

7.MEH.1.1 - Interpret the transition of adolescence, including emotions in flux.

I. Pre-test

- A. What is the difference between puberty and adolescence?
- B. Why does the body go through adolescence?
- C. How can you manage your emotions?

II. Notes

A. Puberty or Adolescence

- 1. This phase includes the development of body hair (and, for boys, facial hair). _____
- 2. This phase includes becoming financially independent from one's parents. _____
- 3. This phase may include being influenced more by peers than by family. _____
- 4. This phase includes becoming capable of reproduction. _____
- 5. Teens often experience acne during this stage. _____
- 6. The pituitary gland puts this stage into motion. _____
- 7. A person may be in his or her twenties or thirties before this phase is over. _____
- 8. The age at which this phase begins is younger than it was 100 years ago. _____

B. Puberty: _____

C. Adolescence: _____

D. Task of Adolescence

1. To Develop

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

E. Brain Research tells us . . .

- 1. Teens use less of the area of the brain involved in _____ when making decisions.

F. Managing Emotions

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

7.MEH.1.2 Infer the potential outcome from impulsive behaviors

I. Pre-Test

- A. How can we identify and control impulsive behaviors?
- B. What is an impulsive behavior?

II. Notes

A. Impulsive Behavior: _____

- 1. A teen should remember to ask herself or himself before acting:
 - a) _____
 - b) _____
 - c) _____
 - d) _____

- 2. Possible outcomes of impulsive behavior may include:

- a) _____
- b) _____
- c) _____
- d) _____
- 3. Examples of Impulsive Behavior
 - a) _____
 - b) _____
 - c) _____
- 4. How to improve impulsive behavior:
 - a) _____
 - b) _____
 - c) _____
 - d) _____

7.MEH.1.3 - Organize resources (family, school, community) for mental and emotional health problems

- I. Pre-Test
 - A. Create a list of people who can help you cope with a loss. Create a list of positive coping mechanisms.
- II. Notes
 - A. What is community? _____
 - B. Seeking help from others requires being _____ and having the courage to reach out. (It is not a sign of _____.)
 - C. Being assertive means... _____.
 - D. Resources for emotional health problems...
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____

7.MEH.2.1 Critique a variety of stress management techniques.

7.MEH.2.2 Design a stress management plan that is appropriate for the situation and individual traits and skills.

- I. **Pre-Test**
 - A. What is a stressor?
 - B. What differences might people demonstrate when responding to stressors?
 - C. What are some time management techniques?
- II. Notes
 - A. What is a stressor? _____
 - B. Positive and Healthy Stress Management
 - 1. _____
 - 2. _____
 - 3. _____
 - 4. _____
 - 5. _____
 - 6. _____
 - 7. _____
 - 8. _____
 - 9. _____
 - 10. _____
 - C. Effective Time Management
 - 1. _____

- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

D. Positive Stress Management

- 1. _____

7.MEH.3.1 - Identify resources that would be appropriate for treating common mental disorders.

I. Pre-Test

- A. What is mental health?
- B. What causes mental disorders?
- C. What are some treatments for mental disorders?

II. Notes

A. Mental Health

- 1. _____

B. _____ are the leading cause of disability in the United States.

C. Causes of mental health disorders

- 1. _____
- 2. _____
- 3. _____
- 4. _____

D. Treatment for Mental Disabilities

- 1. _____
- 2. _____

E. Crisis Services

- 1. _____
- 2. _____
- 3. _____
- 4. _____

7.MEH.3.2 - Implement strategies to seek help from an adult for self-destructive thoughts or behaviors

I. Pre-Test

- A. What is self destructive behavior?
- B. How can you help someone that has self destructive behaviors?

II. Notes

A. What is self destructive behavior?

- 1. _____

a) Examples of risk taking behaviors

- (1) _____
- (2) _____

- 2. _____
- 3. _____
- 4. _____

B. 5 action steps to help a friend

- 1. _____
- 2. _____
- 3. _____
- 4. _____

5. _____