

Too Good for Violence – Social Perspectives

Grade 8 Revised Edition

Correlated with Middle School Health Education Kentucky Core Academic Standards

Lesson 1: *The Architect* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify and apply the criteria for naming a reachable personal goal
- Name a personal goal using the goal-setting model
- Recognize and manage potential obstacles that can get in the way of reaching a goal

Big Idea: Personal Wellness (Health Education)

Academic Expectations

- 2.29 Students demonstrate skills that promote individual well-being and healthy family relationships.
- 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.
- 3.2 Students demonstrate the ability to maintain a healthy lifestyle.
- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

Big Idea: Safety (Health Education)

Academic Expectations

- 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.
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- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.

Lesson 2: *iDecide* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Define decision
- Demonstrate the ability to apply the steps in the Decision-Making Model
- Examine how goals, media, peers, and family influence decisions
- Demonstrate the effect decisions have on accomplishing goals
- Recognize that decisions are made every day
- Differentiate between impulsive behavior and thoughtful decisions
- Predict how decisions have consequences for self and others

Big Idea: Personal Wellness (Health Education)

Academic Expectations

- 3.2 Students demonstrate the ability to maintain a healthy lifestyle.
- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.
- 5.1 Students use critical thinking skills such as analyzing, prioritizing, categorizing, evaluating, and comparing to solve a variety of problems in real-life situations.
- 5.4 Students use a decision-making process to make informed decisions among options.

Big Idea: Safety (Health Education)

Academic Expectations

- 3.2 Students will demonstrate the ability to maintain a healthy lifestyle.
- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.
- 5.4 Students use a decision-making process to make informed decisions among-options.

Lesson 3: *Calibrating Sensors* – Identifying and Managing Emotions

Objective:

Following this lesson, the student will be able to:

- Relate managing emotions to success in life
- Demonstrate strategies to manage emotions
- Analyze how emotions and self-awareness influence decision making
- Demonstrate healthy ways to express feelings
- Discern the emotions of others
- Demonstrate ways to communicate care, consideration, and respect of self and others

Big Idea: Personal Wellness (Health Education)

Academic Expectations

- 2.32 Students demonstrate strategies for becoming and remaining mentally and emotionally healthy.
- 3.2 Students demonstrate the ability to maintain a healthy lifestyle.

Big Idea: Safety (Health Education)

- 3.2 Students demonstrate the ability to maintain a healthy lifestyle.

Lesson 4: *Press Send* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Analyze the elements of interpersonal communication
- Distinguish assertive, aggressive, and passive communication styles
- Distinguish verbal and nonverbal communication
- Demonstrate assertive communication techniques
- Demonstrate active listening techniques to build and maintain healthy relationships
- Understand how perception and emotions can influence communication

Big Idea: Personal Wellness (Health Education)

Academic Expectations

- 2.32 Students demonstrate strategies for becoming and remaining mentally and emotionally healthy.
- 4.1 Students effectively use interpersonal skills.

Lesson 5: *Friend Request* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy relationships
- Recognize the effects of negative peer pressure and peer influence
- Employ strategies to resist negative peer pressure and peer influence
- Recognize the effects of positive peer pressure and peer influence
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

Big Idea: Personal Wellness (Health Education)

Academic Expectations

- 2.29 Students demonstrate skills that promote individual well-being and healthy family relationships.
- 4.1 Students effectively use interpersonal skills.
- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.
- 5.4 Students use a decision-making process to make informed decisions among options.

Big Idea: Safety (Health Education)

Academic Expectations

- 3.2 Students will demonstrate the ability to maintain a healthy lifestyle.
- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.
- 5.4 Students use a decision-making process to make informed decisions among-options.

Lesson 6: *Compatibility* - Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

- Define respect
- Identify differences among people in regard to preferences, opinions, values, and experiences
- Differentiate respectful and disrespectful actions
- Articulate the link between attitude and respectful or disrespectful behavior
- Discuss positive consequences of treating oneself and others with respect

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Academic Expectations

- 2.32 Students demonstrate strategies for becoming and remaining mentally and emotionally healthy.
- 4.1 Students effectively use interpersonal skills.
- 5.1 Students use critical thinking skills such as analyzing, prioritizing, categorizing, evaluating, and comparing to solve a variety of problems in real-life situations.

Lesson 7: *Optimal Resolution* - Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Define conflict
- Identify healthy and unhealthy approaches to conflict resolution
- Consider the relationship between participants when choosing a conflict approach
- Demonstrate effective negotiation skills
- Anticipate the effect of heightened emotions on unresolved conflicts

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Big Idea: Safety (Health Education)

Academic Expectations

- 2.31 Students demonstrate the knowledge and skills they need to remain physically healthy and to accept responsibility for their own physical well-being.
- 3.2 Students will demonstrate the ability to maintain a healthy lifestyle.
- 4.3 Students individually demonstrate consistent, responsive and caring behavior.
- 4.4 Students demonstrate the ability to accept the rights and responsibilities for self and others.
- 5.1 Students use skills such as analyzing, prioritizing, categorizing, evaluating and comparing to solve a variety of problems in real-life situations.
- 5.4 Students use a decision-making process to make informed decisions among-options.

Lesson 8: *System Feedback* - Constructive Criticism

Objectives

Following this lesson, the student will be able to:

- Differentiate destructive and constructive criticism
- Identify the role that tone of voice plays in delivering criticism
- Identify the communication skills necessary to give constructive criticism
- Identify healthy management strategies to receive criticism
- Demonstrate expressing and receiving constructive criticism
- Identify words and phrases that can provoke defensive reactions

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Big Idea: Safety (Health Education)

- 3.2 Students demonstrate the ability to maintain a healthy lifestyle.

Lesson 9: *What's the Deal?* – 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 bully situation
- Identify several motivations for bullying behavior
- Demonstrate healthy ways for targets and witnesses to respond to bullying behavior

- Demonstrate healthy alternatives for bullying behavior

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Lesson 10: *Relationship Status* – Teen Dating Violence

Objectives

Following this lesson, the student will be able to:

- Define teen dating violence
- Identify characteristics of healthy and unhealthy dating relationships
- Predict the consequences of staying in an unhealthy dating relationship
- Identify the warning signs of teen dating violence.
- Demonstrate a knowledge and understanding of the skills taught in lessons 1-10

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- 3.2 Students will demonstrate the ability to maintain a healthy lifestyle.
- 5.1 Students use skills such as analyzing, prioritizing, categorizing, evaluating and comparing to solve a variety of problems in real-life situations.

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