

# Too Good for Violence – Social Perspectives

## Grade 3 Revised Edition

Correlated with Idaho Content Standards Health Education, 2010

### **3.1 Program Designer – Goal Setting**

#### **Objectives**

Following this lesson, the student will be able to:

- Define a goal
- Identify steps to setting and reaching goals
- Name a personal goal
- Describe personal progress toward a goal

#### **Standard 1: Comprehend Core Concepts**

**Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.**

3-5.H.1.1.1. Describe the relationship between healthy behaviors and personal health.

#### **Standard 6: Goal Setting**

**Goal 1.1 Students will demonstrate the ability to use goal-setting skills to enhance health.**

3-5.H.6.1.1 Set a personal health goal and track progress toward its achievement.

3-5.H.6.1.2 Identify resources to assist in achieving a personal health goal.

### **3.2 Consider the Consequences – Decision Making**

#### **Objectives**

Following this lesson, the student will be able to:

- Identify the steps of the decision-making model
- Generate alternative solutions and evaluate their consequences for a range of academic and social situations
- Determine when decisions should be made alone or with the help of a trusted adult
- Discuss decisions and consequences

#### **Standard 1: Comprehend Core Concepts**

**Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.**

3-5.H.1.1.1. Describe the relationship between healthy behaviors and personal health.

#### **Standard 5: Decision Making**

**Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.**

3-5.H.5.1.1 Identify health-related situations that might require a thoughtful decision.

3-5.H.5.1.2 Analyze when assistance is needed when making a health-related decision.

3-5.H.5.1.3 List healthy options to health related issues or problems.

3-5.H.5.1.4 Predict the potential outcomes of each option when making a health-related decision.

3-5.H.5.1.5 Choose a healthy option when making a decision.

3-5.H.5.1.6 Describe the outcomes of a health related decisions.

#### **Standard 7: Practice Healthy Behavior**

**Goal 1.1. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

3-5.H.7.1.1 Identify responsible personal health behaviors.

3-5.H.7.1.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

3-5.H.7.1.3 Demonstrate a variety of behaviors that avoid or reduce health risks.

### 3.3 - Identifying and Managing Emotions

#### Objectives

Following this lesson, the student will be able to:

- Name a variety of emotions
- Demonstrate an awareness of one's own physical signals associated with specific emotions
- Describe a range of emotions and the situations that cause them
- Recognizing the emotions of others by observing facial expressions and body language
- Demonstrate using an I-message and other healthy ways to express emotions

#### Standard 1: Comprehend Core Concepts

**Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.**

3-5.H.1.1.2 Identify examples of emotional, intellectual, physical, and social health.

#### Standard 7: Practice Healthy Behavior

**Goal 1.1. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

3-5.H.7.1.1 Identify responsible personal health behaviors.

3-5.H.7.1.2 Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.

### 3.4 *Listening Program Active* - Effective Communication

#### Objectives

Following this lesson, the student will be able to:

- Differentiate effective and ineffective listening skills
- Demonstrate active listening: look, lean in, ask
- Discuss active listening as a way to show caring and respect
- Use listening skills to identify the feelings and perspectives of others
- Demonstrate effective speaking skills

#### Standard 4: Interpersonal Communication

**Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

3-5.H.4.1.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.

3-5.H.4.1.4 Demonstrate how to ask for assistance to enhance personal health.

### 3.5 *Human Interface* – Bonding & Relationships

#### Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Identify examples of pro-social behaviors
- Describe approaches for making and keeping friends
- Demonstrate ways to begin, continue, and end a conversation

#### Standard 1: Comprehend Core Concepts

**Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.**

3-5.H.1.1.2 Identify examples of emotional, intellectual, physical, and social health.

## **Standard 2: Analyzing Influences**

**Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.**

3-5.H.2.1.3 Identify how peers can influence healthy and unhealthy behaviors.

## **3.6 Respect Matters – Respect for Self and Others**

### **Objectives**

Following this lesson, the students will be able to:

- Define respect
- Identify examples of respect for self, others, and property
- Demonstrate the ability to be respectful in different situations
- Discuss the role of respecting differences and communication on connecting with others

## **Standard 1: Comprehend Core Concepts**

**Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.**

3-5.H.1.1.1. Describe the relationship between healthy behaviors and personal health.

3-5.H.1.1.2 Identify examples of emotional, intellectual, physical, and social health.

## **Standard 4: Interpersonal Communication**

**Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

3-5.H.4.1.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.

