

Life Skills Modules

Students will be able to ...

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| Apartment Hunt | <ul style="list-style-type: none"> • Understand the process of finding an apartment as well as develop financial responsibility • Learn legal implications and responsibilities of signing a lease, and your rights & landlords |
| Sexual Assault Awareness | <ul style="list-style-type: none"> • Define the meaning of consent and date rape • Identify gender role stereotypes and harmful attitudes that contribute to rape in our society |
| Dating for Real | <ul style="list-style-type: none"> • Describe violence and abuse in relationships • Determine the four key elements needed to make up healthy relationships |
| Exploring Healthy Relationships | <ul style="list-style-type: none"> • Explain the four key elements to a healthy relationship • Break down the positive and negative aspects of all their relationships |
| Food Rules | <ul style="list-style-type: none"> • Make sense of keeping a balanced nutritious meal with physical exercise • Read & select food labels |
| Health Matters | <ul style="list-style-type: none"> • Link between habits & health • Produce a 4-step method for changing habits |
| Job World | <ul style="list-style-type: none"> • Classify their interpersonal and professional skills needed when entering the workforce • Complete a job application, resume and cover letter |
| Learning Changes | <ul style="list-style-type: none"> • Assess different types of learning styles • Apply their personal learning style to different settings |
| Legal Jams | <ul style="list-style-type: none"> • How to be a good citizen • Compare and contrast ways to interact with authoritative figures, and learn what actions constitute legal consequences |
| Money Talks | <ul style="list-style-type: none"> • Develop money management skills to balance a savings and checking account, and credit card use • Illustrate different ways to save money to successfully create and use a budget |
| Clinic Visit | <ul style="list-style-type: none"> • identify clinic services provided at Family Planning clinics • define confidentiality for minors • understand what the Family Planning Benefit Program is • describe a typical clinic visit |
| Your Health Matters | <ul style="list-style-type: none"> • Understand how family history, current lifestyle and behaviors can affect your future, and the health of future children |
| What the Health | <ul style="list-style-type: none"> • Learn about health insurance – what it is, why it is needed and what options are available. |
| Anger Management | <ul style="list-style-type: none"> • Explain conflict, triggers, body cues and escalators for anger • How to recognize and react better to anger |
| Personal Hygiene | <ul style="list-style-type: none"> • Focuses on puberty and hygiene associated • Body image • Basic anatomy, hormones, cleanliness |