

Grab and Go Lesson Plan – Skill Set

Objective: Students will formulate a plan for self-protection skills and identify appropriate resources for help. Students will also demonstrate techniques to assertively deal with peer pressure.

Common Core Tie-In:

- Introduction to Social Health: Course Standards #8, 9
- Introduction to Human Studies: Course Standard #15
- Lifespan Development: Course Standards #12 c/d
- Family Studies: Course Standards #7, 8
- Lifetime Wellness (9-12): Course Standards #5.2 b, 6.7
- Health Education (6-8): Course Standards #7.3, 8.1, 8.2, 8.3, 8.4, 12.1, 12.2, 12.3

Directions:

Say: *We have talked a lot about the reasons why we might say no to having sex, but today we are going to focus on how to say no. Talking about why you want to wait to have sex can be awkward, but it is crucial to be honest with your partner and let them know that you are not going to be pressured into having sex before you are ready. In order to practice how to say no, we are going to use an acronym called SWAG.*

Show the “SWAG Slideshow.”

Say: *Does anyone have any questions about SWAG?*

After answering questions, do the Advice Twitter Activity and the Text It! Activity.

If there is still time remaining, you can do the SWAG table talk activity to get students to come up with their own ideas for the steps of SWAG.