

**NEWPORT-MESA UNIFIED SCHOOL DISTRICT
Course Description**

**PEER COUNSELING 1AB
(Elective Course)**

Content covered in this course is described in the Course of Study and Health Continuum Goals and Objectives. Based upon student needs, teachers select appropriate materials from the Instructional Materials List. Classroom presentations of course content are determined by the instructor and described under Teacher Activities. A more detailed outline of this course can be obtained from the instructor.

Overview:

The focus of this course is on skill development and practice which are essential for becoming a competent peer counselor. Peer counseling teaches students the basic interpersonal skills of attending, empathizing, summarizing, questioning, genuineness, assertiveness, goal attainment, confrontation, and problem solving. Students develop skills important in being a peer counselor. During the semester, students may discuss sexuality, personality development, and behavior. Course content is designed to help students become knowledgeable in subjects of concern to adolescents.

Course of Study Objectives:

1. Given a presentation by a trained professional, the student will be able to demonstrate knowledge of eating disorders and apply peer counseling skills to facilitate the peer counselee in the decision-making process.
 - 1.1 STUDENT ACTIVITY:

Student will identify causes and symptoms of a given eating disorder. In a role-play situation, the student will apply the peer counseling skills in a way that will facilitate the peer counselee in the decision-making process.
 - 1.2 INSTRUCTIONAL MATERIALS USED:
 - Textbook, *Peer Power*
 - Project H.O.L.D. (Help Overcome Learner Dropout)
 - Community resource personnel
 - Audio-visual materials from attached list
 - 1.3 TEACHER ACTIVITIES:
 - Lecture/discussion
 - Introduce community resource personnel
 - Show appropriate audio-visual materials from attached list

- 2. Given a presentation by a trained professional, the student will be able to demonstrate knowledge of substance use/misuse and apply peer counseling skills to aid the peer counselee in evaluating the disadvantages of using/misusing drugs.**
 - 2.1 STUDENT ACTIVITY:**

Student will identify causes and symptoms of a given substance use/misuse. In a role-play situation, the student will apply the peer counseling skills in a way that will facilitate the peer counselee in the decision making process.
 - 2.2 INSTRUCTIONAL MATERIALS USED:**
 - Textbook, *Peer Power*
 - Project H.O.L.D. (Help Overcome Learner Dropout)
 - Community resource personnel
 - Audio-visual material from attached list
 - 2.3 TEACHER ACTIVITIES:**
 - Lecture/discussion
 - Introduce community resource personnel
 - Show audio-visual material from attached list
- 3. Given a presentation by a trained professional, the student will be able to demonstrate knowledge of abusive behavior (physical, sexual, emotional) and apply peer counseling skills to help the peer counselee make decisions to correct the situation.**
 - 3.1 STUDENT ACTIVITY:**

Student will identify causes and symptoms of a given abusive behavior (physical, sexual, emotional). In a role-play situation, the student will apply the counseling skills in a way that will facilitate the peer counselee in the decision-making process.
 - 3.2 INSTRUCTIONAL MATERIALS USED:**
 - Textbook, *Peer Power*
 - Project H.O.L.D. (Help Overcome Learner Dropout)
 - Community resource personnel
 - Audio-visual material from attached list
 - 3.3 TEACHER ACTIVITIES:**
 - Lecture/discussion
 - Introduce community resource personnel
 - Show audio-visual material from attached list
- 4. Given a presentation by a trained professional, the student will be able to demonstrate knowledge of suicidal behavior and apply peer counseling skills to facilitate the peer counselee's decision-making process.**
 - 4.1 STUDENT ACTIVITY:**

Student will identify causes and symptoms of suicidal behavior. In a role-play situation, the student will apply the peer counseling skills in a way that will facilitate him/her in the decision-making process.
 - 4.2 INSTRUCTIONAL MATERIALS USED:**
 - Textbook, *Peer Power*
 - Project H.O.L.D. (Help Overcome Learner Dropout)
 - Community resource personnel
 - Audio-visual material from attached list
 - 4.3 TEACHER ACTIVITIES:**
 - Lecture/discussion
 - Introduce community resource personnel
 - Show audio-visual material from attached list

