

Reality Check Course Description - Junior/Senior Health Education Course

This is one of the health and wellness course choices to fulfill the grade 12 health and wellness graduation requirement. This course can be taken as an elective in student's Junior year or the second semester of Senior Year.

The Reality Check course is opened to juniors and seniors in High School who want to gain the health skills and tools necessary to move on to the next step of their lives after high school and to set the foundation for a lifetime of health and wellness. This course will focus on the reality of today and assist students in identifying the skills necessary to navigate through that reality. They will build skills in:

- Understanding and analyzing influences on one's health behaviors;
- Using interpersonal communication for their personal and family's health and wellness;
- Making decisions that improve health outcomes;
- Setting goals for a health-enhancing lifestyle;
- Managing oneself to better health;
- Becoming an advocate for one's own health and wellbeing.

Students are invited into a classroom environment geared toward each of them building their own skills while gaining and refining their personal skills in order to become an effective member of their Reality Check Team.

Reality Check
Skills and Content

Skill:	Goal Setting	Decision Making	Communication	Analyzing Influences	Advocacy
Main Topic:	Stress and Time Management	Future planning	Relationships	Substance Use/Abuse	You Make a Difference
Content:	*Give it up journal?	*Where are you going? (project)	*Dating *Sexual Assault *Consent *Relat. With adults (parents, coaches) *Healthy and Unhealthy relationship patterns	*Values *YRBS	*You Make a Difference Day class project
Skill Cues: (How are you going to get there?)	<u>Skill steps:</u> SMART Goal	<u>Skill Steps:</u> DECIDE Model	<u>Skill Steps:</u> Non-Verbal, Verbal Communication, Conflict Resolution Negotiation	<u>Skill Steps:</u> Identify, analyze, examine, consider	<u>Skill Steps:</u> Identify, Create, Act, Relay, Examine

