
Adolescent Health Daily Outline

Lesson 2/Day 2:

Lesson Summary

Students learn about the three types of communication – passive, aggressive, and assertive. Students also learn about social skills and the importance of interpersonal skills in the development of relationships. Through a ‘Get to Know You’ bingo game, students practice their social skills and find commonalities with their peers. In a discussion-based format, students also learn about stereotypes and the effects that they can have on individuals. By analyzing case scenarios, students gain the skills to recognize stereotypes and offer alternative ways that individuals could have acted in situations where stereotyping occurred.

After a brief discussion on self-esteem and individuality, students will also practice recognizing their own identities and positive character traits.

Home Activities

Students will complete an individuality worksheet. This worksheet helps them to identify the things they choose and don’t choose about themselves, things they like, and things that they are proud of. If they bring a completed worksheet to the following class, they will receive a small incentive (i.e. puzzle pen, piece of candy, etc.).

Conversation Starters

Why and when do we need effective communication?

What stereotypes have you heard before? How do you think those could be harmful?

What are some communication skills that you have? Which skills could you improve upon?

Which character traits are you most proud to have?



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