

# In The Mix

## Educators

Input  
and  
Ideas

411

911

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Health & Fitness Lesson Plans  
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## Lesson Plans and Discussion Guides

### ALCOHOL:

- **["Targets" Lesson Plan](#)**  
For grades 7-12. Students learn to interpret alcohol advertising messages and understand the realities of alcohol use.

### ARTS:

- **["Arts Education...A+ " Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video. Requires [Adobe Acrobat Reader](#).
- **["Find Your Voice" Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video. Requires [Adobe Acrobat Reader](#).  
[Download an audio clip](#) of founder Gail Noppe-Brandon talking about the program.
- **["Self-Expression, Self-Esteem...Around The World" Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video. Requires [Adobe Acrobat Reader](#).

### COLLEGE:

- **["College: A Crash Course" Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video.

### COMPUTERS:

- **["Computers: Get Plugged In!" Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video.

### DATING VIOLENCE:

- **["Abusive Relationships: Get Help, Get Out" Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video.
- **["Twisted Love: Dating Violence Exposed" Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video.
- **["A Twisted Love Poem" Lesson Plan](#)**

For grades 9-12. The PBS **In the Mix** video "Twisted Love: Dating Violence Exposed" or Internet research serves as a prelude to the reading of a poem about dating violence. Students engage in a discussion about the meaning of the poem, then compose an essay about their interpretation and reactions to it.

- **["Dating Violence Detectives" Lesson Plan](#)**  
For grades 9-12. Students research and discuss key concepts of dating violence, then design and publish a web site for other teens to find information on the topic.
- **["Dating Violence Awareness Campaign" Lesson Plan](#)**  
For grades 7-12. Students complete a crossword puzzle of dating violence facts by finding answers online, then use the information to plan a schoolwide dating violence information campaign.

#### **DEATH, DYING, AND BEREAVEMENT:**

- **["Dealing With Death" Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video.
- **["9-11: Looking Back...Moving Forward" Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video.
- **["Opening Your Heart To A Grieving Teen" Article and Activity](#)**  
For grades 6-12. Suggestions for educators and parents on helping teens mourn, with guidelines for a journal-keeping activity.
- **["Living With...\(Serious Illness\)" Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video. This file requires the free [Adobe Acrobat Reader](#).
- **["Living With Change" Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video. This guide also includes materials for "Get The News?" and "Dealing With Differences," with profiles of teens featured in the program, activities that promote research and reflection, and suggestions for helping students develop media literacy, coping, and decision-making skills. This file requires the free [Adobe Acrobat Reader](#).

#### **DEPRESSION, MENTAL HEALTH, AND SUICIDE:**

- **["Depression: On The Edge" Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video.
- **["9-11: Looking Back...Moving Forward" Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video.
- **["What Is Depression?" Lesson Plan](#)**  
For grades 9-12. Students will examine teenage depression: what is it all about, how it feels, and ways to deal with it.
- **["Suicide Prevention" Lesson Plan](#)**  
For grades 7-12. Students will explore important facts about suicide prevention, including warning signs, high-risk groups, myths and facts, and ways to help a friend.
- **["Living With...\(Serious Illness\)" Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video. This file requires the free [Adobe Acrobat Reader](#).
- **["Living With Change" Program Discussion Guide](#)**  
For grades 7-12. A companion to the **In the Mix** video. This guide also includes materials for "Get The News?" and "Dealing With Differences," with profiles of teens featured in the program, activities that promote research and reflection, and suggestions for helping students develop media literacy, coping, and decision-

making skills. This file requires the free [Adobe Acrobat Reader](#).

- ["Self-Expression, Self-Esteem...Around The World" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video. Requires [Adobe Acrobat Reader](#).
- ["Bridging The Years...Teens & Seniors Mix It Up" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video. Requires [Adobe Acrobat Reader](#).

#### **DIVERSITY:**

- ["Native American Teens: Who We Are" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.
- ["Bridging The Years...Teens & Seniors Mix It Up" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video. Requires [Adobe Acrobat Reader](#).

#### **DRUG ABUSE:**

- ["Drug Abuse: Altered States" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.
- ["Ecstasy" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.
- ["Steroids: The Hard Truth" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.
- ["The Drug Dope Show" Lesson Plan](#)  
For grades 9-12. Students work in teams to explore drug types, peer pressure, addiction, recovery, and effects of drug abuse.
- ["Drugonyms" Lesson Plan](#)  
For grades 7-9. Students work in teams to create acronyms for drugs according to their characteristics, classifications, and effects.
- ["Drug Abuse Brochure" Lesson Plan](#)  
For grades 7-12. Students complete a crossword puzzle of drug abuse facts by finding answers online, then use the information to plan an informational brochure to be distributed to all students in school.

#### **ETHICS:**

- ["Ethics: Cheating and Plagiarism" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video. This file requires the free [Adobe Acrobat Reader](#).

#### **FAMILY:**

- ["Divorce and Stepfamilies: Breaking Apart, Coming Together " Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.

#### **FINANCIAL LITERACY:**

- ["Financial Literacy: On The Money!" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.

## **GUN VIOLENCE:**

- ["Gun Violence: Live By The Gun, Die By The Gun" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.

