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

<table>
<thead>
<tr>
<th>OBJECTIVE</th>
<th>LESSON</th>
</tr>
</thead>
</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 |
### Lesson 11: Code of Honor / Asking for Help
- Code of Honor/The Honor Shield
- Asking for Help

### 1.03 Understand strategies to promote physical, emotional, intellectual, and social development.

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 12: The Ongoing Journey**
  - Personal Agreement Contract

### 1.05 Analyze the effects of diverse perspectives, needs, and characteristics of individual and families.

- **Lesson 4: Building Empathy**
  - Building Empathy
  - Loving Kindness

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

<table>
<thead>
<tr>
<th>OBJECTIVE</th>
<th>LESSON</th>
</tr>
</thead>
</table>
| 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.**

<table>
<thead>
<tr>
<th>OBJECTIVE</th>
<th>LESSON</th>
</tr>
</thead>
</table>
| 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 |
- Introduction of Trauma and ACES Questionnaire
- Further Information on Trauma
- Effects of Trauma on the Brain and Behavior
- ACE Response Checklist

| 3.05 | Analyze services for individuals and families with a variety of conditions that their well-being. | N/A |

**STRAND 4 – Apply career literacy skills.**

<table>
<thead>
<tr>
<th>OBJECTIVE</th>
<th>LESSON</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.01</td>
<td>Understand career paths within counseling and mental health.</td>
</tr>
</tbody>
</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 |