

Too Good for Violence – Social Perspectives

Grade 5 Revised Edition

Correlated with Missouri Department of Elementary and Secondary Education
Health Education Grade Level Expectations

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

Functions and Interrelationships of Systems

2. Social, Emotional, and Mental Health

A. Influence of Family and Peers

- Identify how family, friends, and culture can influence personal health practices and decisions

Health Maintenance and Enhancement

1. Personal and Family Health

B. Preventative Care

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

4. Life Management Skills

C. Goal Setting and Asset Development

- Establish short and long term goals for a specific health issue

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

Functions and Interrelationships of Systems

2. Social, Emotional, and Mental Health

A. Influence of Family and Peers

- Identify how family, friends, and culture can influence personal health practices and decisions

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

Health Maintenance and Enhancement

1. Personal and Family Health

B. Preventative Care

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

4. Life Management Skills

A. Decision Making and Problem Solving

- Apply strategies to solve or prevent problems (e.g., listen attentively, calm down, find a compromise)

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

Functions and Interrelationships of Systems

1. Structure and Functions of the Body

G. Nervous System

- Summarize the functions of the nervous system (e.g., sending and receiving messages, regulating body functions), serving as the body's control center for five senses (emotions, speech, coordination, balance, and learning)

2. Social, Emotional and Mental Health

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

C. Communication Skills

- Define defense mechanisms (constructive or destructive) as a means for handling emotions (e.g., talking it out vs. shutting down)

Health Maintenance and Enhancement

1. Personal and Family Health

B. Preventative Care

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

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

Functions and Interrelationships of Systems

2. Social, Emotional and Mental Health

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

C. Communication Skills

- Define defense mechanisms (constructive or destructive) as a means for handling emotions (e.g., talking it out vs. shutting down)

Health Maintenance and Enhancement

1. Personal and Family Health

C. Growth and Development

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

4. Life Management Skills

A. Decision Making and Problem Solving

- Apply strategies to solve or prevent problems (e.g., listen attentively, calm down, find a compromise)

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

Functions and Interrelationships of Systems

2. Social, Emotional and Mental Health

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

C. Communication Skills

- Define defense mechanisms (constructive or destructive) as a means for handling emotions (e.g., talking it out vs. shutting down)

Health Maintenance and Enhancement

1. Personal and Family Health

C. Growth and Development

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

4. Life Management Skills

A. Decision Making and Problem Solving

- Apply strategies to solve or prevent problems (e.g., listen attentively, calm down, find a compromise)

E. Harassment/Bullying and Violence Prevention

- Devise a plan to reduce the risk of becoming a victim of violence, include violence prevention strategies (e.g., learn to protect yourself, avoid violent situations, choose friends wisely, don't talk to strangers)

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

Functions and Interrelationships of Systems

2. Social, Emotional and Mental Health

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

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

Functions and Interrelationships of Systems

2. Social, Emotional and Mental Health

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

C. Communication Skills

- Define defense mechanisms (constructive or destructive) as a means for handling emotions (e.g., talking it out vs. shutting down)

Health Maintenance and Enhancement

4. Life Management Skills

A. Decision Making and Problem Solving

- Apply strategies to solve or prevent problems (e.g., listen attentively, calm down, find a compromise)

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

Functions and Interrelationships of Systems

2. Social, Emotional and Mental Health

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

C. Communication Skills

- Define defense mechanisms (constructive or destructive) as a means for handling emotions (e.g., talking it out vs. shutting down)

Health Maintenance and Enhancement

1. Personal and Family Health

C. Growth and Development

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

4. Life Management Skills

A. Decision Making and Problem Solving

- Apply strategies to solve or prevent problems (e.g., listen attentively, calm down, find a compromise)

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

Functions and Interrelationships of Systems

2. Social, Emotional and Mental Health

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

C. Communication Skills

- Define defense mechanisms (constructive or destructive) as a means for handling emotions (e.g., talking it out vs. shutting down)

Health Maintenance and Enhancement

1. Personal and Family Health

C. Growth and Development

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

4. Life Management Skills

A. Decision Making and Problem Solving

- Apply strategies to solve or prevent problems (e.g., listen attentively, calm down, find a compromise)

E. Harassment/Bullying and Violence Prevention

- Devise a plan to reduce the risk of becoming a victim of violence, include violence prevention strategies (e.g., learn to protect yourself, avoid violent situations, choose friends wisely, don't talk to strangers)

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

Functions and Interrelationships of Systems

2. Social, Emotional and Mental Health

B. Responsibility in Society

- Recognize situations where the perspective of others may differ from your own

C. Communication Skills

- Define defense mechanisms (constructive or destructive) as a means for handling emotions (e.g., talking it out vs. shutting down)

Health Maintenance and Enhancement

1. Personal and Family Health

C. Growth and Development

- Recognize the rapid changes in adolescent development (e.g., social, emotional, physical, intellectual growth)

4. Life Management Skills

A. Decision Making and Problem Solving

- Apply strategies to solve or prevent problems (e.g., listen attentively, calm down, find a compromise)

E. Harassment/Bullying and Violence Prevention

- Devise a plan to reduce the risk of becoming a victim of violence, include violence prevention strategies (e.g., learn to protect yourself, avoid violent situations, choose friends wisely, don't talk to strangers)