Adulthood

Content Area: **Health & Phys Ed**
Course(s): **HEALTH 4**
Time Period: **Semester 2**
Length: **2 weeks**
Status: **Published**

Standards

2.1.12.SSH.3	Analyze current social issues affecting perceptions of sexuality, culture, ethnicity, disability status and make recommendations to address those issues.
2.1.12.SSH.4	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others (defining and understanding the laws of consent and dating violence).
2.1.12.CHSS.1	Analyze the opportunities available at home, in school, and in the community to support the mental health of oneself or an individual.
2.1.12.CHSS.2	Develop an advocacy plan for a health issue and share this information with others who can benefit.

Enduring Understandings

1. Investigate the emotional and physical maturity of "adulthood". **HE.9-12.2.1.12 SSH-** Social and Sexual Health: *(Core Idea) Analyze current social issues affecting perceptions of sexuality, culture, ethnicity, disability status and make recommendations to address those issues.*

2. Guide students through the four developmental tasks of adulthood. **HE.9-12.2.1.12 SSH-** Social and Sexual Health: *(Core Idea) Demonstrate strategies to prevent, manage or resolve interpersonal conflicts without harming self or others.*

3. Empowering students to formulate good strategies to reach success in adulthood. **HE.9-12.2.1.12 CHSS-** *Community Health Services and Support: (Core Idea) Healthy individuals demonstrate the ability to identify who, when and where and/how to seek help for oneself or others*

Essential Questions

1. What does it mean to be a mature adult?
2. What are the four developmental tasks of adulthood that lead to maturity?
3. As you enter adulthood, what are some of the many decisions you may have to make for yourself?

4. Where do you see yourself in the future?

Knowledge and Skills

Performance expecations are

- Explain what it means to be an adult. **HE.9-12.2.1.12.SSH.3**
- Explain how you can tell when someone has reached maturity (physically and emotionally). **HE.9-12.2.1.12.CHSS.1**
- List and explain the developmental tasks of adulthood and identify how they differ from those developmental tasks achieved earlier in life. **HE.9-12.2.1.12.CHSS.1**
- List some decisions one must make once entering adulthood. **HE.9-12.2.1.12.SSH.4**
- Examine their own thoughts, goals, aspirations to project where they see themselves in the future.**HE.9-12.2.1.12.CHSS.2**

Transfer Goals

1. Students will independently be able to develop understanding in Adulthood; society, personal, family and future expectations.

2. Students will independently be able to make stressful decisions that help further their education, goals, finances, family life, and career with positive aspirations.

Resources

Pollev.com

NJ Department of Health

NJ Department of Children & Family Services

May include speakers from the following organizations:

- Minding Your Mind Guest Speaker - https://mindingyourmind.org/
- Rutgers L.I.G.H.T. Counseling - https://www.whrhs.org/guidance/new-page
- Substance Abuse and Mental Health Support https://www.samhsa.gov/find-help/national-helpline

- Mosaic Counseling
- WHRHS SAC
- Chris Herren - Motivational Guest Speaker - https://herrentalks.com/
- Strive to Revive
- Zufall
- 1st Choice
- Consent 101

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit