



# OTPF LifeSkills Training: Middle School Year 3 (8th/9th) Facilitator Fidelity Checklist

SESSION	DATE COMPLETED TIME TO COMPLETE (MIN)	TOPICS/ACTIVITIES COVERED	CURRICULUM ATTAINMENT
Session 2: Making Decisions	Date Completed □□ / □□ / □□ Minutes □□□	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Review the 3 C's of Effective Decision Making. <input type="checkbox"/> Putting the 3 C's into Practice (WS4) <input type="checkbox"/> Decision Making Practice <input type="checkbox"/> Session Summary	How closely did you keep to the curriculum as written for this lesson? <input type="checkbox"/> Not at all close <input type="checkbox"/> Somewhat close <input type="checkbox"/> Pretty close <input type="checkbox"/> Exactly
Session 3: Media Influences	Date Completed □□ / □□ / □□ Minutes □□□	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Looking at Media Influences (WS5) <input type="checkbox"/> Resisting Media Influences (WS6) <input type="checkbox"/> Session Summary	How closely did you keep to the curriculum as written for this lesson? <input type="checkbox"/> Not at all close <input type="checkbox"/> Somewhat close <input type="checkbox"/> Pretty close <input type="checkbox"/> Exactly
Session 4: Coping with Anxiety	Date Completed □□ / □□ / □□ Minutes □□□	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Anxiety Self Assessment (WS7) <input type="checkbox"/> Review & Practice Relaxation Techniques 1-5 <input type="checkbox"/> Action Plans for Improving My Ability to Cope with Anxiety (WS8) <input type="checkbox"/> Session Summary	How closely did you keep to the curriculum as written for this lesson? <input type="checkbox"/> Not at all close <input type="checkbox"/> Somewhat close <input type="checkbox"/> Pretty close <input type="checkbox"/> Exactly
Session 5: Coping with Anger	Date Completed □□ / □□ / □□ Minutes □□□	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> That Makes Me Mad (WS9) <input type="checkbox"/> Reframe These Pictures (WS10) <input type="checkbox"/> Session Summary	How closely did you keep to the curriculum as written for this lesson? <input type="checkbox"/> Not at all close <input type="checkbox"/> Somewhat close <input type="checkbox"/> Pretty close <input type="checkbox"/> Exactly
Session 6: Social Skills	Date Completed □□ / □□ / □□ Minutes □□□	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Rating My Social Skills (WS11) <input type="checkbox"/> Demonstrate & Practice Greeting <input type="checkbox"/> Review Tips for Starting Conversations <input type="checkbox"/> Review Tips for Keeping Conversation Going <input type="checkbox"/> Review Tips for Ending Conversation <input type="checkbox"/> Review Tips for Deep Conversations <input type="checkbox"/> Demonstrate & Practice Social Skills <input type="checkbox"/> Practicing Social Skills (WS12) <input type="checkbox"/> Session Summary	How closely did you keep to the curriculum as written for this lesson? <input type="checkbox"/> Not at all close <input type="checkbox"/> Somewhat close <input type="checkbox"/> Pretty close <input type="checkbox"/> Exactly
Session 7: Assertiveness	Date Completed □□ / □□ / □□ Minutes □□□	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Review & Demonstrate Saying NO <input type="checkbox"/> Saying "NO" (WS13) <input type="checkbox"/> Review & Demonstrate Requests & Rights <input type="checkbox"/> Making Requests & Asserting Rights (WS14) <input type="checkbox"/> Review & Demonstrate Expressing Feelings <input type="checkbox"/> Expressing My Feelings (WS15) <input type="checkbox"/> Review & Demonstrate Non-Verbal Assertiveness Skills <input type="checkbox"/> Review & Demonstrate Practice Situations <input type="checkbox"/> Session Summary	How closely did you keep to the curriculum as written for this lesson? <input type="checkbox"/> Not at all close <input type="checkbox"/> Somewhat close <input type="checkbox"/> Pretty close <input type="checkbox"/> Exactly

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SESSION	DATE COMPLETED TIME TO COMPLETE (MIN)	TOPICS/ACTIVITIES COVERED	CURRICULUM ATTAINMENT
Session 8: Resolving Conflicts	Date Completed <input type="text"/> / <input type="text"/> / <input type="text"/> Minutes <input type="text"/> : <input type="text"/>	<input type="checkbox"/> Yes <input type="checkbox"/> No <i>Conflict Styles (WS16)</i> <i>Practicing Saying "No" (WS17)</i> <i>What Would You Do? (WS18)</i> Session Summary	How closely did you keep to the curriculum as written for this lesson? <input type="checkbox"/> Not at all close <input type="checkbox"/> Somewhat close <input type="checkbox"/> Pretty close <input type="checkbox"/> Exactly
Session 9: Resisting Peer Pressure	Date Completed <input type="text"/> / <input type="text"/> / <input type="text"/> Minutes <input type="text"/> : <input type="text"/>	<input type="checkbox"/> Yes <input type="checkbox"/> No <i>More Ways to Say "NO" (WS19)</i> <i>Action Plans for Resisting Peer Pressure (WS20)</i> Session Summary	How closely did you keep to the curriculum as written for this lesson? <input type="checkbox"/> Not at all close <input type="checkbox"/> Somewhat close <input type="checkbox"/> Pretty close <input type="checkbox"/> Exactly

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