

# Grade High School Too Good for Violence – Social Perspectives

Correlated with North Dakota Health Education Content Standards 2018

## Lesson HS.1 *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

**Standard 6: Demonstrate the ability to use goal setting skills to enhance health and avoid or reduce health risks.**

6.12.2 Develop a plan to attain a personal health goal.

6.12.3 Implement strategies to monitor progress in achieving a personal health goal.

## Lesson HS.2 *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

**Standard 5: Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.**

5.12.1 Examine barriers that can hinder healthy decision making.

5.12.2 Apply the decision- making process in health- related situations.

5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.

## Lesson HS.3 *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

**Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.**

1.12.2 Analyze the interrelationships of mental, emotional, physical, and social health.

**Standard 5: Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.**

5.12.1 Examine barriers that can hinder healthy decision making.

## **Lesson HS.4 *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

**Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.**

1.12.2 Analyze the interrelationships of mental, emotional, physical, and social health.

**Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

4.12.1 Demonstrate active listening skills to enhance health and avoid or reduce health risks.

## **Lesson HS.5 *The Ties That Bind* – Bonding & 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

**Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.**

1.12.2 Analyze the interrelationships of mental, emotional, physical, and social health.

1.12.13 Analyze characteristics of healthy and unhealthy relationships with family, peers, and other adults.

**Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

2.12.3 Analyze how peers influence health behaviors.

## **Lesson HS.6 *Many Rivers to Cross* – Respect for Self and Others**

### **Objectives**

Following this lesson, the students 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

**Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.**

1.12.2 Analyze the interrelationships of mental, emotional, physical, and social health.

1.12.13 Analyze characteristics of healthy and unhealthy relationships with family, peers, and other adults.

**Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

2.12.3 Analyze how peers influence health behaviors.

**Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

4.12.1 Demonstrate active listening skills to enhance health and avoid or reduce health risks.

4.12.4 Apply effective verbal and nonverbal collaboration skills to enhance health and avoid or reduce health risks.

## **Lesson HS.7 *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

**Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.**

1.12.2 Analyze the interrelationships of mental, emotional, physical, and social health.

1.12.13 Analyze characteristics of healthy and unhealthy relationships with family, peers, and other adults.

**Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

2.12.3 Analyze how peers influence health behaviors.

2.12.7 Examine how some health risk behaviors can influence the likelihood of engaging in other unhealthy behaviors.

**Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

4.12.1 Demonstrate active listening skills to enhance health and avoid or reduce health risks.

4.12.3 Apply effective verbal and nonverbal negotiation skills to enhance health and avoid or reduce health risks.

4.12.4 Apply effective verbal and nonverbal collaboration skills to enhance health and avoid or reduce health risks.

## **Lesson HS.8 *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

**Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.**

1.12.2 Analyze the interrelationships of mental, emotional, physical, and social health.

**Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

4.12.5 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

**Standard 5: Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.**

5.12.1 Examine barriers that can hinder healthy decision making.

**Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

7.12.1 Analyze the role of individual responsibility for enhancing health.

7.12.3 Demonstrate health behaviors to avoid or reduce health risks to self and others.

**Standard 8: Demonstrate the ability to advocate for personal, family, and community health.**

8.12.2 Demonstrate how to influence and support others to make positive health choices.

## **Lesson HS.9 #Compatibility – Healthy Dating Relationships**

### **Objectives**

Following this lesson, the students 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

### **Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.**

1.12.2 Analyze the interrelationships of mental, emotional, physical, and social health.

1.12.13 Analyze characteristics of healthy and unhealthy relationships with family, peers, and other adults.

### **Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.**

2.12.3 Analyze how peers influence health behaviors.

2.12.5 Evaluate the impact of media and technology on personal, family, and community health.

2.12.6 Analyze how the perceptions of norms influence health behaviors.

2.12.7 Examine how some health risk behaviors can influence the likelihood of engaging in other unhealthy behaviors.

### **Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

4.12.5 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

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8.12.2 Demonstrate how to influence and support others to make positive health choices.

## **Lesson HS.10 Finding Perspective – Social Media Awareness**

### **Objectives**

Following this lesson, the student will be able to:

- Discuss the effects of one's actions on social media on relationships and emotional well-being
- Discuss the relationship between past online activity and obstacles to reaching goals
- Identify the effects of one's online interactions on others
- Demonstrate knowledge and understanding of the social-emotional skills learned in lessons 1-10

### **Standard 1: Understand concepts related to human growth and development, health promotion, disease prevention.**

1.12.2 Analyze the interrelationships of mental, emotional, physical, and social health.

1.12.13 Analyze characteristics of healthy and unhealthy relationships with family, peers, and other adults.

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2.12.3 Analyze how peers influence health behaviors.

2.12.5 Evaluate the impact of media and technology on personal, family, and community health.

2.12.6 Analyze how the perceptions of norms influence health behaviors.

2.12.7 Examine how some health risk behaviors can influence the likelihood of engaging in other unhealthy behaviors.

### **Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.**

- 4.12.1 Demonstrate active listening skills to enhance health and avoid or reduce health risks.
- 4.12.2 Apply effective verbal and nonverbal refusal skills to enhance health and avoid or reduce health risks.
- 4.12.3 Apply effective verbal and nonverbal negotiation skills to enhance health and avoid or reduce health risks.
- 4.12.4 Apply effective verbal and nonverbal collaboration skills to enhance health and avoid or reduce health risks.
- 4.12.5 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

**Standard 5: Demonstrate the ability to use decision making skills to enhance health and avoid or reduce health risks.**

- 5.12.1 Examine barriers that can hinder healthy decision making.
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**Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.**

- 7.12.1 Analyze the role of individual responsibility for enhancing health.
- 7.12.3 Demonstrate health behaviors to avoid or reduce health risks to self and others.

**Standard 8: Demonstrate the ability to advocate for personal, family, and community health.**

- 8.12.2 Demonstrate how to influence and support others to make positive health choices.