## STRAND 1 – Analyze self-awareness and management techniques.

<table>
<thead>
<tr>
<th>OBJECTIVE</th>
<th>LESSON</th>
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</table>
| **1.01** Understand personal needs and characteristics for interpersonal relationships. | **Lesson 3: The Difference Between Emotion and Thought / The Internal Journal**  
- Expressing Emotion or Thought  
**Lesson 4: Building Empathy**  
- Building Empathy  
- Loving Kindness  
**Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness**  
- Mapping Your Support System  
- Wheel of Awareness  
**Lesson 6: Compassion for The Hijacked Brain**  
- Introduction of Trauma and ACES Questionnaire  
- Further Information on Trauma  
- Effects of Trauma on the Brain and Behavior  
- ACE Response Checklist  
- HOPE: Methods to Build Your Brain  
**Lesson 10: Life of Intention**  
- Your Road Map for Life  
- SMARTER Goals  
- Tell Someone  |
| **1.02** Understand the effects of different types of interpersonal relationships on personal development. | **Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness**  
- Mapping Your Support System  
- Wheel of Awareness  
**Lesson 10: Life of Intention**  
- Tell Someone |
| 1.03 Understand strategies to promote physical, emotional, intellectual, and social development. | **Lesson 11: Code of Honor / Asking for Help**  
- Asking for Help | ALL Lessons/Activities |
|---|---|---|
| 1.04 Understand strategies for making responsible decisions. | **Lesson 1: Self-Soothing**  
- Introduction to *Mind Matters/Marshmallow Activity*  
**Lesson 9: Let’s Get Moving**  
- Exercise Plan  
**Lesson 10: Life of Intention**  
- Your Road Map for Life  
- SMARTER Goals  
- Tell Someone  
**Lesson 11: Code of Honor / Asking for Help**  
- Code of Honor/The Honor Shield  
- Asking for Help | **Lesson 4: Building Empathy**  
- Building Empathy  
- Loving Kindness |
| 1.05 Analyze the effects of diverse perspectives, needs, and characteristics of individual and families. | **Lesson 4: Building Empathy**  
- Building Empathy  
- Loving Kindness  
**Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness**  
- Mapping Your Support System  
**Lesson 10: Life of Intention**  
- Tell Someone  
**Lesson 11: Code of Honor / Asking for Help**  
- Asking for Help | **Lesson 4: Building Empathy**  
- Building Empathy  
- Loving Kindness |

**STRAND 2 – Understand strategies to manage interpersonal relationships.**

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| 2.01 Understand the functions and expectations of various types of relationships. | **Lesson 4: Building Empathy**  
- Building Empathy  
- Loving Kindness  
**Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness**  
- Mapping Your Support System  
**Lesson 10: Life of Intention**  
- Tell Someone  
**Lesson 11: Code of Honor / Asking for Help**  
- Asking for Help |
| 2.02 | Understand the processes for building and maintaining interpersonal relationships. | Lesson 4: Building Empathy  
- Building Empathy  
- Loving Kindness |
| 2.03 | Understand communication skills that contribute to positive relationships. | Lesson 4: Building Empathy  
- Building Empathy  
- Loving Kindness |
| 2.04 | Understand management strategies for various types of interpersonal relationships across the lifespan. | Lesson 4: Building Empathy  
- Building Empathy  
- Loving Kindness  

**Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness**  
- Mapping Your Support System  
- Wheel of Awareness |

**STRAND 3 – Analyze the family life cycle.**

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| 3.01 Understand the effects of family as a system on individuals and society. | Lesson 6: Compassion for The Hijacked Brain  
- Introduction of Trauma and ACES Questionnaire  
- Further Information on Trauma  
- Effects of Trauma on the Brain and Behavior |
| 3.02 Understand the effects of various stages of the family life cycle on interpersonal relationships. | N/A |
| 3.03 Understand the management of resources to meet individual and family goals across the lifespan. | N/A |
| 3.04 Analyze the impact of conditions that influence the well-being of individuals and families. | Lesson 4: Building Empathy  
- Building Empathy  
- Loving Kindness  

**Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness**  
- Mapping Your Support System  
- Wheel of Awareness  

**Lesson 6: Compassion for The Hijacked Brain** |
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<td><strong>4.01</strong> Understand career paths within counseling and mental health.</td>
<td>N/A</td>
</tr>
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</table>
| **4.02** Apply teamwork and leadership skills in the family, workplace, and community. | Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness  
  - Mapping Your Support System  
  Lesson 9: Let’s Get Moving  
  - Join a Team or Club/Self Defense  
| **4.03** Understand effective conflict prevention and management techniques. | Lesson 4: Building Empathy  
  - Building Empathy  
| **4.04** Understand the effect of personal interests, abilities, goals, and priorities on career choice. | Lesson 10: Life of Intention  
  - Your Road Map for Life  
  - SMARTER Goals  
  Lesson 11: Code of Honor / Asking for Help  
  - Code of Honor/The Honor Shield  
| **4.05** Understand how to utilize transferable knowledge, attitudes, and technical and employability skills in school, community, and workplace settings. | N/A |