

# LIFE SKILLS

SELF DISCIPLINE  
GOOD JUDGEMENT

RESPONSIBILITY  
RESPECT FOR OTHERS

## THE STARFISH

As the old man walked the beach at dawn, he noticed a young man ahead of him picking up starfish and flinging them into the sea. Finally catching up with the youth, he asked him why he was doing this. The answer was that the stranded starfish would die if left until the morning sun.

“But the beach goes on for miles and there are millions of starfish.” Countered the old man. “How can your effort make any difference?”

The young man looked at the starfish in his hand and then threw it to the safety of the waves. “It makes a difference to this one.” He said.

AUTHOR UNKNOWN

Life Skills is a proactive guidance/health curriculum that was first implemented at North Hampton School the fall of 1988. The curriculum is based on the SAU #21 Health and Guidance Standards. This program is based on the premise that the family is the primary educator in the area of Life Skills. The goal of the Life Skills Program in North Hampton is to give students up to date facts and information in the area of life skills that enables our adolescents to make educated, healthy, safe choices and decisions so that our students will lead happy productive lives.

The Life Skills Program encourages students to ABSTAIN from risky behavior that is unsafe, unhealthy, and hurtful to self and/or others. As the poem at the top of this sheet states, in a positive way, if one child is impacted the program is a success. The program emphasizes POSTPONEMENT of adult activities.

Students are continually encouraged and reminded to talk to their parents and family, to respect and understand their family’s physical, emotional, spiritual beliefs and values.

## MAJOR TOPICS COVERED

Advocating  
Relationships  
Values and Feelings  
Stress Management  
Conflict Resolution

Drug Awareness  
Disease Prevention  
Human Growth and Development  
Physical and Personal Safety  
Internet Safety

**COMMUNICATION:** This occurs through a variety of mediums.

School Blog

Grade level newsletters, overviews and blogs

Friday packets

Parent evenings

Teacher/parent dialogue

The students do an outstanding job responding to the curriculum. So I'd like to share some of their thoughts with you.

Following are some student responses on the student's end of the year reflections.

**(Typed as written by sixth grade students)**

- This year in Life Skills that main things I learned is how to take care of myself and thick up for others. I think life skills is really important because it teaches you lessons that could save your life.
- That responsibilities can be hard and confusing, but these life skills can help you.
- I have learned a lot of self confidence in 6<sup>th</sup> grade lifeskills, and the most important message I have learned from it is that I am my own person, and I make my own decisions! I have learned to be confident, and I am very thankful I did.
- We are responsible for keeping ourselves healthy. It's the only body we get!
- I make my own decisions and nobody else can persuade me or tell me to do something I don't want to.
- Advocating. There were so many important things in life skills this year, but advocating will keep me safe in more ways then anything. By telling an adult that I trust, it will make the situation better.
- How to keep safe from many things, Including drugs and the internet. Life skills has also taught me to make better choices.
- To make right decisions and be responsible for my actions.
- That everything the we were taught had to do with life. A lot of things we need to show in life are taught here in life skills.
- That you should always try your hardest to stay safe, don't be afraid to help others, and that no matter what anybody says your perfect the way you are.
- Everyone has lots of the same questions & problems & that lifeskills is a place were everyone can learn the answers to questions & get to know each other & new things.
- Don 't let yourself be bullied and stay safe. If someone wants you to do something you don't want to, don't do it. I am glad that I will be able to live my life!
- You can be put into so many different situations and I know now how to deal with them. You are your own person and you can't let anyone control you.
- To not let your feelings bottle up inside of you, and never be afraid to advocate, and talk to other people about things. Also, even though they're best friends, doesn't mean they'll never try to get you to do something you don't want to.
- To Protect myself. If there's a problem, I need to get out of there, and advocate for others. Without life skills, I wouldn't be as safe because I wouldn't know the dangers.
- Life changes fast and sometimes new and possibly weird things might happen but you always need to remember it's your life and you have to make your own choices so you can stay safe.

**Please feel free to contact me any time with questions, ideas, etc. I enjoy talking about the program with folks.**