

Too Good for Violence – Social Perspectives

Grade 7 Revised Edition

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

Lesson 1: *Set to Win* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and apply the criteria for naming a personal goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify available resources for support and assistance in working towards a goal

Health Maintenance and Enhancement

1. Personal and Family Health

A. Personal Health

- Critique personal behaviors and their cause and effect that relate to the following choices: eating breakfast daily; refraining from the use of tobacco and alcohol; sleeping six to eight hours a night; maintaining a healthy weight; daily moderate to vigorous physical activities; making healthy food choices (fruits, vegetables, whole grains, portion sizes)

Lesson 2: *The Decision is Yours* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Identify and apply the four steps in the decision-making model
- Define consequences and differentiate between positive and negative consequences
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes

Functions and Interrelationships of Systems

2. Social, Emotional, and Mental Health

C. Communication Skills

- Formulate scenarios that will illustrate potential problems or difficult situations

Health Maintenance and Enhancement

1. Personal and Family Health

A. Personal Health

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4. Life Management Skills

A. Decision Making and Problem Solving

- Analyze and evaluate how the decision making process can help an individual in life situations

Lesson 3: *Understanding Me* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Identify stressors that trigger emotions
- Recognize how emotions influence decisions
- Identify emotions and signs of stress
- Demonstrate healthy strategies to manage emotions and stress
- Identify and manage the emotions of others

Functions and Interrelationships of Systems

1. Structure and Functions of the Body

G. Nervous System

- Describe how healthy lifestyle choices (e.g., exercise, diet, sleep) affect the functioning of the central nervous system and peripheral nervous system (e.g., exercise increases endorphins, stress relief, mental alertness)

Health Maintenance and Enhancement

1. Personal and Family Health

A. Personal Health

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4. Life Management Skills

D. Stress Management and Coping Skills

- Analyze various techniques designed to enhance coping abilities and manage stress (e.g., stay healthy, relax, positive outlook, physically active, talk it out)

Lesson 4: *Say It With Style* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of effective communication, both verbal and non-verbal
- Recognize how tone of voice, facial expressions, and body language can affect meaning
- Demonstrate assertive speaking and active listening techniques

Functions and Interrelationships of Systems

2. Social, Emotional, and Mental Health

C. Communication Skills

- Formulate scenarios that will illustrate potential problems or difficult situations

Lesson 5: *The Right Connection* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Differentiate peer pressure and peer influence
- Identify the benefits of positive peer influence
- Articulate the benefits of associating with pro-social others
- Differentiate healthy friend qualities and unhealthy friend qualities
- Identify various peer pressure refusal strategies and the peer pressure situations to which they apply

Functions and Interrelationships of Systems

2. Social, Emotional, and Mental Health

C. Communication Skills

- Formulate scenarios that will illustrate potential problems or difficult situations

Health Maintenance and Enhancement

1. Personal and Family Health

A. Personal Health

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4. Life Management Skills

B. Refusal/Assertive Skills and Conflict Resolution

- Examine the impact that peer pressure refusal skills have on self-perception and the perception of others

Risk Assessment and Reduction

3. Substance Education

C. Substance Use vs. Non-Use

- Compare peer pressure to peer support and evaluate how each influences the making of informed and reasoned decisions regarding TAOD use

Lesson 6: *Celebrating Differences* – Respect for Self & Others

Objectives

Following this lesson, the student will be able to:

- Define respect
- Identify personal strengths and their effects on sense of self
- Explain the link between thoughts, emotions, and behavior
- Explain how individual differences among people can be beneficial
- Describe the positive effects of respect on attitudes, behaviors, and relationships
- Demonstrate the ability to think positively when faced with a difficult situation

Health Maintenance and Enhancement

4. Life Management Skills

B. Refusal/Assertive Skills and Conflict Resolution

- Examine the impact that peer pressure refusal skills have on self-perception and the perception of others

D. Stress Management and Coping Skills

- Analyze various techniques designed to enhance coping abilities and manage stress (e.g., stay healthy, relax, positive outlook, physically active, talk it out)

Lesson 7: *Meeting Point* – Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Define conflict
- Demonstrate the ability to listen respectfully to different points of view
- Recognize conflict as an opportunity to learn about oneself and others
- Demonstrate the effective use of cooperation as an approach to conflict resolution

- Differentiate healthy and unhealthy approaches to resolving a conflict
- Compare the potential consequences of handling conflict in healthy and unhealthy ways

Functions and Interrelationships of Systems

2. Social, Emotional, and Mental Health

C. Communication Skills

- Formulate scenarios that will illustrate potential problems or difficult situations

4. Life Management Skills

A. Decision Making and Problem Solving

- Analyze and evaluate how the decision making process can help an individual in life situations

Lesson 8: *Anger Outlet* – Anger Management

Objectives

Following this lesson, the student will be able to:

- Differentiate healthy and unhealthy ways of managing anger
- Identify healthy, effective anger management techniques
- Describe the role of personal responsibility in a peaceful response to anger-provoking situations
- Demonstrate how to reframe self-talk to reduce anger and promote calm
- Apply strategies to de-escalate a conflict
- Distinguish the actions that escalate and de-escalate conflicts

Functions and Interrelationships of Systems

2. Social, Emotional, and Mental Health

C. Communication Skills

- Formulate scenarios that will illustrate potential problems or difficult situations

Health Maintenance and Enhancement

4. Life Management Skills

B. Refusal/Assertive Skills and Conflict Resolution

- Examine the impact that peer pressure refusal skills have on self-perception and the perception of others

D. Stress Management and Coping Skills

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Lesson 9: *Home Base* – 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
- 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
- Identify several motivations for bullying behavior
- Demonstrate healthy alternatives to bullying behavior

Functions and Interrelationships of Systems

2. Social, Emotional, and Mental Health

C. Communication Skills

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Risk Assessment and Reduction

2. Injury Prevention and Safety

A. Safety for Home, School, and Communities

- Assess home and school environments for potential unsafe situations and recommend corrective action

Lesson 10: *Site Survey* – Peer Violence

Objectives

Following this lesson, the student will be able to:

- Define violence
- List behaviors that can escalate a conflict into violence
- Identify warning signs for violence
- List the consequences of violence for the aggressor, target, and witness
- Demonstrate a knowledge and understanding of concepts and skills learned in lessons 1-10

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A. Decision Making and Problem Solving

- Analyze and evaluate how the decision making process can help an individual in life situations

B. Refusal/Assertive Skills and Conflict Resolution

- Examine the impact that peer pressure refusal skills have on self-perception and the perception of others

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