

Too Good for Violence – Social Perspectives High School Revised Edition

Correlated with Kentucky 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

1. PL-H-PW: Personal Wellness (Health Education)

B. PL-H-PW-S: Skills and Concepts – Personal and Physical Health

Students will understand

PL-H-PW-S-PPH2: apply goal-setting and decision-making skills in developing, implementing and evaluating a personal wellness plan.

D.PL-H-PW-S-SMEH: Skills and Concepts – Social, Mental and Emotional Health

PL-H-PW-S-SMEH2: recommend and justify effective self-management and coping strategies (e.g., setting realistic goals, time, task and stress management, decision making, learning style preference, perseverance) for maintaining mental and emotional 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

1. PL-H-PW: Personal Wellness (Health Education)

A. PL-H-PW-U: Enduring Knowledge – Understandings

Students will understand that...

PL-H-PW-U-6: culture, values (e.g., individual, family and community) media and use of technology (e.g., television, computers, MP3 Players, electronic/arcade games) can influence personal behavioral choices.

B. PL-H-PW-S: Skills and Concepts – Personal and Physical Health

Students will understand

PL-H-PW-S-PPH1: the importance of assuming responsibility for personal health behaviors by:
a: predicting how decisions regarding health behaviors have consequences for self and others.

PL-H-PW-S-PPH2: apply goal-setting and decision-making skills in developing, implementing and evaluating a personal wellness plan.

D.PL-H-PW-S-SMEH: Skills and Concepts – Social, Mental and Emotional Health

- PL-H-PW-S-SMEH1: Student will demonstrate social interaction skills by:
d: identifying and explaining changes in roles, responsibilities and skills needed to effectively work in groups throughout life (e.g., setting realistic goals, time and task management, planning, decision- making process, perseverance).
- PL-H-PW-S-SMEH2: recommend and justify effective self-management and coping strategies (e.g., setting realistic goals, time, task and stress management, decision making, learning style preference, perseverance) for maintaining mental and emotional health.

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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Students will understand that...

- PL-H-PW-U-1: individuals have a responsibility to advocate for personal, family and community health.
- PL-H-PW-U-2: inter and intrapersonal communication skills are needed to enhance individual well-being and healthy relationships.
- PL-H-PW-U-7: behavioral choices affect physical, mental, emotional and social well-being and can have positive or negative consequences on one's health.
- PL-H-PW-U-9: self-management and coping strategies can enhance mental and emotional health.

B. PL-H-PW-S: Skills and Concepts – Personal and Physical Health

Students will understand

- PL-H-PW-S-PPH1: the importance of assuming responsibility for personal health behaviors by:
a: predicting how decisions regarding health behaviors have consequences for self and others.

D.PL-H-PW-S-SMEH: Skills and Concepts – Social, Mental and Emotional Health

- PL-H-PW-S-SMEH1: Student will demonstrate social interaction skills by:
a: identifying and utilizing management techniques needed for dealing with intrapersonal and interpersonal relationships throughout life.
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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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PL-H-PW-U-3: physical, social, emotional and mental changes occur during adolescence and throughout life.

PL-H-PW-U-9: self-management and coping strategies can enhance mental and emotional health.

B. PL-H-PW-S: Skills and Concepts – Personal and Physical Health

Students will understand

PL-H-PW-S-PPH1: the importance of assuming responsibility for personal health behaviors by:

- a: predicting how decisions regarding health behaviors have consequences for self and others.

D.PL-H-PW-S-SMEH: Skills and Concepts – Social, Mental and Emotional Health

PL-H-PW-S-SMEH1: Student will demonstrate social interaction skills by:

- a: identifying and utilizing management techniques needed for dealing with intrapersonal and interpersonal relationships throughout life.
- b: using and explaining the importance of effective social interaction skills (e.g., respect, self- advocacy, cooperation, communication, identifying different perspectives and points of view, empathy, friendship).
- d: identifying and explaining changes in roles, responsibilities and skills needed to effectively work in groups throughout life (e.g., setting realistic goals, time and task management, planning, decision- making process, perseverance).

PL-H-PW-S-SMEH2: recommend and justify effective self-management and coping strategies (e.g., setting realistic goals, time, task and stress management, decision making, learning style preference, perseverance) for maintaining mental and emotional health.

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

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PL-H-PW-U-2: inter and intrapersonal communication skills are needed to enhance individual well-being and healthy relationships.

PL-H-PW-U-3: physical, social, emotional and mental changes occur during adolescence and throughout life.

PL-H-PW-U-6: culture, values (e.g., individual, family and community) media and use of technology (e.g., television, computers, MP3 Players, electronic/arcade games) can influence personal behavioral choices.

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PL-H-PW-S-SMEH1: Student will demonstrate social interaction skills by:

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- c: recommending and justifying effective strategies (e.g., problem solving, decision making, refusal skills, anger management, conflict resolution) for responding to stress, conflict, peer pressure and bullying.
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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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PL-H-PW-U-7: behavioral choices affect physical, mental, emotional and social well-being and can have positive or negative consequences on one's health.

PL-H-PW-U-9: self-management and coping strategies can enhance mental and emotional health.

PL-H-PW-U-10: a variety of resources are available to inform, treat and counsel individuals with physical, mental, social and emotional health needs.

D.PL-H-PW-S-SMEH: Skills and Concepts – Social, Mental and Emotional Health

- PL-H-PW-S-SMEH1: Student will demonstrate social interaction skills by:
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- PL-H-PW-S-SMEH3: demonstrate the ability to use various strategies when making decisions related to health needs and risks of young adults.
- PL-H-PW-S-SMEH4: demonstrate refusal, negotiation and collaboration skills to use in avoiding potential harmful situations.

E.PL-H-PW-S-FCH: Skills and Concepts – Family and Community Health

Students will:

- PL-H-PW-S-FCH2: understand and analyze how personal, family and community health can be influenced and challenged by:
- b: peer pressure

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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PL-H-PW-S-SMEH3: demonstrate the ability to use various strategies when making decisions related to health needs and risks of young adults.

PL-H-PW-S-SMEH4: demonstrate refusal, negotiation and collaboration skills to use in avoiding potential harmful situations.

E.PL-H-PW-S-FCH: Skills and Concepts – Family and Community Health

Students will:

- PL-H-PW-S-FCH2: understand and analyze how personal, family and community health can be influenced and challenged by:
- b: peer pressure

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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E.PL-H-PW-S-FCH: Skills and Concepts – Family and Community Health

Students will:

- PL-H-PW-S-FCH2: understand and analyze how personal, family and community health can be influenced and challenged by:
- b: peer pressure

Lesson Nine: #Compatibility – 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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PL-H-PW-S-SMEH4: demonstrate refusal, negotiation and collaboration skills to use in avoiding potential harmful situations.

E.PL-H-PW-S-FCH: Skills and Concepts – Family and Community Health

Students will:

PL-H-PW-S-FCH2: understand and analyze how personal, family and community health can be influenced and challenged by:
b: peer pressure

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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PL-H-PW-S-SMEH3: demonstrate the ability to use various strategies when making decisions related to health needs and risks of young adults.

PL-H-PW-S-SMEH4: demonstrate refusal, negotiation and collaboration skills to use in avoiding potential harmful situations.

E.PL-H-PW-S-FCH: Skills and Concepts – Family and Community Health

Students will:

PL-H-PW-S-FCH1: access and use a variety of resources from home, school and community that provide valid health information.

PL-H-PW-S-FCH2: understand and analyze how personal, family and community health can be influenced and challenged by:
b: peer pressure