5. **The student will be able to demonstrate knowledge of active listening and problem-solving techniques and apply him/her in a peer counseling setting.**
 - 5.1 **STUDENT ACTIVITY:**

The student will participate in practice groups to develop active-listening skills and problem-solving techniques.
 - 5.2 **INSTRUCTIONAL MATERIALS USED:**
 - Textbook, *Peer Power*
 - Project H.O.L.D. (Help Overcome Learner Dropout)
 - 5.3 **TEACHER ACTIVITIES:**
 - Lecture/discussion
 - Facilitate small groups
 - Assign textbook reading

6. **The student will demonstrate knowledge of the consequences of and responsibilities associated with decisions made regarding sexual activity.**
 - 6.1 **STUDENT ACTIVITY:**

Student will identify types of sexually transmitted diseases, their causes, symptoms, and treatment. Student will discuss the different birth control methods, their use and reliability. The student will discuss the concepts of abstinence, abortion, and adoption. Student will role-play and apply peer counseling skill in a way that will facilitate the peer counselee in the decision-making process.
 - 6.2 **INSTRUCTIONAL MATERIALS USED:**
 - Textbook, *Peer Power*
 - Project H.O.L.D. (Help Overcome Learner Dropout)
 - Community resource personnel
 - 6.3 **TEACHER ACTIVITIES:**
 - Lecture/discussion
 - Facilitate small groups
 - Assign textbook reading
 - Introduce community resource personnel

7. **The student will be able to recognize personal values, identify factors affecting self-concept, and learn techniques used to enhance self-esteem.**
 - 7.1 **STUDENT ACTIVITY:**

The student will list a set of personal values. Student will discuss the five major aspects of influence in the formation of self-esteem (major aspects of influence: peer, parent, media, school, self). In small groups, student will practice techniques used in enhancing self esteem.
 - 7.2 **INSTRUCTIONAL MATERIALS USED:**
 - Textbook, *Peer Power*
 - Project H.O.L.D. (Help Overcome Learner Dropout)
 - 7.3 **TEACHER ACTIVITIES:**
 - Lecture/discussion
 - Group demonstrations

INSTRUCTORS SHALL TEACH HONOR AND RESPECT FOR MONOGAMOUS HETEROSEXUAL MARRIAGE. ABSTINENCE SHALL BE EMPHASIZED AND WILL BE PRESENTED AS THE BEST CHOICE UNTIL MARRIAGE. ABSTINENCE SHALL BE TAUGHT AS BEING THE ONLY 100 PERCENT EFFECTIVE PROTECTION AGAINST UNWANTED TEENAGE PREGNANCY AND SEXUALLY TRANSMITTED DISEASES.

Health Continuum Goals and Objectives:

8. (Goal 1.9) The student will be able to Interpret and recognize how the contents of Section 51551 of the California Education Code apply to him/her as a result of instruction in sex education.
 - 8.1 STUDENT ACTIVITY:
Student will listen to presentations by community resource personnel. Student will discuss and be able to list advantages to his or her personal health by delaying sexual intercourse till marriage.
 - 8.2 INSTRUCTIONAL MATERIALS USED:
 - Community resource personnel
 - Audio-visual material from list attached
 - 8.3 TEACHER ACTIVITIES:
 - Lecture/discussion
 - Show audio-visual material from attached list
 - Introduce community resource personnel
9. (Goal 2.8) The student will understand the impact of sexually transmitted diseases on his/her personal health and the health of future generations.
 - 9.1 STUDENT ACTIVITY:
Student will listen to presentation, participate in discussion, view audio-visual material, and participate in cooperative learning.
 - 9.2 INSTRUCTIONAL MATERIALS USED:
 - Community resource personnel
 - Audio-visual material from attached list
 - 9.3 TEACHER ACTIVITIES:
 - Lecture/discussion
 - Introduce community resource personnel
 - Show audio-visual material from attached list
10. (Objective 3.2.3) The student will identify the methods of birth control, including abstinence which will be stressed.
 - 10.1 STUDENT ACTIVITY:
Student will identify types of sexually transmitted diseases, their causes, symptoms, and treatment. Student will discuss the different birth control methods, their use and reliability. The student will discuss the concepts of abstinence, abortion, and adoption. Student will role-play and apply counseling skill in a way that will facilitate the counselee in the decision-making process.
 - 10.2 INSTRUCTIONAL MATERIALS USED:
 - Textbook, *Peer Power*
 - Project H.O.L.D. (Help Overcome Learner Dropout)
 - Community resource personnel
 - 10.3 TEACHER ACTIVITIES:
 - Lecture/discuss
 - Facilitate small groups
 - Assign textbook reading
 - Introduce community resource personnel

