

Too Good for Violence – Social Perspectives

Grade 6 Revised Edition

Correlated with Georgia Performance Standards for Health Education, 2009

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

HE6.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

- a. Assess personal health practices and decide whether or not they are healthy.
- b. Choose a goal to adopt a personal health practice.
- c. Develop a plan to achieve a personal health practice.

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

HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- a. Compare how healthy behaviors and risk practices impact personal health.
- g. Identify the benefits of practicing healthy behaviors.
- h. Describe the consequences of engaging in unhealthy behaviors.

HE6.5: Students will demonstrate the ability to use decision-making skills to enhance health.

- a. List some reasons that one may use to make an unhealthy choice.
- b. Decide whether a health-related situation may require a carefully considered decision-making process.
- c. Distinguish whether decisions should be made by the individual or if help should be sought.
- d. Choose between healthy and unhealthy alternatives to health-related problems.
- e. Study the potential short-term impact of each alternative on self and others.
- f. Decide which alternatives are healthy when making a decision.
- g. Predict the outcomes of a health-related decision.

HE6.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

- a. Assess personal health practices and decide whether or not they are healthy.
- b. Choose a goal to adopt a personal health practice.

HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- a. Identify the importance of being responsible for health behaviors.
- b. Demonstrate healthy behaviors that will maintain or improve the health of self and others.
- c. Describe practices to avoid or reduce health risks to self and others.

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

HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- a. Compare how healthy behaviors and risk practices impact personal health.
- b. Identify the interrelationships of emotional and social health in adolescence.
- c. Examine how one's surroundings impact health and wellness.
- g. Identify the benefits of practicing healthy behaviors.
- h. Describe the consequences of engaging in unhealthy behaviors.

HE6.5: Students will demonstrate the ability to use decision-making skills to enhance health.

- a. List some reasons that one may use to make an unhealthy choice.
- b. Decide whether a health-related situation may require a carefully considered decision-making process.
- f. Decide which alternatives are healthy when making a decision.
- g. Predict the outcomes of a health-related decision.

HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- a. Identify the importance of being responsible for health behaviors.
- b. Demonstrate healthy behaviors that will maintain or improve the health of self and others.
- c. Describe practices to avoid or reduce health risks to self and others.

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

HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- a. Compare how healthy behaviors and risk practices impact personal health.
- b. Identify the interrelationships of emotional and social health in adolescence.
- c. Examine how one's surroundings impact health and wellness.
- g. Identify the benefits of practicing healthy behaviors.
- h. Describe the consequences of engaging in unhealthy behaviors.

HE6.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- a. Recognize effective verbal and nonverbal communication skills to enhance health.
- b. Identify refusal and negotiation skills that avoid or reduce health risks.
- c. Examine effective conflict management or resolution strategies.

HE6.5: Students will demonstrate the ability to use decision-making skills to enhance health.

- a. List some reasons that one may use to make an unhealthy choice.
- b. Decide whether a health-related situation may require a carefully considered decision-making process.
- c. Distinguish whether decisions should be made by the individual or if help should be sought.
- e. Study the potential short-term impact of each alternative on self and others.
- f. Decide which alternatives are healthy when making a decision.
- g. Predict the outcomes of a health-related decision.

HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- a. Identify the importance of being responsible for health behaviors.
- b. Demonstrate healthy behaviors that will maintain or improve the health of self and others.
- c. Describe practices to avoid or reduce health risks to self and others.

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

HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- a. Compare how healthy behaviors and risk practices impact personal health.
- c. Examine how one's surroundings impact health and wellness.
- g. Identify the benefits of practicing healthy behaviors.
- h. Describe the consequences of engaging in unhealthy behaviors.

HE6.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- c. Explain how peers influence healthy behaviors.

- h. List the influence of personal values on health practices.
- i. Identify how some health choices influence unhealthy behaviors.

HE6.5: Students will demonstrate the ability to use decision-making skills to enhance health.

- a. List some reasons that one may use to make an unhealthy choice.
- d. Choose between healthy and unhealthy alternatives to health-related problems.
- e. Study the potential short-term impact of each alternative on self and others.

HE6.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

- a. Assess personal health practices and decide whether or not they are healthy.
- b. Choose a goal to adopt a personal health practice.
- c. Develop a plan to achieve a personal health practice.
- d. Explain how personal health goals can vary with changing priorities.

HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- a. Identify the importance of being responsible for health behaviors.
- b. Demonstrate healthy behaviors that will maintain or improve the health of self and others.
- c. Describe practices to avoid or reduce health risks to self and others.

