

Level IV 162

Unit 1 A Positive Learning Community

| | |
|---------------------------------------|------------|
| OPENER | 163 |
| Lesson 1: The Great Link | 164 |

Unit 2 Personal Development

| | |
|--|------------|
| OPENER | 167 |
| Lesson 1: Values and Your Future Plan | 168 |
| Lesson 2: A Dream, a Goal, and an Action Plan | 171 |
| Lesson 3: We Can Only Control Our Response | 174 |
| Lesson 4: Stress and Social Media | 177 |

Unit 3 Social Development

| | |
|--|------------|
| OPENER | 180 |
| Lesson 1: Listening and Respecting Others | 181 |
| Lesson 2: Being Assertive to Resist Peer Pressure | 184 |
| Lesson 3: Making Connections | 187 |
| Lesson 4: What's Your Style? | 190 |
| Lesson 5: Sexual Bullying | 193 |
| Lesson 6: Using Your Values to Combat Cyberbullying | 196 |

Unit 4 Health and Prevention

| | |
|---|------------|
| OPENER | 199 |
| Lesson 1: Social Norms | 200 |
| Lesson 2: Building a Drug-free Future | 203 |
| Lesson 3: The Teenage Brain: Decision-Making and ATOD Use | 206 |
| Lesson 4: Peer Pressure: Past, Present, and Future | 209 |

Unit 5 Reflection and Closure

| | |
|---|------------|
| OPENER | 212 |
| Lesson 1: Modeling a Healthy Lifestyle and Reflecting on Learning | 213 |