- 11. (Objective 3.3.12) The student will review the alternatives available and the choices to be considered (including birth and abortion) when a defect is detected in the human fetus.**

11.1 STUDENT ACTIVITY:

Student will listen to presentation by community resource personnel. Student will participate in discussion and view audio-visual material selected from attached list.

11.2 INSTRUCTIONAL MATERIALS USED:

- Community resource personnel
- Audio-visual material from attached list

11.3 TEACHER ACTIVITIES:

- Lecture/discussion
- Show audio-visual material from attached list
- Introduce community resource personnel

INSTRUCTIONAL MATERIALS

Textbook:

Peer Power: Becoming an Effective Peer Helper

Audio-Visual Materials:

Acid (LSD) (Film MA2425)

Covers the LSD caused death of a boy and how treatments have been successful in curbing substance abuse.

Addictions, compulsions and alternative highs (Film MA2531)

Explores a range of addictions and compulsions, including alcohol, drugs, obesity and gambling. Shows how "highs" can be achieved in positive life-enhancing ways.

AIDS: everything you should know (Video VCA343)

Interweaves discussions of social behavior with scientific facts that answer questions about AIDS.

AIDS: facts and fears, crisis and controversy (Video VCA127)

Presented in four parts, video gives medical facts about the disease. (Released in 1986)

AIDS in your school (Video VCA145)

A clear, straightforward presentation of what AIDS is and how it affects the body's immune system.

AIDS - Learn and Live (Video VCA329) (added May 14, 1991)

Aimed specifically at teens, this video gives a very simple explanation of how the AIDS virus attacks the body. Stresses abstinence.

AIDS - Protect Yourself (Video) (added June 9, 1992)

Presents practical data on AIDS and AIDS prevention, especially for young teens. Good balance of scientific data and life situations having to do with AIDS prevention. Good presentation of resources at the end of video.

AIDS: taking action (Video VCA338)

Presents clear, appropriate education about AIDS and transmission of the virus that causes AIDS. Tells how teens have become actively involved in the education of their peers.

AIDS: What Everyone Needs to Know (video, 2nd revision) (added January 25, 1994)

Furnishes up-to-date information using animation and live action to explain how the HIV virus works. Stresses the absolute necessity of avoiding infection.

AIDS: You've Got To Do Something (Video VCA697) (added June 23, 1993)

Disney program that explains the difference between HIV and AIDS. Shows young people "roll playing" learning ways to say NO. Stresses abstinence.

Answers about AIDS (Video VCA195)

Surgeon General answers questions from teenagers about AIDS. Explains testing and how to protect against AIDS.

Before it's too late (Film MB1019)

Teaches students how to spot suicidal behavior in their friends. Gives some causes, reactions, fears, and finally support processes. Unique in offering preventative measures.

Between You and Me: Learning to Communicate (video) (added July 23, 1991)

Three-part video that deals with the art of communication - speaking and listening.

Breakfast Club

Five high school students from very different backgrounds must serve a Saturday detention. During detention barriers of division and stereotyping fall and a sense of camaraderie develops.

Building Self Confidence (video) (added July 23, 1991)

Video discusses the meaning of confidence and how having self-confidence can make a better, richer life.

Bulimia (Film MA1695)

Examines the dangers of this eating disorder and its effects on victims and their families.

