

Too Good for Violence – Social Perspectives

Grade 6 Revised Edition

Correlated with Montana Standards for Health Enhancement

Lesson 1: *My Road Ahead* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify and apply the goal-naming criteria
- Identify and apply goal-setting steps to a personal goal
- Name someone to support him or her in working toward the goal

Health Enhancement Content Standard 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.

By the end of Grade 8 students will:

4. Explain personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 4: Students achieve and maintain a challenging level of health-related physical fitness.

3. Identify personal fitness goals.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

4. Describe personal factors that influence an individual's health goals.

5. Explain a personal health plan that addresses needs, strengths, and risks.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 8 students will:

5. Demonstrate strategies to improve or maintain personal health and family health.

Lesson 2: *Who's in the Driver's Seat?* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Define consequence
- Distinguish decisions with minor consequences from those with major consequences
- List the steps of the decision-making model
- Explain the importance of stopping to think about possible consequences before making major decisions

- Evaluate possible consequences of major decisions

Health Enhancement Content Standard 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.

By the end of Grade 8 students will:

1. Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
3. Analyze how peers, family, heredity, and environment influence personal health.
4. Explain personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

1. Individually and collaboratively apply problem-solving processes to health issues.
2. Analyze how health-related decisions are influenced by the attitudes and values of individuals, families, and the community.
3. Predict how decisions specific to health behavior have consequences for self and others.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 8 students will:

5. Demonstrate strategies to improve or maintain personal health and family health.

Lesson 3: *Diagnostic Tune-Up* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Recognize the physical signals associated with specific emotions
- Identify intense emotions
- Name a variety of emotions
- List positive ways to manage emotions
- Discuss the importance of managing emotions to prevent them from intensifying and leading to inappropriate actions

Health Enhancement Content Standard 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.

By the end of Grade 8 students will:

3. Analyze how peers, family, heredity, and environment influence personal health.
4. Explain personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

1. Analyze how health-related decisions are influenced by the attitudes and values of individuals, families, and the community.

Health Enhancement Content Standard 6: Students demonstrate interpersonal communication skills to enhance health.

3. Demonstrate healthy ways to express needs, wants, and feelings

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 8 students will:

3. Demonstrate strategies to improve or maintain personal health and family health.

Lesson 4: *Express Yourself* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of communication, both verbal and non-verbal
- Recognize how tone of voice, facial expressions, and body language can affect meaning
- Distinguish among assertive, aggressive, and passive communication styles

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By the end of Grade 8 students will:

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3. Analyze how peers, family, heredity, and environment influence personal health.
4. Explain personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

1. Analyze how health-related decisions are influenced by the attitudes and values of individuals, families, and the community.

Health Enhancement Content Standard 6: Students demonstrate interpersonal communication skills to enhance health.

By the end of Grade 8 students will:

1. Describe how the behavior of family and peers affects interpersonal communication.
2. Demonstrate ways to communicate care, consideration, and respect of self and others.
3. Demonstrate healthy ways to express needs, wants, and feelings.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 8 students will:

3. Demonstrate strategies to improve or maintain personal health and family health.

Lesson 5: *Peer Review* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Define peer pressure
- Identify nine effective peer-pressure refusal strategies
- Demonstrate effective peer-pressure refusal techniques in a variety of situations
- Evaluate assertiveness in peer-pressure refusal demonstrations
- Identify the benefits of associating with peers who make positive decisions
- Name ways to influence others positively

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3. Analyze how peers, family, heredity, and environment influence personal health.
4. Explain personal health-enhancing strategies that encompass substance abuse, nutrition, exercise, sexual activity, injury/disease prevention, including HIV/ AIDS prevention, and stress management.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

2. Analyze how health-related decisions are influenced by the attitudes and values of individuals, families, and the community.
3. Predict how decisions specific to health behavior have consequences for self and others.

Health Enhancement Content Standard 6: Students demonstrate interpersonal communication skills to enhance health.

By the end of Grade 8 students will:

1. Describe how the behavior of family and peers affects interpersonal communication.
2. Demonstrate ways to communicate care, consideration, and respect of self and others.

