

Too Good for Violence – Social Perspectives

Grade 5 Revised Edition

Correlated with Idaho Content Standards
Health Education, 2010

Lesson 1: *Preparing for Take Off* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify the steps in the Goal-Setting model
- Identify and apply the Goal-Naming criteria
- Name a short-term personal goal using the Goal-Naming criteria

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.

Lesson 2: *Rocket Science* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Define consequence
- List the steps of the decision-making model
- Identify a variety of options to any given decision
- Demonstrate the ability to choose healthy options when making a decision

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.

Lesson 3: *Systems Check* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name four basic emotions: happy, sad, angry, and scared and their variations
- Recognize the physical signals associated with particular emotions
- Identify the relationship between feelings and behavior
- Differentiate healthy and unhealthy ways to manage 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.

Lesson 4: *This is Your Captain Speaking* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define communication
- Identify the elements of communication, both verbal and nonverbal
- Differentiate assertive, aggressive, and passive speaking styles
- Identify active listening 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.

Lesson 5: *My Flight Crew* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Understand how to be compassionate and empathetic toward others
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

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.

Lesson 6: *Initiate Launch* – Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

- Recognize the positive effects of self-respect on attitudes, behaviors, and relationships
- Demonstrate the ability to maintain perspective in different situations
- Discuss the effect of negative self-talk on feelings and actions
- Discuss the effect of positive self-talk on feelings and actions
- Discuss the role of cooperation, 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.

Lesson 7: *Smooth Landing* – 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 the healthy and unhealthy approaches to conflict
- Demonstrate constructive conflict resolution skills
- Apply appropriate, effective conflict resolution approaches

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.

Lesson 8: *Initiate Countdown* – Anger Management

Objectives

Following this lesson, the student will be able to:

- Differentiate escalation and de-escalation as related to conflict
- List words and actions that escalate conflict
- List words and actions that de-escalate conflict
- Identify physical indicators of anger
- Distinguish healthy and unhealthy ways to manage anger
- Distinguish actions that escalate and de-escalate conflicts
- Apply anger management skills in decision making during anger- provoking situations
- Apply strategies to de-escalate a conflict

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.

Lesson 9: *Shields Up* – Identifying and Managing Bullying Situations

Objectives

Following this lesson, the student will be able to:

- Define bully, target, and witness
- List strategies for bullies, targets and witnesses to use to prevent or reduce bullying
- Identify the three types of participants in a bullying situation
- Differentiate 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
- Understand that bullying is different from conflict
- Recognize and identify different types of bullying behaviors

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.

Lesson 10: *Flight Academy* – Being a Positive Role Model

Objectives

Following this lesson, the student will be able to:

- Define role model
- Identify the qualities of a positive role model
- Name ways to influence others positively
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes
- Recognize how student role models can positively impact school climate
- Recall and practice the skills taught in Too Good for Violence – Social Perspectives lessons 1-9

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.