

Life Skills Curriculum for Junior Secondary School Students

Secondary 1 to Secondary 3

Area: Social Development

Categories	Students are able to
<i>Communication Skills</i>	☺ Express myself clearly in English.
	☺ Express my feelings.
	☺ Express myself in Putonghua.
	☺ Express myself with confidence.
	☺ Express my opinions appropriately.
	☺ Express myself by body language such as eye and gesture.
<i>Respect and Accepting Others</i>	☺ Respect what my classmates think.
	☺ Stand in others' shoes, and consider the feelings of my classmates.
	☺ Cooperate and accomplish games with classmates.
	☺ Listen to classmates' opinions patiently.
	☺ Get along genuinely with my classmates.
	☺ Listen to classmates' feelings with patience.
<i>Family Relationship and Responsibility</i>	☺ Be concerned about my family, and help them actively.
	☺ Communicate with my family by effective means.
	☺ Manage any problem in family relationships calmly.
	☺ Talk freely with my family members.
	☺ Use appropriate ways to express my feelings to my family.
	☺ Stand in others' shoes and consider the feelings of my family.
<i>Boys and Girls Relationship</i>	☺ Establish a friendship with the opposite sex.
	☺ Recognize the difference between friendship and romance.
	☺ Understand how to get along with the opposite sex.
	☺ Stand in others' shoes and consider the feelings of the opposite sex.
	☺ Express my feelings and opinions to the opposite sex.
	☺ Listen to the feelings of the opposite sex.

Categories	Students are able to
<i>Conflict Management</i>	<ul style="list-style-type: none"> ☺ Anticipate possible conflicts among the classmates before it is too late. ☺ Solve any misunderstanding among my classmates so as to avoid conflict. ☺ React appropriately to the circumstances when facing conflict. ☺ Manage problems in social relationship when facing conflict. ☺ Keep a positive attitude when facing conflict. ☺ Positively search for reconciliation when in conflict with classmates.
<i>Coping with Bullying</i>	<ul style="list-style-type: none"> ☺ Tell the teachers actively when I know a classmate is being bullied. ☺ Express my feelings with courage when my classmates are being bullied. ☺ Keep calm to solve the problem when I am being bullied. ☺ Face the problem optimistically when I am being bullied. ☺ Step in to help classmates when they are being bullied. ☺ Have the courage to express my feelings and opinions when I am bullied by classmates.
<i>Leadership Skills</i>	<ul style="list-style-type: none"> ☺ Lead my classmates to discuss together. ☺ Be capable of organizing and planning activities. ☺ Call on and encourage other classmates to join activities. ☺ Manage any conflicts generated when leading an activity. ☺ Allocate the work appropriately to group members when leading an activity. ☺ Lead group members to accomplish the team goals when participating in activities.
<i>Avoiding Drugs, Drinking and Smoking</i>	<ul style="list-style-type: none"> ☺ Resist taking drugs. ☺ Resist smoking. ☺ Resist overindulging in playing computer games. ☺ Be aware of the influence of smoking on myself, my friends and my family. ☺ Be aware of the influence of drug abuse on myself, my friends and my family. ☺ Be aware of the influence of spending too much time in playing computer games on myself, my friends and my family.