4. Demonstrate refusal and mediation skills to enhance health.

Lesson 6: *Confidence in Progress* – Respect for Self & Others

Objectives

Following this lesson, the student will be able to:

- Define self-confidence
- Identify personal strengths and weaknesses and their effects on sense of self
- Describe the link between thoughts, emotions, and behavior
- Recognize the positive effects of self-respect on attitudes, behaviors, and relationships
- Demonstrate the ability to think positively in difficult situations

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

2. Analyze how health-related decisions are influenced by the attitudes and values of individuals, families, and the community.
3. Predict how decisions specific to health behavior have consequences for self and others.

Health Enhancement Content Standard 6: Students demonstrate interpersonal communication skills to enhance health.

By the end of Grade 8 students will:

1. Describe how the behavior of family and peers affects interpersonal communication.
2. Demonstrate ways to communicate care, consideration, and respect of self and others.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 8 students will:

4. Work cooperatively with a group to achieve group goals in both cooperative and competitive settings.

Lesson 7: *A Peaceful Approach* – 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 healthy and unhealthy approaches to conflict
- Identify the probable effects of competition and cooperation in the resolution of a conflict
- Demonstrate constructive conflict resolution skills

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1. Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
3. Analyze how peers, family, heredity, and environment influence personal health.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

1. Individually and collaboratively apply problem-solving processes to health issues.

Health Enhancement Content Standard 6: Students demonstrate interpersonal communication skills to enhance health.

By the end of Grade 8 students will:

2. Demonstrate ways to communicate care, consideration, and respect of self and others.
5. Demonstrate strategies to analyze and manage conflict in healthy ways.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 8 students will:

4. Work cooperatively with a group to achieve group goals in both cooperative and competitive settings.

Lesson 8: *Keep Your Cool* – Anger Management

Objectives

Following this lesson, the student will be able to:

- Differentiate the degrees of anger intensity
- Identify physical indicators of anger
- Distinguish healthy and unhealthy ways to manage anger
- Distinguish actions that escalate and de-escalate conflicts
- Apply strategies to de-escalate a conflict

Health Enhancement Content Standard 6: Students demonstrate interpersonal communication skills to enhance health.

3. Demonstrate healthy ways to express needs, wants, and feelings

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 8 students will:

3. Demonstrate strategies to improve or maintain personal health and family health.

Lesson 9: *What to Say* – 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 reasons some people bully
- Demonstrate healthy alternatives for bullying behavior

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3. Analyze how peers, family, heredity, and environment influence personal health.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

3. Individually and collaboratively apply problem-solving processes to health issues.

Health Enhancement Content Standard 6: Students demonstrate interpersonal communication skills to enhance health.

By the end of Grade 8 students will:

2. Demonstrate ways to communicate care, consideration, and respect of self and others.
5. Demonstrate strategies to analyze and manage conflict in healthy ways.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 8 students will:

4. Work cooperatively with a group to achieve group goals in both cooperative and competitive settings.

Lesson 10: *That's Entertainment?* - Media Violence

Objectives

Following this lesson, the student will be able to:

- Define violence
- Describe the consequences of real-life violence on the victim, aggressor, and witness
- Identify the negative influences of media presentations of violence
- Apply critical thinking and media literacy skills to interpret depictions of violence in the media
- Demonstrate a knowledge and understanding of concepts and skills learned in lessons 1-10

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By the end of Grade 8 students will:

1. Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
3. Analyze how peers, family, heredity, and environment influence personal health.

Health Enhancement Content Standard 5: Students demonstrate the ability to use critical thinking and decision making to enhance health.

By the end of Grade 8 students will:

3. Individually and collaboratively apply problem-solving processes to health issues.
6. Identify the validity of health information and how culture, media, and technology influence choices.

Health Enhancement Content Standard 6: Students demonstrate interpersonal communication skills to enhance health.

By the end of Grade 8 students will:

2. Demonstrate ways to communicate care, consideration, and respect of self and others.
5. Demonstrate strategies to analyze and manage conflict in healthy ways.

Health Enhancement Content Standard 7: Students demonstrate health-enhancing behaviors.

By the end of Grade 8 students will:

4. Work cooperatively with a group to achieve group goals in both cooperative and competitive setting