## **MEDIA LITERACY:**

- ["Media Literacy: TV - What You Don't See!" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.
- ["Get The News?" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video. This guide also includes materials for "Living With Change" and "Dealing With Differences," with profiles of teens featured in the program, activities that promote research and reflection, and suggestions for helping students develop media literacy, coping, and decision-making skills. This file requires the free [Adobe Acrobat Reader](#).

## **NUTRITION AND FITNESS:**

- ["Fit For Life...Eat Smart & Exercise" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video. This file requires the free [Adobe Acrobat Reader](#).

## **SCHOOL:**

- ["Student Power!: Organizing For School Reform" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.
- ["The Way We See It" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.

## **SCHOOL VIOLENCE, CONFLICT RESOLUTION, AND ANGER MANAGEMENT:**

- ["Stop Bullying...Take A Stand!" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video. This file requires the free [Adobe Acrobat Reader](#).
- ["School Violence: Answers From The Inside" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.
- ["A Primer On Peer Mediation" Lesson Plan](#)  
For grades 9-12. This lesson introduces students to the core concepts of peer mediation. If Peer Mediation is an ongoing program at your school, this lesson can show teens how it works and encourage them to train to become mediators. If Peer Mediation is new to your school, this lesson can be the jumping-off point to initiating a training program.
- ["Cliques, Friendship Groups, Or Boxes?" Lesson Plan](#)  
For grades 9-12. This lesson helps students explore the social "boxes" that they place themselves in or are put in by others, and focus on how they judge one another. This can also serve as a training session for students who wish to be Big Brothers and Sisters to incoming freshmen, or student facilitators of Human Relations groups.
- ["Managing Anger" Lesson Plan](#)  
For grades 9-12. This lesson plan is designed to teach anger management and conflict resolution through the "I-Message" communication technique and other group activities.
- ["Cliques: Behind The Labels" Online Lesson Plan](#)  
For grades 7-12. Students will view video clips and explore questions on social cliques, identity, gender roles, and other related concepts.

## SELF-IMAGE:

- ["Self Image: The Fantasy, The Reality" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.
- ["Exploring Media Messages" Lesson Plan](#)  
For grades 7-12. This lesson helps young girls explore how advertising and the media plays an important role in how they view their own self-image.
- ["Hearing Between The Lines" Lesson Plan](#)  
For grades 7-12. Students will listen to and read lyrics from popular songs that explore themes of self-esteem, body image, and eating disorders, then participate in discussion and a writing exercise.
- ["Cliques: Behind The Labels" Online Lesson Plan](#)  
For grades 7-12. Students will view video clips and explore questions on social cliques, identity, gender roles, and other related concepts.

## SEPTEMBER 11:

- ["9-11: Looking Back...Moving Forward" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.
- ["The New Normal" Series Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** videos. This guide includes materials for "Living With Change," "Get The News?" and "Dealing With Differences," with profiles of teens featured in the program, activities that promote research and reflection, and suggestions for helping students develop media literacy, coping, and decision-making skills. This file requires the free [Adobe Acrobat Reader](#).

## SEX:

- ["Smart Choices About Sex" Lesson Plan](#)  
For grades 9-12. Students will explore peer pressure as it relates to sex and their decision whether to yield to such pressure.
- ["That's My Line" Lesson Plan](#)  
For grades 9-12. This lesson is a fun, creative, and practical way to help students identify situations and practice refusal skills when it comes to issues dealing with sexuality.

## SMOKING:

- ["Smoking: The Truth Unfiltered" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.
- ["Soccer: Kickin' Butts!" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.
- ["Best Birthday Present Ever" Lesson Plan](#)  
For grades 7-9. Students will gather basic facts about tobacco addiction and advertising, then use them to compose a letter to someone they love, asking them to kick the habit.
- ["Smoking Prevention Campaign" Lesson Plan](#)  
For grades 7-12. Students complete a crossword puzzle of smoking facts by finding answers online, then use the information to plan a schoolwide smoking information campaign.

## SPORTS:

- ["Sports: Get In The Game!" Program Discussion Guide](#)

For grades 7-12. A companion to the **In the Mix** video.

- ["Soccer: Kickin' Butts!" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.
- ["You Be The Coach" Lesson Plan](#)  
For grades 7-12. Students investigate the coaching of their favorite sport through research, live or video viewing, and in-person interviews, then "coach" the rest of the class on the sport's essential skills. The lesson culminates in a discussion of why sports activity should be an important part of teens' lives.
- ["Sports Screeners" Lesson Plan](#)  
For grades 7-12. Designed to be used in a classroom or youth group setting, this activity heightens youth's awareness of physical activity and sports in the movies and on television, while also encouraging to become critical movie and TV viewers.

#### **TEEN IMMIGRANTS:**

- ["Teen Immigrants: Five American Stories" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.
- ["9-11: Looking Back...Moving Forward" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video.
- ["Dealing With Differences" Program Discussion Guide](#)  
For grades 7-12. A companion to the **In the Mix** video. This guide also includes materials for "Get The News?" and "Living With Change," with profiles of teens featured in the program, activities that promote research and reflection, and suggestions for helping students develop media literacy, coping, and decision-making skills. This file requires the free [Adobe Acrobat Reader](#).