

CALM

Unit 1- Notes Document

Taking notes and reflecting on what you are reading and viewing is a main component of this course. The Notes Document, which can be downloaded at the beginning of each unit's *Notes (Watch & Reflect)* section, will guide you through the note-taking process. To keep your notes organized:

- Create a Notebook folder in a place of your choice (cloud, desktop, USB, other).
- Save the unit Notes document in your Notebook folder at the beginning of each unit.
- Keep the Notes document open while you work through each unit and save after each entry.

Note that each page of the Notes document is titled. These titles reference the lesson titles in your course content.

NOTES

In watching Nick Vujicic's speech, you can see how he reflected on the positive and negative experiences he has had in his life and how he used a positive outlook to shape his identity. Now, take a few minutes and reflect on who you are.

- a. What is important to me?
- b. What do I like about myself?
- c. What qualities make me unique?
- d. Who is important to me?
- e. Who supports me?
- f. What qualities do I value in others?
- g. What am I passionate about?
- h. What does success mean to me?

NOTES

1. Who influences your sense of “cool”?
2. How does this influence your identity?

NOTES

To what extent do you think a person's Facebook page accurately represents his/her true identity?

NOTES

Skim this article that shares what teens said about social media, privacy, and online identity. From your experience, do you agree or disagree with what they said? Why or why not?

NOTES

Mousa Mosawy has created programs to bring first aid kits into Iraqi homes, and support in schools for students who are visually impaired. His rap called "Paradise Lost" asks people to look beyond physical appearances to see we are all human.

What is your reaction to his opinions?

NOTES

In this video, a number of teens discuss their relationships with their families. What do you have in common with these teens? How is your experience different? What do you think?

NOTES

In this TEDxTeen video, Mteto Maphoyi talks about his youth growing up in South Africa. How do you think Mteto's family shaped the choices he made in life?

NOTES

Are you or someone you know going through divorce or family separation? This website has a lot of valuable information to help with the change. As you are reading through the information, think about what changes would have the greatest impact on you right now and what strategies your family might use to make the changes easier.

NOTES

As you read this article from Seventeen, think about how your friends have influenced decisions in your life. Can you think of a time when you changed your mind about something based on a friend's influence? Was it a good choice or a bad choice?

NOTES

As you watch the video, think about bullying you have witnessed or been a part of in school. How can you be part of the solution in stopping bullying from happening?

NOTES

After watching this video, were you surprised by the association with bullying and suicide? How does this impact what you thought about bullying? If you have been bullied, did you find this message encouraging?

NOTES

This article shares information on how to break up with your partner respectfully. Do you think that it is okay to break up with someone by text message or on Facebook? Why or why not?

NOTES

This [Canadian Living](#) article provides tips for identifying toxic relationships and how to get out of them. To which suggestion could you relate most strongly? Why?

NOTES

In this video, you see two real students discussing their relationship. What qualities of a positive dating relationship did recognize?

NOTES

In this clip from Modern Family, we see two examples of homosexual relationships. Do you think that shows like Modern Family help to make it easier for gay and lesbian couples to be accepted in mainstream society?

NOTES

In this short film, Identity, a student sees her school from a new perspective. What truth did she find?

NOTES

Malcolm London is a young slam poet who captures school life. Do you agree that schools are a training ground for life? What kind of life are you being trained for?

NOTES

The Red Cross shares this short report on hazing (another word for "initiation"). How is hazing harmful in the present and the future?

NOTES

*This response **MUST** be shared as your first **Connect** discussion post. Look for it under the "Connect" dropdown menu found on the navigation toolbar.

Part A: Reflection on To this Day video

1. *How do you feel about what you saw and heard?*
2. *What does the phrase "They were wrong" mean to you in your life?*
3. *How has this video affected your view of relationships?*

Part B: Reflection on our relationships

1. *How do you influence others? Provide examples.*
2. *How do others influence you? Provide examples.*