

# Rocky River High School



## 4 year Social and Emotional Readiness Plan



Task/Event/Responsibility	Grade Level Completed
PLC: Social Media Safety	9 – September
LifeAct in-class lesson: Recognizing Teen Depression and Preventing Suicide	9 – October/November
PLC: Emotional Intelligence	9 – November
PLC: Drugs and Mental Health	9 - December
FMP Mini-Lessons	9 – 1 <sup>st</sup> semester
Learning Styles- Naviance	
Time Management	
Goal Setting	
Homecoming 101	
Getting Involved- Club/Activities visits to seminar	
Comfort Zone/Getting Involved	
Makerspace- What is it and when can we use it?	
Etiquette/Manners	
Public Speaking	
Getting Your Driver’s License and Distracted Driving	
Health & Wellness: Stress Management/Mindfulness	
Post High School Options	
Building Healthy Relationships	
How to get a job	
Dress for Success	
Giving Back/Service	
Making Good Choices- Social Media, Drinking, Drugs, Sex, Peer Pressure	
Teambuilding	
Counseling in-class lesson: Emotional Regulation and Self-Control	10 - October
PLC: Drugs and Mental Health	10 - December
Counseling in-class lesson: Empathy, Respect, and Inclusion	10 - January
PLC: Teen Dating Violence Program	10 - February
Counseling in-class lesson: Teamwork and Personal Responsibility	10 - March
Counseling in-class lesson: Grit, Perseverance, and Resiliency	11 - October
PLC: Drugs, Consent, and Relationships	11 – November
PLC: Counseling in-class lesson: Self-esteem, Self-awareness, and Situational EQ	11 - January
Counseling in-class lesson: Collaboration and the Utilization of school, parent, adult, and community resources	11 - March
PLC: Distracted Driving	11 - March
Counseling in-class lesson: Metacognition	12 – October
PLC: Drugs, Consent, and Relationships	12 - November
Counseling in-class lesson: Increasing your Emotional Quotient and Self-Advocacy	12 - December
Counseling in-class lesson: Goal Setting and Self-Actualization	12 - March
Counseling in-class lesson: “It’s Real” Mental Health Video Lesson	12 - May

# Rocky River High School



## 4 year Social and Emotional Readiness Plan



### Health Curriculum

Mental Health: happiness, self-esteem, anxiety, stress, anger management,

Addiction, mental illness, character development, mindfulness, depression

Healthy Relationships: consent, abuse, recognizing red flags, date rape,  
dating violence

Personal Safety: Protecting your home, safety in the community, self-defense,

Accident prevention, car safety, first-aid, CPR, defensive/distracted driving

Substance use/abuse: tobacco, nicotine, alcohol, opioids, marijuana, prescriptions,

Over-the-counter medications, street drugs

Sexuality: Male and female reproductive systems; abstinence and contraception;  
sexually transmitted infections; conception and fertilization; fetal development;  
labor, delivery, healthy pregnancy, and adoption.