



# Curriculum Map: Suicide Prevention Standards

Developed from Guidelines compiled by the American Association of Suicidology; Universal Interventions.

## SKILLS FOR ADOLESCENCE (SFA): GRADES 6 – 8

SFA consists of 7 instructive units as well as a summary unit. These units include:

- Unit 1: Entering the Teen Years
- Unit 2: Building Self-Confidence and Communication Skills

### Service-Learning

- Unit 3: Managing Emotions in Positive Ways
- Unit 4: Improving Peer Relationships
- Unit 5: Strengthening Family Relationships
- Unit 6: Managing Healthy Choices, Years 1, 2, 3
- Unit 7: Setting Goals for Healthy Living
- Summing Up: Developing Your Potential

CORE SKILLS AND COMPETENCIES	Addressed within SFA Curriculum
<p><b>Help to create a respectful learning environment in which everyone feels connected and included.</b></p>	<p>In addition to the curriculum lessons, <i>Skills for Adolescence</i> includes opportunities and materials for families and community members to create a home-school-community network of support for young people:</p> <ul style="list-style-type: none"> <li>• Home-School homework assignments with each lesson</li> <li>• <i>Changes and Challenges</i> family activities in the student book</li> <li>• <i>The Parent Meeting Guide</i> for family meetings</li> <li>• A Family Forum at the end of Unit 6: Year 3</li> <li>• Participation in workshops and on the Implementation Team</li> <li>• Involvement in positive school climate events</li> <li>• Engagement in Service-Learning projects</li> </ul> <p><i>Unit 1:</i> Lessons 1-10  <i>Unit 2:</i> Lessons 1-7  <i>Unit 3:</i> Lessons 1-2, 7  <i>Unit 4:</i> Lessons 1-3, 5, 9  <i>Summing Up:</i> Lessons 1-5</p>



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CORE SKILLS AND COMPETENCIES	Addressed within SFA Curriculum
<p><b>Uphold clear and consistent classroom and school guidelines that promote respectful behaviors, civil speech, and appropriate conduct and protect students from bullying and victimization.</b></p>	<p><i>Skills for Adolescence</i> includes a school wide component that encourages the school community to establish and make visible clear school guidelines regarding high expectations for respectful behaviors and consistently uphold them throughout the school.</p> <p><i>Unit 1:</i> Lessons 2, 3, 8, 10  <i>Unit 2:</i> Lessons 1, 3-5, 7-8  <i>Unit 3:</i> Lessons 6, 7, 9  <i>Unit 4:</i> Lessons 4, 7, 9  <i>Unit 6: Year 1:</i> Lessons 1, 2, 9, 10, 14  <i>Unit 6: Year 2:</i> Lessons 2, 9, 10, 12  <i>Unit 6: Year 3:</i> Develop a Service-Learning project around observing the school rules and community laws regarding drug use.  <i>Unit 7:</i> Lessons 2-5</p>
<p><b>Feel comfortable approaching an adult when confronted by problems.</b></p>	<p><i>Skills for Adolescence</i> includes an activity at the end of most lessons called “A Conversation with a Caring Adult” which encourages students to talk with an adult about what they are learning and seek counsel about the topic.</p> <p><i>Unit 1:</i> In Lessons 1 and 2, students are encouraged to seek counsel from the teacher throughout the course if they are encountering problems, and the teacher will find the appropriate resource for help. Confidentiality is guaranteed.</p>
<p><b>Listen with empathy and learn to take another person’s perspective.</b></p>	<p><i>Unit 1:</i> Lessons 1-6  <i>Unit 2:</i> Lessons 3, 4  <i>Service-Learning:</i> Lessons 1-5  <i>Unit 3:</i> Lessons 1, 2, 7  <i>Unit 4:</i> Lessons 2-5, 7-9  <i>Unit 5:</i> Lessons 4-5  <i>Unit 6: Year 1:</i> Lessons 9-10  <i>Unit 6: Year 2:</i> Lessons 9-10  <i>Unit 6: Year 3:</i> Lessons 1-6; application during project</p>