HE6.8: Students will demonstrate the ability to advocate for personal, family, and community health.

- b. Demonstrate how to support others in positive choices regarding their health.

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

HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- b. Identify the interrelationships of emotional and social health in adolescence.
- c. Examine how one's surroundings impact health and wellness.

HE6.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- c. Explain how peers influence healthy behaviors.

HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- a. Identify the importance of being responsible for health behaviors.
- b. Demonstrate healthy behaviors that will maintain or improve the health of self and others.
- c. Describe practices to avoid or reduce health risks to self and others.

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

HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- d. Compare how healthy behaviors and risk practices impact personal health.
- h. Identify the benefits of practicing healthy behaviors.
- h. Describe the consequences of engaging in unhealthy behaviors.

HE6.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- a. Recognize effective verbal and nonverbal communication skills to enhance health.
- b. Identify refusal and negotiation skills that avoid or reduce health risks.
- c. Examine effective conflict management or resolution strategies.

HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- a. Identify the importance of being responsible for health behaviors.
- b. Demonstrate healthy behaviors that will maintain or improve the health of self and others.
- c. Describe practices to avoid or reduce health risks to self and others.

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

HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- a. Compare how healthy behaviors and risk practices impact personal health.
- b. Identify the interrelationships of emotional and social health in adolescence.
- g. Identify the benefits of practicing healthy behaviors.
- h. Describe the consequences of engaging in unhealthy behaviors.

HE6.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- a. Recognize effective verbal and nonverbal communication skills to enhance health.
- b. Identify refusal and negotiation skills that avoid or reduce health risks.
- c. Examine effective conflict management or resolution strategies.

HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- a. Identify the importance of being responsible for health behaviors.
- b. Demonstrate healthy behaviors that will maintain or improve the health of self and others.
- c. Describe practices to avoid or reduce health risks to self and others.

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

HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- a. Compare how healthy behaviors and risk practices impact personal health.
- b. Identify the interrelationships of emotional and social health in adolescence.
- g. Identify the benefits of practicing healthy behaviors.
- h. Describe the consequences of engaging in unhealthy behaviors.

HE6.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- a. Recognize effective verbal and nonverbal communication skills to enhance health.
- b. Identify refusal and negotiation skills that avoid or reduce health risks.
- c. Examine effective conflict management or resolution strategies.

HE6.5: Students will demonstrate the ability to use decision-making skills to enhance health.

- a. List some reasons that one may use to make an unhealthy choice.
- c. Distinguish whether decisions should be made by the individual or if help should be sought.
- d. Choose between healthy and unhealthy alternatives to health-related problems.
- e. Study the potential short-term impact of each alternative on self and others.

HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- a. Identify the importance of being responsible for health behaviors.
- b. Demonstrate healthy behaviors that will maintain or improve the health of self and others.
- c. Describe practices to avoid or reduce health risks to self and others.

HE6.8: Students will demonstrate the ability to advocate for personal, family, and community health.

- b. Demonstrate how to support others in positive choices regarding their health.

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

HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- e. Compare how healthy behaviors and risk practices impact personal health.
- d. Examine how one's surroundings impact health and wellness.
- i. Identify the benefits of practicing healthy behaviors.
- h. Describe the consequences of engaging in unhealthy behaviors.

HE6.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- c. Explain how peers influence healthy behaviors.
- e. Illustrate how media messages influence health behaviors.
- h. List the influence of personal values on health practices.
- i. Identify how some health choices influence unhealthy behaviors.

HE6.5: Students will demonstrate the ability to use decision-making skills to enhance health.

- a. List some reasons that one may use to make an unhealthy choice.
- d. Choose between healthy and unhealthy alternatives to health-related problems.
- e. Study the potential short-term impact of each alternative on self and others.

HE6.6: Students will demonstrate the ability to use goal-setting skills to enhance health.

- a. Assess personal health practices and decide whether or not they are healthy.
- b. Choose a goal to adopt a personal health practice.
- c. Develop a plan to achieve a personal health practice.
- d. Explain how personal health goals can vary with changing priorities.

HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- a. Identify the importance of being responsible for health behaviors.
- b. Demonstrate healthy behaviors that will maintain or improve the health of self and others.
- c. Describe practices to avoid or reduce health risks to self and others.

HE6.8: Students will demonstrate the ability to advocate for personal, family, and community health.

- b. Demonstrate how to support others in positive choices regarding their health.