

Too Good for Violence – Social Perspectives

Grade 8 Revised Edition

Correlated with Montana Standards for Health Enhancement

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

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: *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

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: *Calibrating Sensors* – Identifying and Managing Emotions

Objective:

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

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: *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

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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: *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

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

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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.
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: *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

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: *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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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: *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

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

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

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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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: *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 a knowledge and understanding of the skills taught in lessons 1-10

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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.
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 settings.