

Appendix A: Unit Goals and Objectives

UNIT 1: ENTERING THE TEEN YEARS: THE JOURNEY OF ADOLESCENCE

UNIT GOALS:

- To create a supportive classroom learning community.
- To identify the normal changes that occur during adolescence.
- To accept increased responsibility for healthy living.
- To identify character traits for healthy growth and development.

LESSON OBJECTIVES: The student will:

- Describe the topics covered in the course.
- Identify class members by name.
- State some interests of classmates.
- List some conditions that help people feel comfortable and respected when sharing their thoughts and ideas.
- Help generate classroom agreements for appropriate behavior in class.
- Describe differences between statements and actions that tear people down and those that build people up.
- Explain the effects of put-downs and build-ups on the classroom atmosphere.
- Practice using build-ups and eliminating put-downs.
- Identify some unique characteristics of class members.
- Recognize some characteristics classmates share.
- Decorate his or her journal cover with items that share personal history, characteristics, and interests.
- Identify similarities class members share with other young adolescents.
- Identify some of the normal physical, intellectual, social, and emotional changes of early adolescence as described in an article.
- Explain the main message of the article.
- Identify questions and concerns students might have about the early teen years.
- Identify important sources of positive values.
- Be introduced to the nine positive values that form the basis of *Skills for Adolescence*.
- Describe ways people demonstrate these positive values.
- Talk with adults and high school students about issues and concerns of adolescence.