



Curriculum Map: Suicide Prevention Standards

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

SKILLS FOR ACTION (SFC): GRADES 9 – 12

SFC is a curriculum consisting of 33 lessons, 26 social and emotional skill sets taught in multiple ways, and a 15-lesson supplement called *Teens – Alcohol and Other Drugs*. It can be configured as a quarter, semester, one-, two-, three-, or four-year program or integrated into any discipline. These units include:

Curriculum: (33 expandable sessions)

- Part 1: Building a School Community
- Part 2: Exploring Personal and Social Responsibility
- Part 3: Taking Action Through Service-Learning
- Part 4: Evaluating and Sharing Service Experiences

Skills Bank: (26 skills taught through multiple activities)

- Cultural Awareness Skills
- Interpersonal Communication
- Personal Management and Responsibility
- Study and Writing Skills

Supplemental Drug Prevention Unit: (15 sessions)

- *Teens – Alcohol and Other Drugs*

CORE SKILLS AND COMPETENCIES	Addressed within SFA Curriculum
Help to create a respectful learning environment in which everyone feels connected and included.	Curriculum: Part 1, Sessions 1-5 Skills Bank: Skills 2-6, 9, 11 Supplementary Unit: <i>Teens-Alcohol and Other Drugs:</i> Session 1
Uphold clear and consistent classroom and school guidelines that promote respectful behaviors, civil speech, and appropriate conduct and protect students from bullying and victimization.	Curriculum: Part 1, Sessions 1-5 Skills Bank: Skills 2-6, 9, 11 Supplementary Unit: <i>Teens-Alcohol and Other Drugs:</i> Session 1
Feel comfortable approaching an adult when confronted by problems.	Curriculum: Part 1, Sessions 1, 4, 5; Part 2, Sessions 4; Part 3B, Sessions 6, 7; Part 3C, Sessions 6 Skills Bank: Skills 6-13, 20



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CORE SKILLS AND COMPETENCIES	Addressed within SFA Curriculum
<p>Listen with empathy and learn to take another person's perspective.</p>	<p>Curriculum: Part 1, Sessions 2, 3; Part 2, Session 4; Part 3B, Sessions 3, 6; Part 3C, Session 4; Part 4, Session 7</p> <p>Skills Bank: Skills 1, 2, 5, 7, 8, 9, 11</p> <p>Supplementary Unit: <i>Teens-Alcohol and Other Drugs:</i> Session 12</p>
<p>Develop self-awareness about one's emotional state.</p>	<p>Curriculum: Part 1, Sessions 2, 3; Part 2, Sessions 4, 7; Part 3B, Sessions 3, 5, 6; Part 3C, Sessions 2, 4, 5; Part 4, Session 7</p> <p>Skills Bank: Skills 6, 7, 9, 13, 16</p> <p>Supplementary Unit: <i>Teens-Alcohol and Other Drugs:</i> Sessions 2-12</p>
<p>Communicate needs constructively.</p>	<p>Curriculum: Part 1, Sessions ; Part 2, Sessions ; Part 3B, Sessions ; Part 3C, Sessions ; Part 4,</p> <p>Skills Bank: Skills 6, 7, 11, 12, 15, 19</p> <p>Supplementary Unit: <i>Teens-Alcohol and Other Drugs:</i> Session 12</p>
<p>Learn how to build and improve positive peer relations.</p>	<p>Curriculum: Part 1, Sessions 1-4; Part 2, Session 4; Part 3B, Sessions 3, 6, 7; Part 3C, Session 4,6; Part 4, Sessions 1, 4, 5, 7</p> <p>Skills Bank: Skills 6-11</p> <p>Supplementary Unit: <i>Teens-Alcohol and Other Drugs:</i> Sessions 1, 2, 13-15</p>
<p>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).</p>	<p>Curriculum: Part 1, Sessions 2-4; Part 2, Sessions 1, 2, 5, 6; Part 3B, Sessions 2, 4, 6; Part 3C, Sessions 3-5; Part 4, Sessions 1, 4</p> <p>Skills Bank: Skills 6, 7, 9, 13, 14, 15, 17, 19, 20</p>
<p>Learn specific strategies for dealing with bullying behaviors. Activate positive peer pressure.</p>	<p>Curriculum: Parts 1-4</p> <p>Service-Learning projects could be developed around the suicide prevention theme throughout the school year.</p> <p>Skills Bank: Skills 2, 3, 4, 5, 6, 7, 9, 11, 12, 13, 14, 15, 16, 17, 19, 20</p>



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CORE SKILLS AND COMPETENCIES	Addressed within SFA Curriculum
<p>Demonstrate tolerance, inclusion, and appreciation for diversity.</p>	<p>Curriculum: Part 1-5, Session 4; Part 2, Sessions 1-4; Part 3B, Sessions 1, 2, 3, 6, 7; Part 3C, Session 6; Part 4, Sessions 1, 4, 5</p> <p>Skills Bank: Skills 1-5</p> <p>Supplementary Unit: <i>Teens-Alcohol and Other Drugs:</i> Sessions 13-15</p>
<p>Engage in school-wide events and Service-Learning projects that address conditions that lead to suicide, such as depression, bullying and intimidation, and alienation.</p>	<p>Curriculum: Parts 1-4 Suicide prevention could be the theme of the Service-Learning projects throughout the school year.</p> <p>Skills Bank: Skills 1-26</p> <p>Supplementary Unit: <i>Teens-Alcohol and Other Drugs:</i> Sessions 1-15</p>