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<p><b>Develop self-awareness about one's emotional state.</b></p>	<p>In <i>Skills for Adolescence</i>, each lesson ends with Closure Questions that invite students to reflect on and express how they are thinking and feeling about the learning experience.</p> <p><i>Unit 1:</i> Lesson 10  <i>Service-Learning:</i> Lesson 5  <i>Unit 3:</i> Lessons 1-10  <i>Unit 4:</i> Lesson 6  <i>Unit 6: Year 1:</i> Lesson 11  <i>Unit 6: Year 2:</i> Lesson 8</p>
<p><b>Communicate needs constructively.</b></p>	<p><i>Unit 1:</i> Lessons 4-6, 10  <i>Service-Learning:</i> Lessons 1-5  <i>Unit 3:</i> Lessons 1- 4, Lessons 6-8  <i>Unit 4:</i> Lessons 15, 7-9  <i>Unit 5:</i> Lessons 4-5  <i>Unit 6: Year 1:</i> Lessons 9-11, 14  <i>Unit 6: Year 2:</i> Lessons 8-10, 12  <i>Unit 6: Year 3:</i> Lesson 1, Optional Lesson 2  <i>Unit 7:</i> Lessons 4-5</p>
<p><b>Learn how to build and improve positive peer relations.</b></p>	<p><i>Unit 1:</i> Lessons 1-5  <i>Unit 2:</i> Lessons 3-5, 7  <i>Service-Learning:</i> Lessons 1-5  <i>Unit 3:</i> Lessons 6 , 7, 9  <i>Unit 4:</i> Lessons 1-10  <i>Unit 6: Year 1:</i> Lessons 9-10, 12, 14  <i>Unit 6: Year 2:</i> Lessons 9-10, 12  <i>Unit 6: Year 3:</i> Working together to complete a Service-Learning project  <i>Unit 7:</i> Lessons 2-5  <i>Summing Up:</i> Lessons 1-3</p>



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CORE SKILLS AND COMPETENCIES	Addressed within SFA Curriculum
<p><b>Resolve conflicts constructively through conflict resolution, decision making, and problem solving strategies (between two students who are causing conflict, not between the aggressor and the victim).</b></p>	<p><i>Unit 2:</i> Lesson 8  <i>Unit 3:</i> Lessons 3-4, 6, 7, 9  <i>Service-Learning:</i> Application of skills in the process of conducting Service-Learning projects  <i>Unit 4:</i> Lessons 4, 7, 9  <i>Unit 6: Year 1:</i> Lessons 9-10, 14  <i>Unit 6: Year 2:</i> Lessons 9-10  <i>Unit 6: Year 3:</i> Lessons 1-6 with a Service-Learning project around helping young people to find the appropriate resources if they are experiencing depression or thoughts of suicide</p>
<p><b>Learn specific strategies for dealing with bullying behaviors. Activate positive peer pressure.</b></p>	<p><i>Unit 1:</i> Lessons 2, 3, 8, 10  <i>Unit 2:</i> Lessons 7, 8  <i>Service-Learning:</i> Lessons 1-5 for a Service-Learning project around positive ways to handle bullying in school.  <i>Unit 3:</i> Lessons 3-10  <i>Unit 4:</i> Lessons 4-7, 9-10  <i>Unit 6: Year 1:</i> Lessons 9-11, 14  <i>Unit 6: Year 2:</i> Lessons 8-10, 12  <i>Unit 6: Year 3:</i> Lessons 1-6 for a Service-Learning project around how to handle bullying behaviors.  <i>Unit 7:</i> Lessons 4-5 related to setting goals never to engage in bullying behaviors and to handle bullying in positive ways.</p>
<p><b>Demonstrate tolerance, inclusion, and appreciation for diversity.</b></p>	<p><i>Unit 1:</i> Lessons 1-7, 9  <i>Unit 2:</i> Lessons 2- 5  <i>Service-Learning:</i> Lessons 1-5 plus the follow-up lesson in each succeeding unit.  <i>Unit 3:</i> Lessons 1, 4, 5, 7, 9  <i>Unit 4:</i> Lessons 1-8  <i>Unit 6: Year 1:</i> Lessons 12-15  <i>Unit 6: Year 2:</i> Lesson 12  <i>Unit 6: Year 3:</i> Lessons 1-6  <i>Summing Up:</i> Lessons 1-3</p>



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<p><b>Engage in school-wide events and Service-Learning projects that address conditions that lead to suicide, such as depression, bullying and intimidation, and alienation.</b></p>	<p>In addition to the curriculum lessons, <i>Skills for Adolescence</i> Lions-Quest includes opportunities and materials for families and community members to support suicide prevention and anti-bullying themes in the home and school wide environments.</p> <ul style="list-style-type: none"> <li>A. <i>The Parent Meeting Guide</i> for family meetings that can be designed for bullying prevention.</li> <li>B. A Family Forum at the end of Unit 6: Year 3 that can focus on bullying prevention related to pressure to use drugs.</li> <li>C. Involvement in school climate events related to bullying prevention.</li> <li>D. Engagement in Service-Learning projects related to suicide prevention.</li> </ul>