

Higher Visions For Education



Relationships: Communication, Boundaries, Safety Quarter One- 2017

8/30- Introductions and Overview: (HVE and CC students), get to know each other activities, class purpose, expectations and needed materials, weekly routine explained, campus expectations, orientation of Worner Center, overview upcoming year of activities, HVE student input on what they hope to learn this year.

9/6- Healthy Friendships and DAwG Presentation: Best Buddies presentation by CC Student Group DAwG- “Disability Awareness Group.”
Materials (adapted for young adults) from Terri Couwenhoven’s book to include: Social skills for developing and maintaining friendships; managing feelings; responses to pressure situations.

9/13- Healthy Relationships: Activities and materials from Terri Couwenhoven’s book: *Boyfriends and Girlfriends*: What is a date; what is a crush; communication; activities to do together.

9/20- Personal Safety and Boundaries: Safety and awareness, assertiveness and basic self-defense techniques, role play/practice, guest presentation: CC campus safety officer.

9/27- James Stanfield Special Education Video Series: *People Smart 1- Friendship Skills*: How to meet people; How to turn an acquaintance into a friend; How to deepen a friendship.

10/4- James Stanfield Video Series: *People Smart 1- Friendship Skills*: Continued

10/11- Review: First quarter content/activities, “**Conversation Buddies**” with CC Students: practicing social and conversational and listening skills with friends and new acquaintances, topic starters and making plans for next week’s social activity.

10/18- Pizza Party: Celebrate and practice with CC students during regular class time practicing conversational skills, review of first quarter topics, HVE students share their highlights of the first quarter- “what I liked best, something new I learned, what else I would like to learn.”

****Quarter 2 Health and Wellness: Nutrition and Fitness begins 10/25**