



Teacher Guide – Teen Module 4

Social Problem Solving

Overview for Teachers: In this lesson students will learn to recognize social problems and tips for solving them effectively and will practice recognizing and shifting their thoughts in order to help solve social problems. Students will learn and practice different ways of understanding and solving social problems, which include information on perspective taking. Students will practice pausing to brainstorm a range of solutions to problems and evaluate consequences to choose the most effective solution. This module includes a lesson on assertiveness and advocacy and promotes students’ consideration of their social problems both interpersonally and as they exist within society at large.

Introduction for Students: *Today’s lesson focuses on solving problems with other people. You’ll learn to recognize how shifting your thoughts can help you to solve social problems. You’ll also learn other tips for solving social problems, including pausing to brainstorm a range of solutions, considering the consequences, and ways you can be assertive in your daily life. Please watch these videos and complete the following worksheets.*

Videos and Worksheets

Videos	Worksheets
Social Problem Solving Part 1: Introduction and Steps	<ul style="list-style-type: none"> Steps for Social Problem Solving
Social Problem Solving Part 2: Using the Cognitive Triangle	<ul style="list-style-type: none"> Triangle Practice
Social Problem Solving Part 3: Assertiveness and Advocacy	<ul style="list-style-type: none"> Assertiveness and Advocacy Reflection

The Child Mind Institute is an independent, national nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers to support children when and where they need it most. Together with our supporters, we’re helping children reach their full potential in school and in life. We do not accept any funding from the pharmaceutical industry. Learn more at childmind.org.