

# Health and Safety

Kindergarten				
	Skills	Specific Topics	Examples	Resources
<b>Self -Management</b>	<b>Planning and Goal Setting</b>	<ul style="list-style-type: none"> <li>○ Recognizing needs and wants</li> <li>○ Applies to other skills</li> </ul>		
	<b>Stress Management</b>	<ul style="list-style-type: none"> <li>○ Time Management</li> <li>○ Diet/Exercise</li> <li>○ Sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Diet</u> – breakfast, dehydration, healthy food choices</li> </ul>	<ul style="list-style-type: none"> <li>● Healthy Break: Wellness Activities for the Classroom by DeMarzo</li> </ul>
	<b>Decision Making</b>	<ul style="list-style-type: none"> <li>○ Wellness</li> <li>○ Bullying</li> <li>○ Self-esteem</li> <li>○ Social Skills</li> <li>○ Medicine Safety</li> <li>○ Personal Safety</li> <li>○ Disease Prevention</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Wellness</u> – Basic Hygiene, Nutrition, Fitness, Sleep, consequences, choices</li> <li>○ <u>Bullying</u> – social bullying and physical bullying</li> <li>○ <u>Social skills</u> – making friends, working in groups, getting along with others</li> <li>○ <u>Medicine Safety</u> – Vitamins, poisons</li> <li>○ <u>Personal Safety</u> – fire safety, cyber safety, password protection, personal info private, 911, bike/skateboard safety, communities helpers</li> <li>○ <u>Disease Prevention</u> – hand washing, not sharing clothing/snacks, Lyme disease</li> </ul>	<ul style="list-style-type: none"> <li>● <a href="http://www.pbs.org">www.pbs.org</a></li> <li>● <a href="http://www.kidshealth.org">www.kidshealth.org</a></li> </ul>

<b>Relationship Management</b>	<b>Decision Making</b>	<ul style="list-style-type: none"> <li>○ Friends/family</li> <li>○ Conflict Resolution</li> <li>○ Bullying</li> <li>○ Listening Skills</li> <li>○ Social Skills</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Friends/Family</u> – Healthy/Unhealthy Relationships, tolerance</li> <li>○ <u>Conflict Resolution</u> – steps to resolve conflicts</li> <li>○ <u>Bullying</u> – social bullying and physical bullying</li> <li>○ <u>Listening Skills</u> – active listening</li> <li>○ <u>Social skills</u> – making friends, working in groups, getting along with others</li> </ul>	<ul style="list-style-type: none"> <li>● Healthy Break: Wellness Activities for the Classroom by DeMarzo</li> </ul>
	<b>Advocacy</b>	<ul style="list-style-type: none"> <li>○ What is important to you</li> <li>○ Critical thinking</li> <li>○ Apply to other skills</li> </ul>		
	<b>Communication</b>	<ul style="list-style-type: none"> <li>○ Peer Pressure</li> <li>○ Listening Skills</li> <li>○ Body Language</li> <li>○ Personal Space</li> </ul>		<ul style="list-style-type: none"> <li>● Healthy Break: Wellness Activities for the Classroom by DeMarzo</li> </ul>