## **3.7 Tuning Frequencies – Conflict Resolution**

### **Objectives**

Following this lesson, the student will be able to:

- Define peace and conflict
- Discuss conflict as a normal and natural part of being human
- Discuss the role of understanding other points of view in resolving a conflict
- Recognize his or her capacity to learn and use skills for managing conflict
- Demonstrate nonviolent strategies to manage conflict

## **Standard 2: Analyzing Influences**

**Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.**

3-5.H.2.1.1 Describe how the family influences personal health practices and behaviors.

3-5.H.2.1.2 Identify the influences of culture on health practices and behaviors.

3-5.H.2.1.3 Identify how peers can influence healthy and unhealthy behaviors.

3-5.H.2.1.4 Describe how the school and community can support personal health practices and behaviors.

## **Standard 5: Decision Making**

**Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.**

3-5.H.5.1.1 Identify health-related situations that might require a thoughtful decision.

3-5.H.5.1.4 Predict the potential outcomes of each option when making a health-related decision.

3-5.H.5.1.5 Choose a healthy option when making a decision.

3-5.H.5.1.6 Describe the outcomes of a health related decisions.

## **3.8 Reset Function- Anger Management**

### **Objectives**

Following this lesson, the student will be able to:

- Describe the physical sensations of anger as warning signs of conflict
- Identify thoughts and events that can trigger angry responses
- Identify physical signals that indicate the presence and degree of angry feelings
- Differentiate angry feelings and aggressive actions
- Demonstrate ways to use self-control to manage angry feelings

### **Standard 1: Comprehend Core Concepts**

**Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.**

3-5.H.1.1.2 Identify examples of emotional, intellectual, physical, and social health.

### **Standard 4: Interpersonal Communication**

**Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

3-5.H.4.1.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.

3-5.H.4.1.3 Demonstrate nonviolent strategies to manage or resolve conflict.

## **3.9 Short Circuit - Identifying and Managing Bullying Situations**

### **Objectives**

Following this lesson, the students will be able to:

- Differentiate bullying behavior and conflict
- Define bully, target, and witness
- Identify ways the target or the witness can respond to a bullying situation

### **Standard 1: Comprehend Core Concepts**

**Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.**

3-5.H.1.1.1. Describe the relationship between healthy behaviors and personal health.

3-5.H.1.1.2 Identify examples of emotional, intellectual, physical, and social health.

### **Standard 4: Interpersonal Communication**

**Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

3-5.H.4.1.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.

3-5.H.4.1.2 Demonstrate refusal skills that avoid or reduce health risks.

3-5.H.4.1.3 Demonstrate nonviolent strategies to manage or resolve conflict.

3-5.H.4.1.4 Demonstrate how to ask for assistance to enhance personal health.

## **3.10 Advanced Programming – Problem Solving**

### **Objectives**

Following this lesson, the student will be able to:

- Define and demonstrate brainstorming in a cooperative group
- Recognize his or her capacity to learn and use skills for problem solving
- Identify a variety of solutions when working to solve a problem
- Demonstrate working together to stimulate creative problem solving
- Recall and practice the skills taught in lessons 1-10

### **Standard 1: Comprehend Core Concepts**

**Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development and Family Life; and Environmental Health.**

3-5.H.1.1.2 Identify examples of emotional, intellectual, physical, and social health.

### **Standard 2: Analyzing Influences**

**Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.**

3-5.H.2.1.4 Describe how the school and community can support personal health practices and behaviors.

### **Standard 4: Interpersonal Communication**

**Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

3-5.H.4.1.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.

3-5.H.4.1.2 Demonstrate refusal skills that avoid or reduce health risks.

3-5.H.4.1.3 Demonstrate nonviolent strategies to manage or resolve conflict.

3-5.H.4.1.4 Demonstrate how to ask for assistance to enhance personal health.

### **Standard 5: Decision Making**

**Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.**

3-5.H.5.1.1 Identify health-related situations that might require a thoughtful decision.

3-5.H.5.1.4 Predict the potential outcomes of each option when making a health-related decision.

3-5.H.5.1.5 Choose a healthy option when making a decision.

3-5.H.5.1.6 Describe the outcomes of a health related decisions.

### **Standard 8: Advocacy**

**Goal 1.1. Students will demonstrate the ability to advocate for personal, family, and community health.**

3-5.H.8.1.2 Encourage others to make positive health choices.