

Too Good for Violence – Social Perspectives

High School Revised Edition

Correlated with Mississippi Contemporary 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

Unit 1: Personal and Consumer Health

Competency 1: Describe ways to achieve and maintain a healthy lifestyle.

- a. Define health and list characteristics of a healthy person.

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

Unit 1: Personal and Consumer Health

Competency 1: Describe ways to achieve and maintain a healthy lifestyle.

- a. Define health and list characteristics of a healthy person.

Competency 2: Demonstrate the ability to use goal-setting and decision-making skills to enhance health.

- a. Identify the steps in the decision-making model.
- b. Apply the decision-making model to solve a personal problem.

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

Unit 1: Personal and Consumer Health

Competency 1: Describe ways to achieve and maintain a healthy lifestyle.

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Unit 3: Family/Social Health

Competency 1: Describe how the skills of communication, cooperation, and advocacy are essential for healthy relationships.

- b. Identify qualities that are important in close friends.

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

Unit 1: Personal and Consumer Health

Competency 1: Describe ways to achieve and maintain a healthy lifestyle.

- a. Define health and list characteristics of a healthy person.

Unit 2: Mental Health

Competency 1: Demonstrate the ability to practice health-enhancing behaviors that contribute to positive mental health.

- b. Identify nonthreatening ways of being assertive.

Unit 3: Family/Social Health

Competency 1: Describe how the skills of communication, cooperation, and advocacy are essential for healthy relationships.

- b. Identify qualities that are important in close friends.

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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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

Unit 1: Personal and Consumer Health

Competency 1: Describe ways to achieve and maintain a healthy lifestyle.

- a. Define health and list characteristics of a healthy person.

Competency 4: Analyze the influence of culture, media, technology, and other factors on health.

- a. Evaluate the implications of modern technology on societal health.

Unit 2: Mental Health

Competency 1: Demonstrate the ability to practice health-enhancing behaviors that contribute to positive mental health.

- b. Identify nonthreatening ways of being assertive.

Unit 3: Family/Social Health

Competency 1: Describe how the skills of communication, cooperation, and advocacy are essential for healthy relationships.

- b. Identify qualities that are important in close friends.

Unit 9: Safety and First Aid

Competency 1: Discuss promotion of safety and prevention of accidents.

- f. Recognize dangerous situations, including rape, assault, misuse of social networking, and gang-related activities, and how to avoid them.

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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- b. Identify nonthreatening ways of being assertive.

Unit 3: Family/Social Health

Competency 1: Describe how the skills of communication, cooperation, and advocacy are essential for healthy relationships.

- c. Discuss conflict resolution styles and components of communication that can aid in resolving conflicts.

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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

Correlated with Mississippi Contemporary Health Education Standards

Unit 1: Personal and Consumer Health

Competency 1: Describe ways to achieve and maintain a healthy lifestyle.

- a. Define health and list characteristics of a healthy person.

Competency 2: Describe how stress influences mental health.

- a. Identify the harmful physiological and psychological effects of stress.
- b. Develop a stress management plan.

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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Competency 1: Describe how the skills of communication, cooperation, and advocacy are essential for healthy relationships.

- Identify qualities that are important in close friends.
- Discuss conflict resolution styles and components of communication that can aid in resolving conflicts.

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- Recognize dangerous situations, including rape, assault, misuse of social networking, and gang-related activities, and how to avoid them.

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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- b. Identify qualities that are important in close friends.
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Competency 1: Discuss promotion of safety and prevention of accidents.

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