
Adolescent Health Daily Outline

Lesson 1/Day 1:

Lesson Summary

Students are introduced to the *Adolescent Health* curriculum and learn about how to make actionable steps to achieve their goals. They also learn about healthy decision making and budgeting through the PACED skillset, which stands for:

P – Identifying the Problem: Recognizing the problem that needs to be solved or the decision that needs to be made

A – Alternatives: Considering the options that exist to solve the problem

C – Criteria: Deciding what features or qualities someone can use to compare the different options

E – Evaluate: Analyzing the options based on the criteria

D – Decide: Making a decision based on the results of the evaluation

Through engaging activities, students build the knowledge and skills to think critically about their decisions and how to achieve their goals.

Home Activities

Students will create a buying plan for two major purchases using the PACED skillset. If they bring their completed buying plan to the following class, they will receive a small incentive (i.e. puzzle pen, piece of candy, etc.).

Conversation Starters

What are some of your major goals for the next few years? What are some steps that you can take to achieve those goals?

What decisions could you make that may get in the way of your goals?



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