envelope or container for each group | • Guidelines for Respondent laminated poster  
• Skills for Effective Relationships DVD | • Word Wall  
• Role Play  
• Exit Statement |
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<tr>
<td>6</td>
<td>Verbal Skills for Effective Relationships and Test Review</td>
<td>- Skills for Effective Relationships DVD</td>
<td>- Quiz, Quiz, Trade laminated cards</td>
<td>- Word Wall</td>
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<td></td>
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<td>- DVD player and screen / TV</td>
<td>- Guidelines for Respondent laminated poster</td>
<td>- Fold the Line</td>
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<td></td>
<td></td>
<td>- Guidelines for Respondent laminated poster</td>
<td>- Quiz, Quiz, Trade laminated cards</td>
<td>- Quiz, Quiz, Trade</td>
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<td></td>
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<td>- Quiz, Quiz, Trade laminated cards</td>
<td>- Skills for Effective Relationships DVD</td>
<td>- Exit Statement</td>
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<td>- Handouts to be photocopied</td>
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<tr>
<td>Overhead projector or SMARTBoard</td>
<td></td>
<td>- Handouts to be photocopied</td>
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<td>7</td>
<td>Culminating Activity</td>
<td>- Handouts to be photocopied</td>
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<td></td>
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<td>- Quiz, Quiz, Trade laminated cards</td>
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<td>- Guidelines for Respondent laminated poster</td>
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<td>- Skills for Effective Relationships DVD</td>
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<td>- Unit Test</td>
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<td>Lesson</td>
<td>Unit #4 Topic</td>
<td>Materials to Prepare</td>
<td>Support Materials</td>
<td>Teaching Strategies</td>
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<tr>
<td>1</td>
<td>Personal Eating Practices</td>
<td>• Handouts to be photocopied</td>
<td></td>
<td>• Take A Stand</td>
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<td></td>
<td></td>
<td>• Poster paper, Markers, and Tape for Guidelines</td>
<td></td>
<td>• Exit Statement</td>
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<td></td>
<td></td>
<td>• Overhead projector or SMARTBoard</td>
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<tr>
<td>2</td>
<td>How Food Plays a Role in Health</td>
<td>• Handouts to be photocopied</td>
<td>• Yes But, No But laminated cards</td>
<td>• Four Corners</td>
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<td></td>
<td></td>
<td>• Overhead projector or SMARTBoard</td>
<td></td>
<td>• Placemat</td>
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<td>• Yes But, No But laminated cards</td>
<td></td>
<td>• Exit Statement</td>
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<td></td>
<td>• 11 x 17 paper – one for every four students</td>
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<td>3</td>
<td>Making the Connection Between Food and Health Disorders</td>
<td>• Handouts to be photocopied</td>
<td></td>
<td>• Researching</td>
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<td></td>
<td></td>
<td>• Overhead projector or SMARTBoard</td>
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<td>• Exit Statement</td>
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<td>4</td>
<td>Goal Setting for Healthier Eating Practices</td>
<td>• Handouts to be photocopied</td>
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<td>• Foldable</td>
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<td>• Handouts from the previous class</td>
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<td>• Exit Statement</td>
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<td>• Overhead projector or SMARTBoard</td>
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<td>• 8.5 x 14 paper (legal size) – one per student</td>
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<tr>
<td>5</td>
<td>Culminating Activity – Encouraging Healthier Eating Practices</td>
<td>• Handouts to be photocopied</td>
<td></td>
<td>• Culminating Activity</td>
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<td></td>
<td></td>
<td>• Overhead projector or SMARTBoard</td>
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<td>• Exit Statement</td>
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