# Health and Safety

## 1st Grade

	Skills	Specific Topics	Examples	Resources
<b>Self -Management</b>	<b>Planning and Goal Setting</b>	<ul style="list-style-type: none"> <li>○ Short-term goals</li> <li>○ Applies to other skills</li> </ul>		
	<b>Stress Management</b>	<ul style="list-style-type: none"> <li>○ Time Management</li> <li>○ Diet/Exercise</li> <li>○ Sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Diet</u> – breakfast, dehydration, healthy food choices</li> </ul>	<ul style="list-style-type: none"> <li>● Healthy Break: Wellness Activities for the Classroom by DeMarzo</li> </ul>
	<b>Decision Making</b>	<ul style="list-style-type: none"> <li>○ Wellness</li> <li>○ Bullying</li> <li>○ Self-esteem</li> <li>○ Social Skills</li> <li>○ Medicine Safety</li> <li>○ Personal Safety</li> <li>○ Disease Prevention</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Wellness</u> – Basic Hygiene, Nutrition, Fitness, Sleep, Self-Concept, consequences, choices</li> <li>○ <u>Bullying</u> – social bullying and physical bullying</li> <li>○ <u>Social skills</u> – making friends, working in groups, getting along with others</li> <li>○ <u>Medicine Safety</u> – Vitamins, poisons</li> <li>○ <u>Personal Safety</u> – fire safety, cyber safety, password protection, personal info private, 911, bike/skateboard safety</li> <li>○ <u>Disease Prevention</u> – hand washing, not sharing clothing/snacks, Lyme disease</li> </ul>	<ul style="list-style-type: none"> <li>● <a href="http://www.mypyramid.gov">www.mypyramid.gov</a></li> <li>● <a href="http://www.fitday.com">www.fitday.com</a></li> <li>● <a href="http://www.eatright.org">www.eatright.org</a></li> <li>● <a href="http://www.fda.gov">www.fda.gov</a></li> <li>● <a href="http://www.kidshealth.org">www.kidshealth.org</a></li> <li>● <a href="http://www.brainpopjr.com">www.brainpopjr.com</a></li> <li>● Science 21</li> </ul>

# Health and Safety

## 2nd Grade

	Skills	Specific Topics	Examples	Resources
<b>Self -Management</b>	<b>Planning and Goal Setting</b>	<ul style="list-style-type: none"> <li>○ Short-term goals</li> <li>○ Applies to other skills</li> </ul>		
	<b>Stress Management</b>	<ul style="list-style-type: none"> <li>○ Time Management</li> <li>○ Diet/Exercise</li> <li>○ Sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Diet</u> – breakfast, dehydration, healthy food choices</li> </ul>	<ul style="list-style-type: none"> <li>● Healthy Break: Wellness Activities for the Classroom by DeMarzo</li> </ul>
	<b>Decision Making</b>	<ul style="list-style-type: none"> <li>○ Wellness</li> <li>○ Bullying</li> <li>○ Cyber Bullying</li> <li>○ Self-esteem</li> <li>○ Social Skills</li> <li>○ Alcohol/Tobacco/Drugs</li> <li>○ Personal Safety</li> <li>○ Disease Prevention</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Wellness</u> – Basic Hygiene, Nutrition, Fitness, Sleep, Self-Concept, consequences, choices</li> <li>○ <u>Bullying</u> – social bullying and physical bullying</li> <li>○ <u>Social skills</u> – making friends, working in groups, getting along with others</li> <li>○ <u>Alcohol/Tobacco/Drugs</u> – How body is affected, Peer Pressure</li> <li>○ <u>Personal Safety</u> – fire safety, cyber safety, password protection, personal info private, 911, bike/skateboard safety</li> <li>○ <u>Disease Prevention</u> – communicable/infectious, Lyme disease</li> </ul>	<ul style="list-style-type: none"> <li>● <a href="http://www.mypyramid.gov">www.mypyramid.gov</a></li> <li>● <a href="http://www.fitday.com">www.fitday.com</a></li> <li>● <a href="http://www.eatright.org">www.eatright.org</a></li> <li>● <a href="http://www.fda.gov">www.fda.gov</a></li> <li>● <a href="http://www.kidshealth.org">www.kidshealth.org</a></li> <li>● <a href="http://www.brainpopjr.com">www.brainpopjr.com</a></li> <li>● Science 21</li> <li>● Little D's Nutrition Expedition</li> <li>● Here's Looking at You 2000</li> </ul>

<b>Relationship Management</b>	<b>Decision Making</b>	<ul style="list-style-type: none"> <li>○ Friends/family</li> <li>○ Conflict Resolution</li> <li>○ Bullying</li> <li>○ Listening Skills</li> <li>○ Social Skills</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Friends/Family</u> – Healthy/Unhealthy Relationships, cliques, tolerance</li> <li>○ <u>Conflict Resolution</u> – steps to resolve conflicts</li> <li>○ <u>Bullying</u> – social bullying and physical bullying</li> <li>○ <u>Listening Skills</u> – active listening, body language</li> <li>○ <u>Social skills</u> – making friends, working in groups, getting along with others</li> </ul>	<ul style="list-style-type: none"> <li>● Here’s Looking at You 2000</li> </ul>
	<b>Advocacy</b>	<ul style="list-style-type: none"> <li>○ What is important to you</li> <li>○ Critical thinking</li> <li>○ Apply to other skills</li> </ul>		
	<b>Communication</b>	<ul style="list-style-type: none"> <li>○ Peer Pressure</li> <li>○ Listening Skills</li> <li>○ Body Language</li> <li>○ Personal Space</li> </ul>		<ul style="list-style-type: none"> <li>● Healthy Break: Wellness Activities for the Classroom by DeMarzo</li> </ul>

