

Living Skills

Instructor: Mrs. Chapin

Room: K-3

Room Hours: 8:00-3:00 PM or by appointment

Email: echapin@sonomaschools.org

Course Description

****Living Skills is part of your ***physical education grade***. There is a schedule that is posted in your PE teacher's Google Classroom and in Living Skills Google Classroom. Please note that you do not have a separate Powerschool class for this content.

Living skills class will help you with the challenges you are currently facing as a teenager but will also help prepare you to become responsible adults. The course will focus on the concepts of self-discovery/self-responsibility, respect, and contemporary issues in health/wellness. Through lively discussion, teamwork, and interaction, students will explore further information and analyze various viewpoints on the issues of the day. You will participate in hands-on activities that will assist you in developing skills/strategies for a lifetime of wellness and in becoming more effective and productive citizens.

Classroom Guidelines

1. Follow all school rules and procedures.
2. Follow directions the **First Time** they are given.
3. Be Prepared to Learn EVERYDAY (homework, etc.) There are **NO EXCUSES**.

Consequences: If you choose to not follow the above, the consequences you receive will follow the school's published policies/rules. (The consequences might include: written referral, staying in during break, or a phone call home. If I see or hear your cell phone I will take it until the end of the day. If there is a second offense you will receive a written referral.)

Cheating

If you cheat on an assignment or forge a parent note, this is a major break in ethical behavior. The consequences for cheating are:

1st time: Zero on the assignment

2nd time: Zero on the assignment, and a phone call home.

3rd time: "F" for semester grade

Class Procedures

1. When you arrive, please be ready to learn. Have your assignments ready to use during class.
2. Remain on task until I dismiss you at the end of the period.
3. If you wish to speak out in class, raise your hand and wait to be called upon.

Materials Required

You need to bring your materials everyday to class! Supplies will be checked as a graded activity.

- Chromebook (and charger)

(If you cannot get the required supplies see Mrs. Chapin privately and arrangements will be made to get what you need.)

Grading

Living Skills content and activities are 30% of your Physical Education grade.

The grading scale will be used (same as the schools standards):

A = 90-100% B = 80-89% C = 70-79% D = 60-69%

Extra Credit

Extra credit is available to any student! There are a total of 10 points possible for the entire semester and will be counted as class work. **Option 1:** Read an article about any topic relating to this class and write a one page summary. The article needs to be attached. **Option 2:** Have a discussion with your parent/guardian about dating, sex and relationships and write a one page summary of that conversation. You need your parent/guardian's signature! **Option 3:** Watch a movie! Rent a movie pertaining to the subject that is being studied in class (okayed by the teacher) and write a one page report. You need to describe the movie and express your feelings as it relates to the topic. **Option 4:** Listen to a song you love, hate or want to hear and analyze the content of the song. Complete the form and attach the song lyrics. **Option 5:** Read a magazine and analyze an advertisement. Complete the form and attach the ad. **Option 6:** Read a book from the suggested list (related to this class) and write a report. Please describe the book and then explain your thoughts and feelings about the subject. (You can also use it for ABU book talks)

Late Work

Late work will **ONLY** be accepted if you have an excused absence. Each student will have ONE WEEK to complete the missed work. Students with an unexcused absence or cuts are not permitted to make up the missed work.

If you are absent, you are responsible for getting your missed work. If you need a worksheet or have questions about an assignment please ask me after class!

Help

If you want/need my help with an assignment, or you don't understand some part of an assignment, please feel free to talk to me. (After class, during advisory, at lunch, at break, before/after school- make an appointment)

Course Outline:

1. Mental Health
 1. Stress awareness and management

2. Family Dynamics & Relationships
 1. Racism, violence and prejudice
 2. Assault, and abuse prevention
 3. Sexual harassment
 4. Relationships (Family & Peer)
 5. Internet Safety and media influences

3. Physical Wellness
 1. Teen nutrition
 2. Eating disorders health risks

4. Education in Human Sexuality
 1. Dating & Relationships
 2. Abstinence, and sexual decision-making
 3. Teen pregnancy prevention
 4. Male and female reproduction systems
 5. Birth control methods, information and resource

5. Disease Prevention
 1. HIV and AIDS
 2. Sexually transmitted bacteria and viral infections (prevention & education)
 3. Hepatitis A, B, C and D

6. Chemical Dependency & Health
 1. Promotion of responsible behaviors
 2. Physical, emotional and legal consequences of substance abuse
 3. Alcohol, drug, tobacco and steroid education & refusal skills
 4. Community and county resources and intervention skills