

# UNIT 2

# Social and Emotional Health Materials

## Matrix of Materials Needed Identified by Lesson

The materials used in the *Michigan Model for Health, Skills for Health and Life*, are divided into three types:

- **Health Education Resources:** Materials obtained from your Regional Health Coordinator, regional materials center, or ordered from the vendor\*
- **Teacher Resources:** Materials found in the manual or on the flash drive, such as student worksheets, teacher references, and so on
- **Supplied by the Teacher:**
  - Digital tools, such as computers and other devices, district approved software, and so on
  - Materials typically found in the classroom or school, such as pencils, writing paper, art supplies, and so on

\* If you have questions about any of the materials used in the *Michigan Model for Health*® or how to obtain them, phone the Educational Materials Center. They will help you locate what you need.

Phone: 1-800-214-8961  
Email: emc@cmich.edu

Following each item listed, the number of the lesson(s) where the item is used is indicated for your reference.

RESOURCES	LESSON NUMBERS									
	1	2	3	4	5	6	7	8	9	10
<b>Health Education Resources</b>										
• Poster: "Reaching Your SMART Goals, One Step at a Time," Educational Materials Center			X							
• Video [DVD]: <i>Depression: True Stories</i> , Blake Works (first segment only, 13 minutes)				X						
• Video [VHS or DVD]: <i>Bully Bystanders: You Can Make a Difference</i> , Human Relations Media (18 minutes)								X		
• Resource (available on resource flash drive): "Human Trafficking: Implications for Adolescent Health Outcomes" (Suggestion)									X	
• Video [WMV or DVD]: " <i>Causing Pain</i> ," Centers for Disease Control and Prevention: <a href="http://www.youtube.com/watch?v=BS tqosE2n C0&amp;noredirect=1">http://www.youtube.com/watch?v=BS tqosE2n C0&amp;noredirect=1</a> (13 minutes)									X	
<b>Teacher Resources</b>										
<b>Student Worksheets and Handouts</b>										
• Student Worksheet: "How Aware of Myself Am I?"	X				X					
<u>Digital Only:</u> • Student Handout: "Think Critically About Information and Services," (from Unit 1, Lesson 3)		X								
• Student Handout: "Signs of Stress" • Student Handout: "Managing Stress" • Student Handout: "Be Prepared for Stress"		TT X	X							

RESOURCES	LESSON NUMBERS									
	1	2	3	4	5	6	7	8	9	10
• Student Worksheet: “What Stresses Me Out?”		X								
• Student Worksheet: “Info Exchange: Stress – How to Manage It”		X	X							
• Student Worksheet: “Assessing My Ability to Manage Stress”			X							
• Student Handout: “Goal Setting”			X							
• Student Worksheet: “The True Story of Chamique Holdsclaw”				X						
• Student Worksheet: “Info Exchange: Depression and Suicide – Help for Serious Issues”				X						
• Student Handout: “Asking Effective Questions” (from Unit 1, Lesson 8)					X					
• Student Worksheet: “Finding Help for Self and Others”					X					
• Student Handout: “Negotiation”						X				
• Student Worksheet: “Practice Resolving Conflicts”						X				
• Student Worksheet: “Bullying and Harassment”						X				
• Student Worksheet: “Maintain, Change, or End?”							X			
• Student Worksheet: “How Would I Rate Myself and My Friends?”							X			
• Student Worksheet: “What Would You Do?”								X		
• Student Handout: “National Resources”									X	
• Student Handout: “National and Michigan Resources”									X	
• Student Handout: “Warning Signs of an Abusive Relationship”									X	
• Student Handout: “Help Is Close By”										X
<b>Teacher Keys, Teacher References, and Teacher Masters</b>										
• Teacher Master: “Emotions”	X									
• Teacher Master: “How Does Self-Awareness Benefit a Person?”	X									
• Teacher Reference: “Depression: True Stories – Discussion”				X						
• Teacher Key: “Finding Help for Self and Others”					X					
• Teacher Reference: “Resolving Conflicts”						X				
• Teacher Key: “Bullying and Harassment” (found in Unit 2, Lesson 8 for student worksheet assigned in Unit 2, Lesson 6)						X		X		
• Teacher Reference: “Characteristics of Healthy and Unhealthy Relationships”							X			
• Teacher Reference: “Benefits of Healthy Friendships”								X		
• Teacher Reference: “Warning Signs: Characteristics of an Abusive Relationship”									X	
<b>Assessment Tools</b>										
• Assessment Tools for the Research and Product Related to Stress Management		X								
• Assessment Tools for Goal Setting Related to Stress Management			X							
• Assessment Tools for Accessing Information to Get Help and Completing a Worksheet				X						
• Assessment Tools for Developing Empathy and Completing a Worksheet and Finding Help					X					
• Assessment Tools for Resolving Conflicts and Cooling Down in a Tough Situation						X				