# Health and Safety

## 3rd Grade

	<b>Skills</b>	<b>Specific Topics</b>	<b>Examples</b>	<b>Resources</b>
<b>Self - Management</b>	<b>Planning and Goal Setting</b>	<ul style="list-style-type: none"> <li>○ Short-term goals</li> <li>○ Applies to other skills</li> </ul>		
	<b>Stress Management</b>	<ul style="list-style-type: none"> <li>○ Time Management</li> <li>○ Diet/Exercise</li> <li>○ Relaxation Techniques</li> <li>○ Signs and Symptoms</li> <li>○ Sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Diet</u> – breakfast, dehydration, healthy food choices</li> <li>○ <u>Relaxation</u> – deep-breathing, imagery</li> </ul>	<ul style="list-style-type: none"> <li>● Video – “Don’t Pop Your Cork on Monday”</li> <li>● Healthy Break: Wellness Activities for the Classroom by DeMarzo</li> <li>● Life Skills Training Workbook – Botvin</li> </ul>

	<b>Decision Making</b>	<ul style="list-style-type: none"> <li>○ Wellness</li> <li>○ Bullying</li> <li>○ Cyber Bullying</li> <li>○ Self-esteem</li> <li>○ Social Skills</li> <li>○ Alcohol/Tobacco/Drugs</li> <li>○ Personal Safety</li> <li>○ Disease Prevention</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Wellness</u> – Basic Hygiene, Nutrition, Fitness, Sleep, Self-Concept, consequences, choices</li> <li>○ <u>Bullying</u> – social bullying and physical bullying</li> <li>○ <u>Social skills</u> – assertiveness, body language</li> <li>○ <u>Alcohol/Tobacco/Drugs</u> – How body is affected, Terminology, Peer Pressure, Advertising</li> <li>○ <u>Personal Safety</u> – fire safety, cyber, password protection, personal info private, 911, bike/skateboard safety</li> <li>○ <u>Disease Prevention</u> – communicable/infectious, Lyme disease</li> </ul>	<ul style="list-style-type: none"> <li>● Life Skills Training Workbook – Botvin</li> </ul>
<b>Relationship Management</b>	<b>Decision Making</b>	<ul style="list-style-type: none"> <li>○ Friends/family</li> <li>○ Conflict Resolution</li> <li>○ Bullying</li> <li>○ Listening Skills</li> <li>○ Refusal Skills</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Friends/Family</u> – Healthy/Unhealthy Relationships, cliques, tolerance</li> <li>○ <u>Conflict Resolution</u> – steps to resolve conflicts</li> <li>○ <u>Bullying</u> – social bullying and physical bullying</li> <li>○ <u>Listening Skills</u> – active listening, body language</li> </ul>	<ul style="list-style-type: none"> <li>● <u>Life Skills Training Workbook</u> – Botvin</li> <li>● Here’s Looking at You 2000</li> <li>● Healthy Break: Wellness Activities for the Classroom by DeMarzo</li> </ul>
	<b>Advocacy</b>	<ul style="list-style-type: none"> <li>○ What is important to you</li> <li>○ Critical thinking</li> <li>○ Apply to other skills</li> </ul>		
	<b>Communication</b>	<ul style="list-style-type: none"> <li>○ Refusal skills</li> <li>○ Peer Pressure</li> <li>○ Listening Skills</li> <li>○ Body Language</li> </ul>		

# Health and Safety

## 4th Grade

	Skills	Specific Topics	Examples	Resources
<b>Self -Management</b>	<b>Planning and Goal Setting</b>	<ul style="list-style-type: none"> <li>○ Short/Long term goals</li> <li>○ Applies to other skills</li> </ul>		<ul style="list-style-type: none"> <li>● <u>Life Skills Training Workbook</u> – Botvin</li> </ul>
	<b>Stress Management</b>	<ul style="list-style-type: none"> <li>○ Time Management</li> <li>○ Diet/Exercise</li> <li>○ Relaxation Techniques</li> <li>○ Signs and Symptoms</li> <li>○ Sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Diet</u> – caffeine, energy drinks, breakfast, dehydration, sodium</li> <li>○ <u>Relaxation</u> – deep-breathing, muscle relaxation, imagery, yoga</li> </ul>	<ul style="list-style-type: none"> <li>● Video – “Don’t Pop Your Cork on Monday”</li> <li>● <u>Life Skills Training Workbook</u> – Botvin</li> </ul>
	<b>Decision Making</b>	<ul style="list-style-type: none"> <li>○ Wellness</li> <li>○ Bullying</li> <li>○ Cyber Bullying</li> <li>○ Self-esteem</li> <li>○ Social Skills</li> <li>○ Alcohol/Tobacco/Drugs</li> <li>○ Personal Safety</li> <li>○ Disease Prevention</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Wellness</u> – Hygiene, Nutrition, Fitness, Sleep, Self-Concept, First Aid, Consequences, choices, know who resources are</li> <li>○ <u>Bullying</u> – social bullying and physical bullying</li> <li>○ <u>Social skills</u> – assertiveness, body language</li> <li>○ <u>Alcohol/Tobacco/Drugs</u> – How body is affected, Terminology, Peer Pressure, Advertising</li> <li>○ <u>Personal Safety</u> – fire safety, cyber safety, password protection, personal info private</li> <li>○ <u>Disease Prevention</u> – Immune system, communicable/infectious, Lyme disease</li> </ul>	<ul style="list-style-type: none"> <li>● <u>Life Skills Training Workbook</u> – Botvin</li> <li>● Healthy Break: Wellness Activities for the Classroom by DeMarzo</li> </ul>



<b>Relationship Management</b>	<b>Decision Making</b>	<ul style="list-style-type: none"> <li>○ Friends/family</li> <li>○ Conflict Resolution</li> <li>○ Bullying</li> <li>○ Listening Skills</li> <li>○ Refusal Skills</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Friends/Family</u> – Healthy/Unhealthy Relationships, domestic abuse/violence, cliques, tolerance</li> <li>○ <u>Conflict Resolution</u> – steps to resolve conflicts</li> <li>○ <u>Bullying</u> – social bullying and physical bullying</li> <li>○ <u>Listening Skills</u> – paraphrasing, active listening, body language</li> </ul>	<ul style="list-style-type: none"> <li>● <u>Life Skills Training Workbook</u> – Botvin</li> <li>● D.A.R.E.</li> </ul>
	<b>Advocacy</b>	<ul style="list-style-type: none"> <li>○ What is important to you</li> <li>○ Critical thinking</li> <li>○ Apply to other skills</li> </ul>		<ul style="list-style-type: none"> <li>● <u>Life Skills Training Workbook</u> – Botvin</li> <li>● D.A.R.E.</li> </ul>
	<b>Communication</b>	<ul style="list-style-type: none"> <li>○ Refusal skills</li> <li>○ Peer Pressure</li> <li>○ Listening Skills</li> <li>○ Body Language</li> </ul>		<ul style="list-style-type: none"> <li>● Healthy Break: Wellness Activities for the Classroom by DeMarzo</li> <li>● <u>Life Skills Training Workbook</u> – Botvin</li> </ul>

