

LIFE SKILLS

SELF DISCIPLINE
GOOD JUDGEMENT

RESPONSIBILITY
RESPECT FOR OTHERS

THE STARFISH

As the old man walked the beach at dawn, he noticed a young man ahead of him picking up starfish and flinging them into the sea. Finally catching up with the youth, he asked him why he was doing this. The answer was that the stranded starfish would die if left until the morning sun.

“But the beach goes on for miles and there are millions of starfish.” Countered the old man. “How can your effort make any difference?”

The young man looked at the starfish in his hand and then threw it to the safety of the waves. “It makes a difference to this one.” He said.

AUTHOR UNKNOWN

Life Skills is a proactive guidance/health curriculum that was first implemented at North Hampton School the fall of 1988. The curriculum is based on the SAU #21 Health and Guidance Standards. This program is based on the premise that the family is the primary educator in the area of Life Skills. The goal of the Life Skills Program in North Hampton is to give students up to date facts and information in the area of life skills that enables our adolescents to make educated, healthy, safe choices and decisions so that our students will lead happy productive lives.

The Life Skills Program encourages students to ABSTAIN from risky behavior that is unsafe, unhealthy, and hurtful to self and/or others. As the poem at the top of this sheet states, in a positive way, if one child is impacted the program is a success. The program emphasizes POSTPONEMENT of adult activities.

Students are continually encouraged and reminded to talk to their parents and family, to respect and understand their family’s physical, emotional, spiritual beliefs and values.

MAJOR TOPICS COVERED

Advocating for Self
Relationships
Values and Feelings
Stress Management
Conflict Resolution

Drug Awareness
Disease Prevention
Human Growth and Development
Physical and Personal Safety

COMMUNICATION: This occurs through a variety of mediums.

Spots Tales

Grade level newsletters and overviews

Friday packets

Parent evenings

Teacher/parent dialogue

The students do an outstanding job responding to the curriculum. So I'd like to share some of their thoughts with you.

Following are some student responses on the student's end of the year reflections.
(Typed as written by the students)

Grade 5

The most important message I have received from the Life Skills classes this year is.....

Well, I learned that you should never take drugs and you should always advocate for yourself

Learning how to protect myself from others and how to get help from adults, how to do the right thing and more!

Advocate for myself
Never use drugs
Personal Safety

Always be safe, and if you're waiting for puberty to happen, just wait, your time will come.

Stick up for what's right (advocate) and take care of you and your body.

That if someone asks if you want some drugs say no, don't be afraid to say no. Always say to yourself you can do it

This year I learned that advocating means to help others and myself. I will use it if I come to a time when it is needed

Don't do drugs

People may trick you into buying something, or telling them something, and how to stay healthy

Never use a drug that a doctor doesn't tell you to use.

Puberty comes at all different stages in people's life. Everyone is different inside and out.

GRADE 6

To prepare for obstacles ahead and to help not have questions about things.

Not to drink and drive. Do not do drugs and make the right choices!!!

That we have been tagged by alcohol companies.

To help me understand and make the right decisions

I'm not sure what the most important thing I learned this year. Everything is pretty important!!

People need to help each other. To be safe and be careful of what I do. How to handle puberty and changing and how to avoid drugs and alcohol

Stand up for yourself and be yourself. Take pride in what you are, even if you are different.

To believe in yourself and you can do anything you set your mind to.

GRADE 7

The importance of being knowledgeable about dangerous topics that infiltrate our world today. I also discovered that it is important to ask questions in order to enhance your knowledge as much as possible

That everyone makes bad choices now and then but by learning things in Life Skills we are trying to make as few of these mistakes as we can.

That I should stay healthy and happy by practicing abstinence and staying away from things that will hurt me and will be harmful to my body such as drugs and smoking.

I am very lucky to have had Life skills and that there are many drugs, alcohol and awful things we could experience and that we should have knowledge on.

That you need to stop and think before doing things like taking drugs having sex etc, Also, you shouldn't let other people influence you in a bad way.

That I need to make wise decisions about my relationships

GRADE 8

I can do what I want to. No one can tell me to have sex with them It will be my decision.

Just say no or think things through.

To be safe in everything you do! Also to always make smart choices. When making a decision, make sure you think through **all** the consequences

To be yourself and protect your body and try your best in all you do.

Everything I learned in Life Skills is equally important because each thing I learned about could easily change my life.

My body belongs to me and that I have to take care of it by using everything I learned to keep it protected. I want my life to be drug free and alcohol free and make all the right decisions.

That everyone has a voice and everyone has the right to say no to something they don't want to do.

That my life is my life and what I do is in my hands. And abstinence is the only way to be pregnant free.

Nothing is 100% in stopping STD's or teen pregnancy except for abstinence.

Having a child when you are not ready can change your life, and only one thing can prevent a teen pregnancy and STD's, abstinence.

While you should look out for yourself, you should also look out for others. Whether it's around drunk driving, or a simple moral issue, do your best to help.

To go to anyone you feel you trust no matter what the problem. Also, to always think about the consequences before doing something you think isn't right.

ABSTINENCE and how to be safe with drugs and alcohol. Also always be yourself and don't let others convince you to do things that you are not ready for.

Please feel free to contact me any time with questions, ideas, etc. I enjoy talking about the program with folks.

Warmly, Ms. Vas