

Too Good for Violence – Social Perspectives High School Revised Edition

Correlated with Arkansas Health Education Standards

Lesson One: *Graduation Day* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Identify and apply the steps for setting and reaching a personal goal
- Identify and apply the criteria for naming a reachable goal
- Apply knowledge of aptitudes and interests to goal setting
- Recognize and manage obstacles that can interfere with reaching a goal

Strand: Healthy Life Skills and Relationships

Standard 4: Students shall demonstrate the ability to use skills to enhance relationships and promote wellness.

HLSR.4.HW.2 Evaluate positive and negative effects of various relationships on all aspects of health

Lesson Two: *Who's in Charge Here?* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Demonstrate the ability to apply the steps in the Decision-Making Model
- Predict the consequences of decisions on self and others
- Recognize personal responsibility for the outcomes of decisions
- Use decision-making and problem-solving skills to reach a desirable outcome
- Examine the effects of influence on decision-making

Strand: Healthy Life Skills and Relationships

Standard 4: Students shall demonstrate the ability to use skills to enhance relationships and promote wellness.

HLSR.4.HW.4 Apply a variety of strategies and/or skills to demonstrate respect for and responsibility to self and others

HLSR.4.HW.5 Apply a decision making process to various life situations

Lesson Three: *Feelings 101* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Demonstrate strategies to identify and manage emotions
- Discern the emotions of others
- Demonstrate the ability to perspective take in a variety of situations
- Demonstrate ways to communicate care, consideration, and respect for self and others
- Analyze how emotions and self-awareness influence decision making
- Relate managing emotions to success in life

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HLSR.4.HW.5 Apply a decision making process to various life situations

Lesson Four: *Say What You Mean. Mean What You Say* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Demonstrate active listening techniques to build and maintain healthy relationships
- Recognize the role of verbal and nonverbal communication in conveying meaning and understanding
- Differentiate assertive, passive, and aggressive communication styles
- Demonstrate assertive communication techniques
- Use effective communication skills in asking for help and advocating needs
- Apply effective communication skills to collaborative efforts

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HLSR.4.HW.5 Apply a decision making process to various life situations

Lesson Five: *The Ties that Bind* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Identify characteristics of healthy and unhealthy relationships
- Develop social-awareness and interpersonal skills to maintain positive relationships
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group
- Manage one's emotions in relationships to positively influence and inspire others

Strand: Healthy Life Skills and Relationships

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HLSR.4.HW.1 Identify healthy and unhealthy behaviors in relationships

HLSR.4.HW.2 Evaluate positive and negative effects of various relationships on all aspects of health

HLSR.4.HW.4 Apply a variety of strategies and/or skills to demonstrate respect for and responsibility to self and others

HLSR.4.HW.5 Apply a decision making process to various life situations

HLSR.4.HW.8 Utilize effective coping strategies and other refusal skills

Lesson Six: *Many Rivers to Cross* – Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

- Define respect
- Appreciate differences in preference, point of view, opinion, value, and experience of others
- Identify the effect of self-respect on decisions and relationships
- Identify specific examples of demonstrating respect to others
- Differentiate commanding and demanding respect
- Determine how to promote respect in different situations

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HLSR.4.HW.8 Utilize effective coping strategies and other refusal skills

Lesson Seven: *The Resolution Solution* – Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Differentiate between conflict and violence
- Determine behaviors that escalate a conflict
- Identify healthy approaches to conflict resolution
- Demonstrate effective conflict resolution skills

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Strand: Personal Health and Safety

Standard 6: Students shall examine health-enhancing behaviors to avoid or reduce health risks.

PHS.6.HW.7 Identify physical, emotional, and legal consequences of abusive and risky situations

PHS.6.HW.8 Determine safe and unsafe situations at home, at school, and in the community

Lesson Eight: *Maximizing Life, Minimizing Stress* – Stress Management

Objectives

Following this lesson, the student will be able to:

- Identify common stressors including change, difficult situations, internal conflict, and external conflict
- Identify physical, emotional, and health-related signs and symptoms of stress
- Discuss the role of self-control and personal responsibility in managing the emotions related to stress
- Evaluate and apply effective strategies for coping with stress

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HLSR.4.HW.5 Apply a decision making process to various life situations

HLSR.4.HW.8 Utilize effective coping strategies and other refusal skills

Strand: Personal Health and Safety

Standard 6: Students shall examine health-enhancing behaviors to avoid or reduce health risks.

PHS.6.HW.8 Determine safe and unsafe situations at home, at school, and in the community

Lesson Nine: #Comaptibility – Healthy Teen Dating

Objectives

Following this lesson, the student will be able to:

- Identify characteristics of healthy and unhealthy dating relationships
- Define teen dating abuse
- Demonstrate ways to bond with pro-social partners to build and maintain healthy dating relationships
- Demonstrate ways to avoid unhealthy dating relationships
- Establish standards and characteristics of healthy personal relationships
- Evaluate and manage the potential risks when unhealthy characteristics are present in a dating relationship

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Lesson Ten: *Finding Perspective* – Social Media Awareness/Course Review

Objectives

Following this lesson, the student will be able to:

- Analyze online content to detect embellishment or other enhanced portrayals
- Identify the benefits and stressors associated with online activity
- Identify the influence of peer acceptance via social media on decision making
- Apply the decision-making model to mitigate the influence of social media activity
- Demonstrate knowledge and understanding of social-emotional skills learned in lessons 1-10

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