# Health and Safety

## 5th Grade

	<b>Skills</b>	<b>Specific Topics</b>	<b>Examples</b>	<b>Resources</b>
<b>Self - Management</b>	<b>Planning and Goal Setting</b>	<ul style="list-style-type: none"> <li>○ Short/Long term goals</li> <li>○ Applies to other skills</li> </ul>		<ul style="list-style-type: none"> <li>● District Video Streaming</li> <li>● <u>Life Skills Training Workbook</u> – Botvin</li> </ul>
	<b>Stress Management</b>	<ul style="list-style-type: none"> <li>○ Time Management</li> <li>○ Diet/Exercise</li> <li>○ Relaxation Techniques</li> <li>○ Signs and Symptoms</li> <li>○ Sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Diet</u> – caffeine, energy drinks, breakfast, dehydration, sodium</li> <li>○ <u>Relaxation</u> – deep-breathing, muscle relaxation, imagery, yoga</li> </ul>	<ul style="list-style-type: none"> <li>● Video – “Don’t Pop Your Cork on Monday”</li> <li>● District Video Streaming</li> <li>● Healthy Break: Wellness Activities for the Classroom by DeMarzo</li> <li>● Eat Well &amp; Keep Moving: Cheung et al.</li> <li>● <u>Life Skills Training Workbook</u> – Botvin</li> </ul>

	<b>Decision Making</b>	<ul style="list-style-type: none"> <li>○ Wellness</li> <li>○ Bullying</li> <li>○ Cyber Bullying</li> <li>○ Self-esteem</li> <li>○ Social Skills</li> <li>○ Alcohol/Tobacco/Drugs</li> <li>○ Personal Safety</li> <li>○ Disease Prevention</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Wellness</u> – Six steps to decision making, Hygiene, Nutrition, Fitness, Sleep, Self-Concept, Health Triangle</li> <li>○ <u>Bullying</u> – social bullying and physical bullying</li> <li>○ <u>Social skills</u> – assertiveness, body language</li> <li>○ <u>Alcohol/Tobacco/Drugs</u> – How body is affected, Terminology, Peer Pressure, Use/abuse/addiction, Advertising</li> <li>○ <u>Personal Safety</u> – fire safety, cyber safety, password protection, personal info private</li> <li>○ <u>Disease Prevention</u> – Immune system, communicable/infectious, Lyme disease</li> </ul>	<ul style="list-style-type: none"> <li>● District Video Streaming</li> <li>● <a href="http://teachhealthk-12.uthscea.edu">http://teachhealthk-12.uthscea.edu</a></li> <li>● <a href="http://www.sheppardsoftware.com/health">www.sheppardsoftware.com/health</a></li> <li>● <a href="http://www.kidshealth.org/classroom">www.kidshealth.org/classroom</a></li> <li>● <a href="http://www.pbs.org">www.pbs.org</a></li> <li>● <a href="http://www.cdc.gov">www.cdc.gov</a></li> <li>● <a href="http://www.cspinet.org">www.cspinet.org</a></li> <li>● Healthy Break: Wellness Activities for the Classroom by DeMarzo</li> <li>● <u>Life Skills Training Workbook</u> – Botvin</li> </ul>
<b>Relationship Management</b>	<b>Decision Making</b>	<ul style="list-style-type: none"> <li>○ Friends/family</li> <li>○ Conflict Resolution</li> <li>○ Bullying</li> <li>○ Listening Skills</li> <li>○ Refusal Skills</li> <li>○ Anger Management</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Friends/Family</u> – Healthy/Unhealthy Relationships, domestic abuse/violence, cliques, tolerance</li> <li>○ <u>Conflict Resolution</u> – steps to resolve conflicts</li> <li>○ <u>Bullying</u> – social bullying and physical bullying</li> <li>○ <u>Listening Skills</u> – paraphrasing, active listening, body language</li> <li>○ <u>Anger Management</u> – deep breathing, relaxation techniques, safe haven/time out</li> </ul>	<ul style="list-style-type: none"> <li>● D.A.R.E.</li> <li>● District Video Streaming</li> <li>● <u>Life Skills Training Workbook</u> – Botvin</li> </ul>
	<b>Advocacy</b>	<ul style="list-style-type: none"> <li>○ What is important to you</li> <li>○ Critical thinking</li> <li>○ Apply to other skills</li> </ul>		<ul style="list-style-type: none"> <li>● District Video Streaming</li> <li>● D.A.R.E.</li> </ul>

	<b>Communication</b>	<ul style="list-style-type: none"><li>○ Refusal skills</li><li>○ Peer Pressure</li><li>○ Listening Skills</li><li>○ Body Language</li></ul>		<ul style="list-style-type: none"><li>● District Video Streaming</li><li>● <u>Life Skills Training Workbook</u> – Botvin</li></ul>
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# Health and Safety

