

Too Good for Violence – Social Perspectives

Grade 7 Revised Edition

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

Lesson 1: *Set to Win* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and apply the criteria for naming a personal goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify available resources for support and assistance in working towards a goal

Strand: Health and Wellness

Standard 11: Personal Health and Safety

HW.11.7.3

Discuss the benefits of safe behavior and the consequences of risky behavior (e.g., seatbelts, sexual activity, teen pregnancy, drugs, alcohol, types of abuse, dietary supplements)

Lesson 2: *The Decision is Yours* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Identify and apply the four steps in the decision-making model
- Define consequences and differentiate between positive and negative consequences
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes

Strand: Health and Wellness

Standard 11: Personal Health and Safety:

HW.11.7.3

Discuss the benefits of safe behavior and the consequences of risky behavior (e.g., seatbelts, sexual activity, teen pregnancy, drugs, alcohol, types of abuse, dietary supplements)

Lesson 3: *Understanding Me* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Identify stressors that trigger emotions
- Recognize how emotions influence decisions
- Identify emotions and signs of stress
- Demonstrate healthy strategies to manage emotions and stress
- Identify and manage the emotions of others

Strand: Health and Wellness

Standard 9: Healthy Life Skills and Relationships:

HW.9.7.2

Develop solution skills for conflict: avoidance, resolutions, confrontation

Strand: Health and Wellness

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: *Say It With Style* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of effective communication, both verbal and non-verbal
- Recognize how tone of voice, facial expressions, and body language can affect meaning
- Demonstrate assertive speaking and active listening techniques

Strand: Health and Wellness

Standard 9: Healthy Life Skills and Relationships:

HW.9.7.2

Develop solution skills for conflict: avoidance, resolutions, confrontation

Strand: Health and Wellness

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 5: *The Right Connection* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Differentiate peer pressure and peer influence
- Identify the benefits of positive peer influence
- Articulate the benefits of associating with pro-social others
- Differentiate healthy friend qualities and unhealthy friend qualities
- Identify various peer pressure refusal strategies and the peer pressure situations to which they apply

Strand: Health and Wellness

Standard 9: Healthy Life Skills and Relationships:

HW.9.7.2

Develop solution skills for conflict: avoidance, resolutions, confrontation

HW.9.7.3

Model refusal skills that may be used when pressured to exhibit inappropriate behavior (e.g., role-play, skits, written scenarios)

Lesson 6: *Celebrating Differences*- Respect for Self & Others

Objectives

Following this lesson, the student will be able to:

- Define respect
- Identify personal strengths and their effects on sense of self
- Explain the link between thoughts, emotions, and behavior
- Explain how individual differences among people can be beneficial
- Describe the positive effects of respect on attitudes, behaviors, and relationships
- Demonstrate the ability to think positively when faced with a difficult situation

Strand: Health and Wellness

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 7: *Meeting Point* – Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Define conflict
- Demonstrate the ability to listen respectfully to different points of view
- Recognize conflict as an opportunity to learn about oneself and others
- Demonstrate the effective use of cooperation as an approach to conflict resolution
- Differentiate healthy and unhealthy approaches to resolving a conflict
- Compare the potential consequences of handling conflict in healthy and unhealthy ways

Strand: Health and Wellness

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 8: *Anger Outlet* – Anger Management

Objectives

Following this lesson, the student will be able to:

- Differentiate healthy and unhealthy ways of managing anger
- Identify healthy, effective anger management techniques
- Describe the role of personal responsibility in a peaceful response to anger-provoking situations
- Demonstrate how to reframe self-talk to reduce anger and promote calm
- Apply strategies to de-escalate a conflict
- Distinguish the actions that escalate and de-escalate conflicts

Strand: Health and Wellness

Standard 9: Healthy Life Skills and Relationships:

HW.9.7.2

Develop solution skills for conflict: avoidance, resolutions, confrontation

HW.9.7.3

Model refusal skills that may be used when pressured to exhibit inappropriate behavior (e.g., role-play, skits, written scenarios)

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 9: *Home Base* – Identifying and 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 motivations for bully behavior
- Demonstrate healthy alternatives to bullying behavior

Strand: Health and Wellness

Standard 9: Healthy Life Skills and Relationships:

HW.9.7.2

Develop solution skills for conflict: avoidance, resolutions, confrontation

HW.9.7.3

Model refusal skills that may be used when pressured to exhibit inappropriate behavior (e.g., role-play, skits, written scenarios)

Lesson 10: *Site Survey* – Peer Violence

Objectives

Following this lesson, the student will be able to:

- Define violence
- List behaviors that can escalate a conflict into violence
- Identify warning signs for violence
- List the consequences of violence for the aggressor, target, and witness
- Demonstrate a knowledge and understanding of concepts and skills learned in lessons 1-10

Strand: Health and Wellness

Standard 9: Healthy Life Skills and Relationships:

HW.9.7.2

Develop solution skills for conflict: avoidance, resolutions, confrontation

HW.9.7.3

Model refusal skills that may be used when pressured to exhibit inappropriate behavior (e.g., role-play, skits, written scenarios)

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

HW.11.7.3

Discuss the benefits of safe behavior and the consequences of risky behavior (e.g., seatbelts, sexual activity, teen pregnancy, drugs, alcohol, types of abuse, dietary supplements)