

Lesson 2.3 Adolescent Needs

MATERIALS: Lesson Handouts: “Adolescent Needs” and “A Plan to Get My Needs Met”

TEACHING GOAL:

To increase the abilities of students to identify and describe the six need areas of humans.

COMPETENCIES:

1. Students can describe the six need areas of human behavior.
2. Students can identify individual needs that are and are not being met.

PROCEDURES:

Note: Prior to beginning the class, post the Competencies on the flip chart/whiteboard to review during this activity.

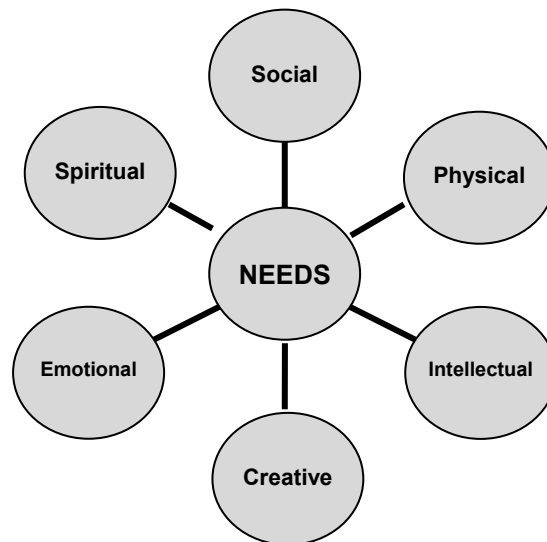
1. **Check-In and Assignment Review:** Welcome the students to class. Review any assignments students had from their last class and cover any unfinished business.
2. **Competency Review:** Mention that today’s topic will focus on *Adolescent Needs*. Review the Competencies for today’s lesson.

3. **Icebreaker:**

One need I have which is being met is _____.

One need I have which is not being met is _____.

4. Mention to the class that needs are different from wants and desires. Distribute the Lesson Handout: “Adolescent Needs.” Review the information. Needs can be thought of in general categories – we have different needs at different times, but they fall into one of six categories. Draw a circle and divide it into six sections. Mention that it is important to get our needs met and that all behavior meets a need.



Lesson 4.2 Behavior and Self-Image

MATERIALS: None

TEACHING GOAL:

To increase students' understanding of the relationship between self-image and behavior.

COMPETENCIES:

1. Students can define the concept of self-image.
2. Students can describe the relationship between self-image and behavior.

PROCEDURES:

Note: Prior to beginning the class, post the Competency on the flip chart/whiteboard to review during this activity.

1. **Check-In and Assignment Review:** Welcome the students to class. Review any assignments students had from their last class and cover any unfinished business.
2. **Competency Review:** Mention that today's topic will focus on *Behavior and Self-Image*. Review the Competency for today's lesson.

3. **Icebreaker:**

One positive experience I have had is _____.

One feeling I have had about this experience is _____.

One thought I have had about this experience is _____.

4. Today, the class will continue to discuss the relationship between how a person thinks and feels about him/herself and his/her behavior. Write the word **BEHAVIOR** on the whiteboard. Underneath the word, write the word **SELF** with a double arrow:

BEHAVIOR



SELF

5. Mention to the class that self and behavior are inseparable. You can't have one without the other. The word "behavior" is meant to include everything from sleeping, to crying, to thinking, to eating supper. Feelings are behavior because the body expresses them: anger, sadness, jealousy, etc.
6. The way a person thinks and feels about him/herself usually dictates his/her behavior. A person's behavior is related to his/her self-esteem and self-concept.

SELF-ESTEEM ← SELF → SELF-CONCEPT

7. Review with the students that a positive (+) SE (self-esteem) and positive (+) SC (self-concept) are reflected in a person's behaviors. When you think good thoughts about yourself and have good feelings about yourself, you usually treat others the same way.

Competency Area 8:

My Family

LESSON 8.3 Family Album: My Mother

MATERIALS: Lesson Handout: “My Mother”

TEACHING GOAL:

To increase students’ awareness of the characteristics of their mother or mother figure.

COMPETENCIES

1. Students can identify the desirable and undesirable characteristics of their mother.
2. Students can share these characteristics with others in the class.

PROCEDURES:

Note: Prior to beginning the class, post the Competencies on the flip chart/whiteboard to review during this activity.

1. **Check-In and Assignment Review:** Welcome the students to class. Review any assignments students had from their last class and cover any unfinished business.
2. **Competency Review:** Mention that today’s topic will focus on identifying the desirable and undesirable characteristics students find in their mother. Review the Competencies for today’s lesson.

3. **Icebreaker:**

One thing I admire most about my mom is _____ because _____.

4. Explain to the class that we will begin to create a family album today and in the next three class sessions. We will begin by answering questions about our birth mother and/or the woman who has the role of mother in our family.
5. Distribute the Lesson Handout” “My Mother.” Have the students answer as much as they can. Allow about 20 minutes for this.
6. After the students have completed as much of their worksheets as they can, discuss the following:
 - How much of the information did they know about their mom?
 - Was there any particular section they had trouble completing?
 - Did they learn anything new about their mom?
7. Have each student share one thing special about their mother. For those whose birth mother is not present due to death, divorce, or abandonment, encourage the students to share something they know or remember of their mother.

LESSON ASSIGNMENT:

Ask the students to complete their worksheets at home.

NOTES AND SUGGESTIONS:

Be sensitive to those who may be in foster or adoptive homes, as well as those who may be experiencing the loss of their mother or mother figure.

QUIZ QUESTION:

The characteristic of my mother that I like the best is _____ because _____.