

8th grade TAA Activity
Social Demands of High School
30 minutes

Georgia Teachers-As-Advisors Framework**Goal 6-3.1 Develop habits that facilitate physical and mental health and wellness**

a. Name or identify health lifestyles habits

Goal 6-3.2 Develop positive, highly-developed interpersonal skills

b. Know the benefits of interacting with others in a way that is honest, fair, helpful and respectful

d. Show ways to respect and work cooperatively and collaboratively with others.

e. Rehearse effective conflict-management skills.

Objective: Students will be more socially prepared for the transition to high school.

Materials: Skit scenarios for each group

Activity:

1. *Say:* Good morning, welcome to advisement. I hope your 8th grade year is going well. Another year is almost gone and you are moving closer and closer to your immediate goal of moving to your next step, high school. Today we are going to talk about the social demands you might encounter at the high school. High school will be different. *Ask:* How do you think high school will be different? *List the student responses on the board or flip chart.*
2. *Say:* We are going to do some role playing to learn more about some of the situations you might encounter. I would like for you to count off by 4s.
3. *When students are in their groups, distribute the scenario and allow them about 10-12 minutes to prepare a short skit to perform to the others.*
4. Allow students to perform their skits, discussing them as you go. *Ask:* What did you learn from this skit? Would you have done the skit differently? If so, how? Have you ever been in this situation before? Would you be willing to share your experience?

A. Dress Code/Self-Image/Body Language – In the skit, describe the importance of looking your best, eating right, diet and exercise, getting enough sleep, and the importance of feeling good about yourself and the way you present yourself. Use knowledge you have learned in your health class.

B. Peer Pressure/Relationships – In the skit, represent the pressure and relationship issues in a friend/friend and/or a boyfriend/girlfriend situation --- issues might include drinking and drugs, flirtatious pressures, cheating, pressures when making the best choices.

C. Tolerance/Conflict Management – In the skit, demonstrate the concept of tolerating others and how to handle any situation that appears to getting out of hand with another student or students. You should show taking the information or situation to a counselor, teacher, administrator, or a parent before trying to handle the situation on their own.

D. Self-Advocacy/Self-Esteem – In the skit, demonstrate sticking up for other students, coming to their defense when necessary, having the confidence or self-esteem to be independent and to make the choices that are best for them.

5. *Say:* High school will be different! However, just being aware of some of the issues that you might face will help you make better decisions. I know all of you will be great young adults and will enjoy your high school years! It is important to make friends and stay involved. Find a club, organization or athletic events that interest you, then participate! I will see you the next time we meet and you have a GREAT day! Stay safe and if you need me, you know where to find me!