But He Loves Me (video) (added January 25, 1994)

Inexperienced teen meets and is wooed by one of the most popular boys in high school. Riding the crest of new love and sudden popularity as his girlfriend, she overlooks his darker side: jealousy, possessiveness and abusive behavior toward her. Incisive, thought provoking drama about date abuse.

Can A Guy Say No? (Video VCA562) (added June 9, 1992)

Thoughtful examination of adolescent sexuality from the guy's point of view. Encourages teens to consider sex as an intimate emotional experience to be cherished within marriage.

Chastity challenge (Video VCA256)

Presentation by Coleen Kelly Mast teaching chastity from a Biblical perspective.

The Choice (Film MA1070)

Young boy makes a difficult decision in choosing between a new and an old friend.

Date Rape (Video) (Added May 14, 1991)

Video discusses stereotyping of attitudes and behaviors regarding rape - especially from parents and friends. Major theme is respecting the rights and decisions of other people.

Decisions: teen sex and pregnancy (Video VCA324)

Relates the story of three teenage girls and how they handle pregnancy. Shows the problems the mothers face when they have children earlier than planned.

Dieting: the danger point. (Film MA1367)

Examines the physical and psychological dangers of anorexia nervosa and explains how a number of teenagers are willfully starving and overexercising in the pursuit of a slender figure.

Drugs and medicines: what is misuse? (Film MA0563)

Helps students recognize and avoid common misuses of drugs and medicines.

Eating disorders (Video VCA178)

Explains that an eating disorder is not just a "bad habit" -- it is a very real, very dangerous condition, which can result in severe physical and emotional disabilities.

Emotional abuse: how to cope (Film MA2006)

Reveals how emotional abuse can be just as devastating to victims as physical abuse.

Everyone is NOT doing it (Video VCA303)

Teaches abstinence as part of sex education and that sexual freedom includes a right to say "no."

The Fat fighters (Film MA1801)

Eight college girls discuss their struggles to lose weight. Psychological reasons for obesity and how viewing one's self objectively can help in permanent weight control is explained.

Fear of fat: dieting and eating disorders (Video VCA146)

Discusses eating disorders such as anorexia nervosa, bulimia, and compulsive overeating. Also talks about the relationship of these disorders to other psychological problems.

Games people play

Filmstrip explains the fixed social defenses (games) which people use when feeling insecure in social interactions according to Transactional Analysis theory of human behavior.

Great chastity experiment (Video VCA355)

A high school couple find their feelings for each other is focusing on sex. They agree to try chastity for a week. They discover that real closeness involves spending time together, sharing feelings, and building a mutual understanding and respect for one another.

Health: AIDS (laserdisc) (added July 23, 1991)

He's So Fine: Crossing the Line into Sexual Harassment (video) (added January 25, 1994)

Danny and his friends routinely harass girls in the familiar form of teasing based on subtle (and not so subtle) sexual innuendo. Danny falls asleep in class and dreams that the roles of the boys and the girls are reversed. When he wakes up he understands how his behavior has affected the girls.

Letter from Brian (Video VCA159)

A letter from an ex-boyfriend forces a girl and her friends to face the issue of AIDS and its consequences.

Lookin' good (Video VCA262)

A group of students form a peer support group to help themselves cope with the trauma of seeing a friend overdose on drugs. They help other students share their fears and anxieties.

Marijuana (Film MA2201)

Explores in detail the reasons so often given to justify the use of marijuana and other drugs.

Marijuana alert! (Film MA1014)

Discusses harmful effects of marijuana on the heart, lungs, reproductive organs and brain. Suggests those who use marijuana may be making themselves human guinea pigs.

