

Health and Wellness K-8

Lesson Title: *Healthy Choices*

Grade Level: Elementary and Middle School

Main Character: Alan and other students

SEL Competencies: Self-awareness, Self-management

Introduction

Alan is a self-admitted risk taker who likes mountain biking and rock climbing. He knows there are risks, but he still takes them. Other students talk about risks and peer pressure. It is natural to take risks, but adolescents need to learn to be safe as well.

Activity 1

Watch the video: *Healthy Choices*

Activity 2

If you are working with a team each person should take time to reflect individually before discussing with a partner or the group.

Alan is involved in risky activities, what clues do you see from the film that he considers safety as well? In general, do you believe the students you work with take too many dangerous risks? Brainstorm a list of dangerous risks you can think of that your students take. Look at your list, are you finding that students take a lot of risks that could be made safer? Or do you find that the risks you listed should not be taken at all by students because the activities are too dangerous? Explain.

Do you agree with the comments or Dr. Laura Kann in the video? Why or why not?

Activity 3

Watch the video again.

Several of the students in the second half of the video discuss the importance of friends in determining the choices the students make. What ideas do you have regarding teaching students to be good friends by encouraging safety in decision making? Is there a way you could include such a concept in your current education role? If so, how could you do this? Is there content you could choose that would encourage friends to care for each other and encourage safety?

Do you believe that your students have enough opportunities to learn about assessing risk and consequences of risk in the choices they make? Why or why not? How can you encourage students to assess risk and make safe choices? Could you include this in the

curriculum choices you have? If so how? What are ways you can teach about healthy and safe risk taking in more informal ways?

Do you feel like you model making safe choices for your students? What are some things you model well?

Activity 4

Consider your school context.

Assess your school's programming regarding encouraging students to make safe choices and consider consequences of their actions. Are your school's efforts effective? Why or why not?

What is your opinion regarding your school culture providing opportunities for all students to practice responsible risk assessment? Are additional action steps needed? If so, what would you suggest? How could this be accomplished?

Additional Resources

CDC Youth Risk Behavior Surveillance

<https://nccd.cdc.gov/syouthonline/App/Default.aspx>