Discussion Guide for Parents

Lesson	Description	Learning Objectives	Start the Conversation
Analyzing Influences	Students analyze how external influences and their own personal qualities, strengths, and goals can affect their thoughts and behaviors.	• Assess external influences • Identify personal qualities, strengths, and goals • Understand goals of course	• Who are the biggest influences in your life? • What qualities do you admire about them? Why? • What do you think are your strengths and best qualities?
Understanding and Managing Emotions	Students learn how to read others' emotions and how to effectively understand, manage, and express their own emotions.	• Identify and label emotions • Understand the role emotions play in gaining greater self-awareness • Demonstrate effective strategies for managing and expressing emotions • Define external factors that affect emotions	• How do you know when something is bothering someone else? • What emotions did you feel at different points today, and why did you feel them? • When you get upset, what happens? Do you think that's the best way for you to react? • The last time you felt angry or sad, what caused it? How did you react? • Next time you're angry or sad, what will you do?

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Communicating Effectively	Students learn how to properly communicate with others through various channels in order to build and sustain healthy relationships.	• Identify barriers to communication • Understand how nonverbal cues can impact messages sent and received • Understand appropriate digital communication channels • Build active listening skills	• Have you tried to tell a friend something, but they misunderstand? Why do you think that happened? • What are nonverbal cues? Are you aware of yours? • When you hang out with your friends, do you notice that you are on your phones instead of talking? • When should you talk to someone directly instead of texting? • Are you a good listener? Why or why not? How can you get better?
Resolving Conflicts	Students learn techniques to avoid and manage conflicts, both internally and with others.	• Recognize the value of diverse perspectives • Recognize different types of conflict and why they occur • Identify types of resolutions and resolution strategies • Identify when to bring in a third party to achieve a solution	• The last time you disagreed with someone, why do you think you had different opinions? What might have formed their perspective? • When you and I disagree, why do you think that is? • Is compromising always a good solution when you disagree? When is it a bad idea to compromise? • When you disagree with me/a sibling/other family member, how can you resolve it?

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Stepping In	Students will learn how to cultivate healthy relationships and how to recognize and intervene in unhealthy relationships.	• Determine the qualities of a healthy relationship • Understand the role that boundaries play in healthy relationships • Identify the ways in which power and control affect relationships • Demonstrate effective bystander intervention techniques when healthy boundaries are crossed	• What do you think makes a relationship "healthy" or "unhealthy"? • How do you know if someone you're friends with or dating is crossing your boundaries? • Have you ever felt like a friend used power or control over you to make a decision? What did you do? What would you do differently next time? • If your friend is in an unhealthy relationship, how can you help? • When should you not step in?
Making Decisions	Students learn how to make sound decisions through the six steps of a decision diagram.	• Identify which decisions will significantly impact relationships • Make decisions based on moral, personal, and ethical standards • Apply decision-making skills to deal responsibly with academic and social factors • Recognize the effect of daily decisions on personal success and well-being	• What's a hard decision you had to make recently? • How did you know the right choice? • What choices would make a big impact on your life versus a small impact?