"No" Means "No" (Video VCA520) (added May 14, 1991)
 Dramatizes examples of typical behavior leading to rape and other forms of date abuse. Program stresses the importance of communicating expectations and sexual limits and helps alleviate the fear of being rejected for standing up for personal rights.
 No Second Chance (Video) (added June 9, 1992)
 Offers precise information about effects of AIDS virus. Patients disclose effects of the virus on their bodies. Graphic descriptions of the problems patients have had. Stresses abstinence.
 Not a game: sexually transmitted diseases (Video VCA340)
 Set in an STD Clinic, program focuses on symptoms, causes, treatments and prevention of sexually transmitted diseases.
 Now is the future (Video VCA518)
 Being a teenage expectant mother is not easy - there are many problems. This program makes no value judgements - just lets the audience know that "everybody is NOT doing it!"
 Nutrition and Exercise for the 90's (video) (added July 23, 1991)
 Shows how to make intelligent decisions about over the counter drugs. Explores tricks in advertising and exposes many of the advertising claims.
 Playing the Game (Date Rape) (Video VCA705) (added June 23, 1993)
 Suzanne feels she has been raped - Mark thinks she wanted sex but was "playing the game." Brings up the connection between alcohol and "date rape."
 Private victories (Video VCA263)
 Four dramatic episodes that encourage students to develop the inner strength to accept the consequences of their actions, and to value themselves enough to decide against using drugs.
 Sex respect - The option of true sexual freedom (Video VCA347)
 Introduction to the philosophy and need for chastity education from a public health perspective.
 The Sexual puzzle (Film MA2527)
 Helps young people look at intimacy and how it is rooted in caring values, responsible actions, and healthy self-esteem.
 Sexually Transmitted Diseases (video) (added January 25, 1994)
 Explains what STD's are, rate of spread, common STD's, how they are contracted, how to prevent contracting them, symptoms, serious effects, testing process, treatments, use of condoms, and importance of communication. Stresses abstinence.
 The Story of Eric (Video VCA439)
 A very sensitive portrayal of a young girl experiencing pregnancy and delivery without traditional support. Depicts actual delivery using the Lamaze method.
 Straight at ya (Video VCA269)
 Drug prevention program explores the myths and realities of peer pressure, discusses dealing with problems, and focuses on how drugs affect someone's image or reputation among friends.
 The Subject is: HIV (Video VCA581) (added June 9, 1992)
 Video discusses ways to prevent the spread of HIV. Importance of communication in relationships. Stresses abstinence. Condoms are discussed as disease prevention method.
 Substance abuse (Video VCA179)
 Program demonstrates to teens that drugs and alcohol are not the solution to their problems. Those addicted to drugs and alcohol lead a lonely and painful existence.
 Teen Awareness: Sexual Harassment - What is it? (Video VCA706) (added June 23, 1993)
 Gives several situations with students that help explain what sexual harassment is. Good discussion ideas.
 Teen father (Video VCA342)
 Encourages viewers to look at the complex issue of teen parenthood from the young father's point of view.
 Teenage Mothers: Beyond the Baby Shower (video VCA440) (added May 14, 1991)
 Video encourages young people to make thoughtful, informed decisions regarding their sexual activity. Profiles three young women as they cope with the realities of being a teenage parent.

Teenage pregnancy: no easy answers (Film MB1005)

A 15-year old girl learns she is pregnant and must choose between abortion, adoption, single parenting, or marriage. Decision will be made using criteria mentioned in film.

Teenage suicide (Video VCA180)

Brings the issue of teenage suicide out in the open by going straight to the source, the teenagers themselves. Discusses what brought the teenagers to the point of suicide.

The Teenage years: STDs and sexual responsibilities (Video VCA325)

Experts respond to questions students have about sexually transmitted diseases, specifically AIDS.

Teens and AIDS: Risky Business (video) (added January 25, 1994)

Dramatic segment depicts the shock and disbelief among four friends when one of them is discovered to be HIV positive, and the impact on their lives. Second segment engages the young actors in upfront discussions with other teens, including one struggling with AIDS.

A Time to tell - teen sexual abuse (Film MB1038)

Two storylines focus on rape and incest as teenagers, in a peer support group, talk about difficult experiences they have had.

Wasted (Video VCA326)

Discusses substance abuse. Includes interviews with young drug abuse victims.

Why did Gloria die? (Film MA2396)

Traces the life of a Chippewa Indian woman who dies of hepatitis at age 27. Discusses the painful adjustment from living on the Indian reservation to urban life.