

Too Good for Violence – Social Perspectives

Grade 8 Revised Edition

Correlated with Maryland Health Education Content Standards and Benchmarks

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

1.0 Mental and Emotional Health

C. Components of Personal Well-being

1. Apply the components of personal well-being to develop lifelong wellness skills and strategies.
 - a. Explain the importance of assuming responsibilities of personal health behavior.
 - b. Compose a personal health goal and measure progress towards its achievement.
 - c. Devise a plan that addresses personal strengths, needs, and health risks.

I. Personal Goals

1. Implement a strategy and evaluate progress toward achieving personal goals.
 - a. Identify the importance of setting goals.
 - b. Explain how changing information, abilities, priorities, and responsibilities influence personal goals.
 - c. Evaluate strategies, skills and resources that are used to achieve personal goals.
 - d. Develop a goal to adopt, maintain or improve a personal wellness habit.
 - e. Construct a plan to achieve a personal wellness goal.

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

1.0 Mental and Emotional Health

A. Communication

1. Recognize and apply effective communication skills.
 - a. Utilize/model strategies to overcome barriers when communicating information, ideas, emotions, and opinions.

C. Components of Personal Well-being

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 - a. Explain the importance of assuming responsibilities of personal health behavior.

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

Objectives

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

1.0 Mental and Emotional Health

A. Communication

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 - a. Explain the importance of assuming responsibilities of personal health behavior.

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

1.0 Mental and Emotional Health

A. Communication

1. Recognize and apply effective communication skills.
 - a. Analyze barriers to effective communication.
 - b. Utilize/model strategies to overcome barriers when communicating information, ideas, emotions, and opinions.
 - c. Evaluate effective communication in everyday situations.

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

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 - c. Evaluate effective communication in everyday situations.

C. Components of Personal Well-being

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 - a. Explain the importance of assuming responsibilities of personal health behavior.

4.0 Family Life and Human Sexuality

D. Healthy Relationships

1. Evaluate the components of a healthy relationship.
 - a. Justify the components of a healthy relationship, including respect for self and others, effective communication, honesty, support, empathy, and ability to resolve conflicts in rational, peaceful way
 - b. Prioritize and demonstrate the components of a healthy relationship in a variety of situations.

Lesson 6: *Compatibility* – Respect for Self & 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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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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 - c. Evaluate effective communication in everyday situations.

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5.0 Safety and Injury Prevention

C. Harassment

1. Demonstrate healthy and safe ways to respond to verbal and/or non-verbal interactions.
 - a. Distinguish between appropriate and inappropriate verbal and/or non-verbal interactions.

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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Lesson 9: *What's the Deal?* – 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
- 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 knowledge and understanding of the skills taught in lessons 1-10

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