

Too Good for Violence – Social Perspectives

Grade 6 Revised Edition

Correlated with Arkansas Physical Education and Health Curriculum Framework, Revised 2011

Lesson 1: *My Road Ahead* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify and apply the goal-naming criteria
- Identify and apply goal-setting steps to a personal goal
- Name someone to support him or her in working toward the goal

Standard 11: Personal Health and Safety:

HW.11.6.3

Identify the benefits of safe behavior and the consequences of risky behavior (e.g., using seatbelts, avoiding drugs, abstaining from sexual activity)

Lesson 2: *Who's in the Driver's Seat?* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Define consequence
- Distinguish decisions with minor consequences from those with major consequences
- List the steps of the decision-making model
- Explain the importance of stopping to think about possible consequences before making major decisions
- Evaluate possible consequences of major decisions

Standard 11: Personal Health and Safety:

HW.11.6.3

Identify the benefits of safe behavior and the consequences of risky behavior (e.g., using seatbelts, avoiding drugs, abstaining from sexual activity)

Lesson 3: *Diagnostic Tune-Up* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Recognize the physical signals associated with specific emotions
- Identify intense emotions
- Name a variety of emotions
- List positive ways to manage emotions
- Discuss the importance of managing emotions to prevent them from intensifying and leading to inappropriate actions

Standard 9: Healthy Life Skills and Relationships:

HW.9.6.2

Describe how communication can affect the behavior of family life and peers: dynamic changes, communication, enhancers, sibling rivalry, family pride, bullying

Standard 11: Personal Health and Safety:

HW.11.7.1

Examine skills necessary to manage mental and emotional health: defense mechanisms, self-talk, coping skills, stress management

Lesson 4: *Express Yourself* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of communication, both verbal and non-verbal
- Recognize how tone of voice, facial expressions, and body language can affect meaning
- Distinguish among assertive, aggressive, and passive communication styles

Standard 9: Healthy Life Skills and Relationships:

HW.9.6.2

Describe how communication can affect the behavior of family life and peers: dynamic changes, communication, enhancers, sibling rivalry, family pride, bullying

Standard 11: Personal Health and Safety:

HW.11.6.1

Develop strategies and skills to demonstrate respect for others: conflict resolution, bullying (Refer to local school/district Student Handbook)

HW.11.6.3

Identify the benefits of safe behavior and the consequences of risky behavior (e.g., using seatbelts, avoiding drugs, abstaining from sexual activity)

Lesson 5: *Peer Review* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Define peer pressure
 - Identify nine effective peer-pressure refusal strategies
 - Demonstrate effective peer-pressure refusal techniques in a variety of situations
 - Evaluate assertiveness in peer-pressure refusal demonstrations
 - Identify the benefits of associating with peers who make positive decisions
 - Name ways to influence others positively

Standard 9: Healthy Life Skills and Relationships:

HW.9.6.2

Describe how communication can affect the behavior of family life and peers: dynamic changes, communication, enhancers, sibling rivalry, family pride, bullying

HW.9.6.3

Examine refusal skills and the importance of setting limits

Standard 10: Alcohol, Tobacco, and Other Drugs:

HW.10.6.10

Demonstrate ways to resist peer pressure (e.g., role play, skits)

Lesson 6: *Confidence in Progress* – Respect for Self & Others

Objectives

Following this lesson, the student will be able to:

- Define self-confidence
- Identify personal strengths and weaknesses and their effects on sense of self
- Describe the link between thoughts, emotions, and behavior
- Recognize the positive effects of self-respect on attitudes, behaviors, and relationships
- Demonstrate the ability to think positively in difficult situations

Standard 9: Healthy Life Skills and Relationships:

HW.9.6.2

Describe how communication can affect the behavior of family life and peers: dynamic changes, communication, enhancers, sibling rivalry, family pride, bullying

Standard 11: Personal Health and Safety:

HW.11.6.1

Develop strategies and skills to demonstrate respect for others: conflict resolution, bullying (Refer to local school/district Student Handbook)

Lesson 7: *A Peaceful Approach* – Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Define conflict
- Distinguish cooperation from competition in conflict resolution
- Identify the emotions associated with conflict
- Identify healthy and unhealthy approaches to conflict
- Identify the probable effects of competition and cooperation in the resolution of a conflict
- Demonstrate constructive conflict resolution skills

Standard 9: Healthy Life Skills and Relationships:

HW.9.6.2

Describe how communication can affect the behavior of family life and peers: dynamic changes, communication, enhancers, sibling rivalry, family pride, bullying

Standard 11: Personal Health and Safety:

HW.11.6.1

Develop strategies and skills to demonstrate respect for others: conflict resolution, bullying (Refer to local school/district Student Handbook)

Lesson 8: *Keep Your Cool* – Anger Management

Objectives

Following this lesson, the student will be able to:

- Distinguish the degrees of anger intensity
- Identify physical indicators of anger
- Distinguish healthy and unhealthy ways to manage anger
- Distinguish actions that escalate and de-escalate conflicts
- Apply strategies to de-escalate a conflict

Standard 9: Healthy Life Skills and Relationships:

HW.9.6.2

Describe how communication can affect the behavior of family life and peers: dynamic changes, communication, enhancers, sibling rivalry, family pride, bullying

Standard 11: Personal Health and Safety:

HW.11.6.1

Develop strategies and skills to demonstrate respect for others: conflict resolution, bullying (Refer to local school/district Student Handbook)

Lesson 9: *What to Say* – Identifying & Managing Bullying Situations

Objectives

Following this lesson, the student will be able to:

- Define bullying behavior
- Identify the three types of participants in a bullying situation
- Distinguish snitching and reporting
- Explain why it is important to report a bullying situation
- Demonstrate healthy ways for targets and witnesses to respond to bullying behavior
- Identify several reasons some people bully
- Demonstrate healthy alternatives for bullying behavior

Standard 9: Healthy Life Skills and Relationships:

HW.9.6.2

Describe how communication can affect the behavior of family life and peers: dynamic changes, communication, enhancers, sibling rivalry, family pride, bullying

HW.9.6.3

Examine refusal skills and the importance of setting limits

Standard 11: Personal Health and Safety:

HW.11.6.1

Develop strategies and skills to demonstrate respect for others: conflict resolution, bullying (Refer to local school/district Student Handbook)

HW.11.6.12

Identify individuals and other sources to help and report abuse (e.g., counselor, teacher, resource officer)

Standard 10: Alcohol, Tobacco, and Other Drugs:

HW.10.6.10

Demonstrate ways to resist peer pressure (e.g., role play, skits)

Lesson 10: *That's Entertainment?* – Media Violence

Objectives

Following this lesson, the student will be able to:

- Define violence
- Describe the consequences of real-life violence on the victim, aggressor, and witness
- Identify the negative influences of media presentations of violence
- Apply critical thinking and media literacy skills to interpret depictions of violence in the media
- Demonstrate a knowledge and understanding of concepts and skills learned in lessons 1-10

Standard 8: Community Health and Promotion:

HW.8.6.3

Determine the validity of media advertisements that promote good health (e.g., body image, food choices, exercise habits, personal grooming products)

Standard 9: Healthy Life Skills and Relationships:

HW.9.6.2

Describe how communication can affect the behavior of family life and peers: dynamic changes, communication, enhancers, sibling rivalry, family pride, bullying

HW.9.6.3

Examine refusal skills and the importance of setting limits

Standard 11: Personal Health and Safety:

HW.11.6.1

Develop strategies and skills to demonstrate respect for others: conflict resolution, bullying (Refer to local school/district Student Handbook)