## 6th Grade

	<b>Skills</b>	<b>Specific Topics</b>	<b>Examples</b>	<b>Resources</b>
<b>Self - Management</b>	<b>Planning and Goal Setting</b>	<ul style="list-style-type: none"> <li>○ Short/Long term goals</li> <li>○ Applies to other skills</li> </ul>		<ul style="list-style-type: none"> <li>● <a href="#">Life Skills Training Workbook – Botvin</a></li> <li>● <a href="http://www.usda.gov">www.usda.gov</a></li> <li>● District Video Streaming</li> </ul>
	<b>Stress Management</b>	<ul style="list-style-type: none"> <li>○ Time Management</li> <li>○ Diet/Exercise</li> <li>○ Relaxation Techniques</li> <li>○ Signs and Symptoms</li> <li>○ Sleep patterns</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Diet</u> – caffeine, energy drinks, breakfast, dehydration, sodium</li> <li>○ <u>Relaxation</u> – deep-breathing, muscle relaxation, imagery, yoga</li> </ul>	<ul style="list-style-type: none"> <li>● Video – “Don’t Pop Your Cork on Monday”</li> <li>● <a href="#">Life Skills Training Workbook – Botvin</a></li> <li>● District Video Streaming</li> <li>● Eat Well &amp; Keep Moving: Cheung et al.</li> </ul>
	<b>Decision Making</b>	<ul style="list-style-type: none"> <li>○ Wellness</li> <li>○ Bullying</li> <li>○ Cyber Bullying</li> <li>○ Self-esteem</li> <li>○ Social Skills</li> <li>○ Alcohol/Tobacco/Drugs</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Wellness</u> – Six steps to decision making, Hygiene, Nutrition, Fitness, Sleep, Self-Concept, Health Triangle</li> <li>○ <u>Bullying</u> – social bullying and physical bullying</li> <li>○ <u>Social skills</u> – assertiveness, body language</li> <li>○ <u>Alcohol/Tobacco/Drugs</u> – How body is affected, Terminology, Peer Pressure, Use/abuse/addiction, Advertising</li> </ul>	<ul style="list-style-type: none"> <li>● Six-Step Flow map</li> <li>● <a href="#">Life Skills Training Workbook – Botvin</a></li> <li>● <a href="http://www.thecoolspot.gov">http://www.thecoolspot.gov</a></li> <li>● <a href="http://teens.drugabuse.gov/">http://teens.drugabuse.gov/</a></li> <li>● District Video Streaming</li> </ul>

<b>Relationship Management</b>	<b>Decision Making</b>	<ul style="list-style-type: none"> <li>○ Friends/family</li> <li>○ Conflict Resolution</li> <li>○ Bullying</li> <li>○ Listening Skills</li> <li>○ Refusal Skills</li> <li>○ Anger Management</li> </ul>	<ul style="list-style-type: none"> <li>○ <u>Friends/Family</u> – Healthy/Unhealthy Relationships, domestic abuse/violence, cliques, tolerance</li> <li>○ <u>Conflict Resolution</u> – steps to resolve conflicts</li> <li>○ <u>Bullying</u> – social bullying and physical bullying</li> <li>○ <u>Listening Skills</u> – paraphrasing, active listening, body language</li> <li>○ <u>Anger Management</u> – deep breathing, relaxation techniques, safe haven/time out</li> </ul>	<ul style="list-style-type: none"> <li>● <u>Life Skills Training Workbook</u> – Botvin</li> <li>● District Video Streaming</li> </ul>
	<b>Advocacy</b>	<ul style="list-style-type: none"> <li>○ What is important to you</li> <li>○ Critical thinking</li> <li>○ Apply to other skills</li> </ul>		<ul style="list-style-type: none"> <li>● <u>Life Skills Training Workbook</u> – Botvin</li> <li>● District Video Streaming</li> </ul>
	<b>Communication</b>	<ul style="list-style-type: none"> <li>○ Refusal skills</li> <li>○ Peer Pressure</li> <li>○ Listening Skills</li> <li>○ Body Language</li> </ul>		<ul style="list-style-type: none"> <li>● <u>Life Skills Training Workbook</u> – Botvin</li> <li>● District Video Streaming</li> </ul>