

# Social Emotional Learning Intervention Modules



These topical interventions each have between 2 and 8 hours of student activity time - depending on delivery methodology. These can be assigned as one-off intervention modules or incorporated into other courses via course customization.

## COMMUNITY & RELATIONSHIPS



- Diversity and Inclusion
- Impact & Contribute to Your Community
- Building Compassion & Empathy for Others
- Building Healthy Friendships & Relationships with Healthy Communication
- Bullying and Cyberbullying
- Dealing with Divorce & Separation
- Dealing with Rejection
- Learn to Date Yourself
- Overcoming Peer Pressure & Bad Memories
- Talking to Parents & Guardians, Adults & Peers: Communication Skills
- The Importance of Mentorship

## MAKING POSITIVE DECISIONS & ACTIONS



- Cultural Implications within Family & Learned Behavior
- How to Return Successfully to School
- Impulsive Decision-Making to Successful Decision-Making
- Primary and Secondary Impacts of Behavior
- Suspension and Expulsion
- Swearing and Degrading Words
- Truancy
- Turn Your Life Around & Start Again

## EMOTION REGULATION & SELF-MANAGEMENT



- Adrenaline and Aggression
- Anger and Temper Management
- Anxiety
- Coping & Strategies When Loved Ones Are Incarcerated
- Coping with Grief, Loss & Shame
- Death of a Loved One
- Depression
- Hope with Teen Pregnancy
- Hopelessness, Sad Feelings & Irrational Thinking
- Learned Helplessness
- Mood and Behavior Management
- Resiliency, Elasticity & Coping Strategies

## PERSONAL DEVELOPMENT AND FULFILLMENT



- Accepting and Taking Responsibility
- Getting to Know Your Identity & Self
- How to Write Life-Changing Goals for Your Future
- Identify My Needs & Limits
- It's Not Black & White: Becoming a Dynamic Leader
- It's OK If You're Different
- Live by Character, Integrity, Principles, Values & Purpose
- Self-Motivate and Create Ambition & Curiosity
- Self-Esteem & Self-Worth: How to Be Proud & Love Yourself
- Vision of Self
- Dress and Groom for Success
- Focus & Refocus
- Learning Refusal Skills & How to Say "NO"
- Managing Stress & Emotions
- Meditation & Keeping Calm
- Restorative Practices
- Use Your Voice: Speak Out & Don't Stay Silent
- Walking Through Forgiveness

## SUBSTANCE ABUSE & SAFETY



- Avoiding Exploitation (Human Trafficking)
- Digital Citizenship and Safety
- Gangs, Guns and Fighting
- Self-Harm & Staying Safe
- Sexual Abuse & Sexual Pressure
- Suicide Prevention and Education
- Using Social Media the Right Way
- An Introduction to Substance Abuse
- Drugs and Relationships
- Drugs and the Body and Mind
- Living Drug Free & Overcoming Drugs
- Stimulants & Depressants (Including Alcohol)
- Substance Abuse
- Vaping & JUULing