

Too Good for Violence – Social Perspectives

Grade 4 Revised Edition

Correlated with New Hampshire Elementary Health Education Curriculum Guidelines

Lesson 1: *Goal Boosters and Goal Busters* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and recite the goal-naming steps
- Name a personal goal
- Identify resources that can help someone reach a personal goal

Mental Health

1. Positive Self-Image

Students need to know:

1.1 personal assets and strengths

1.4 actions that show sense of power (empowerment)

Lesson 2: *Major Intersection* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Identify and follow the steps of the decision-making model
- Identify the benefits and consequences of a particular decision
- Determine when decisions should be made alone or with the help of a trusted adult

Mental Health

1. Positive Self-Image

Students need to know:

1.1 personal assets and strengths

1.4 actions that show sense of power (empowerment)

Lesson 3: *I See Me* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of emotions
- Recognize the physical signals associated with specific emotions
- Demonstrate an awareness of one's own feelings in a variety of situations
- Identify healthy and unhealthy ways to express emotions

- Identify the value of talking about feelings with parents and other trusted adults
- Demonstrate healthy ways to express and manage emotions
- Recognize the emotions of others by observing facial expressions

Mental Health

1. Positive Self-Image

Students need to know:

1.1 personal assets and strengths

1.4 actions that show sense of power (empowerment)

2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings

2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness

2.3 ways to manage and reduce anger

2.4 ways to deal with frustration

2.6 how to identify stressors

2.7 ways to reduce stress

Lesson 4: *More than Words* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the roles of the speaker and the listener
- Differentiate effective and ineffective listening skills
- Differentiate effective and ineffective speaking skills

Mental Health

1. Positive Self-Image

Students need to know:

1.1 personal assets and strengths

1.4 actions that show sense of power (empowerment)

2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings

3. Interpersonal Relationships and Communication

3.4 how to speak effectively

3.5 effective listening skills

3.6 characteristics of nonverbal communication

Lesson 5: *Community Garden* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Identify examples of pro-social behaviors
- Explain the importance of being sensitive to the feelings of others
- Compare healthy and unhealthy friendship qualities
- Apply effective communication skills to support others

Mental Health

1. Positive Self-Image

Students need to know:

1.1 personal assets and strengths

1.2 characteristics of positive role models

1.3 actions that show sense of belonging (connectiveness)

1.4 actions that show sense of power (empowerment)

3. Interpersonal Relationships and Communication

3.1 strategies to build and maintain healthy friendships

3.2 ways to communicate respect for diversity

Lesson 6: *The Respect Effect* – Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

- Define respect
- Recognize the positive effects of self-respect on attitudes, behaviors, and relationships
- Discuss the role of cooperation, respect, and communication in friendships
- Identify that people can have different points of view about the same situation
- Demonstrate respectfully listening to and responding to different points of view

Family Life and Sexuality

1. Families and Relationships

Students need to know:

1.3 ways to communicate respect for self and others

Mental Health

3. Interpersonal Relationships and Communication

Students need to know:

3.2 ways to communicate respect for diversity, e.g., mental and physical disabilities, culture, race/ethnicity

3.3 strategies that build relationships with family members and other adults

Lesson 7: *Work It Out* – Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Define conflict
- Discuss conflict as universal, natural, and normal
- Discuss the possible consequences of an unresolved conflict
- Differentiate cooperation and competition
- Demonstrate the effectiveness of cooperation and the ineffectiveness of competition in a conflict situation
- Demonstrate problem solving skills and evaluate the effectiveness of the solution

Injury Prevention

6. Violence Prevention

Students need to know:

6.1 conflict resolution techniques

6.3 ways to deal with bullying

Mental Health

2. Emotional Health

Students need to know:

2.5 ways to manage conflict

4. Resources and Support

Students need to know:

4.1 when to get help

4.2 why to get help

4.3 how to get help and support

4.4 whom to ask for help

Lesson 8: *Cool Down & Turn it Around* – Anger Management

Objectives

Following this lesson, the student will be able to:

- Define “escalation” and “de-escalation” as they relate to conflict
- Describe the process of conflict escalation
- List signs that a conflict is escalating
- Identify verbal and non-verbal conflict escalators
- Effect the de-escalation of a conflict
- Construct neutral problem statements

Injury Prevention

6. Violence Prevention

Students need to know:

6.1 conflict resolution techniques

Family Life and Sexuality

Mental Health

2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings

2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness

2.3 ways to manage and reduce anger

2.4 ways to deal with frustration

4. Resources and Support

Students need to know:

4.1 when to get help

4.2 why to get help

4.3 how to get help and support

4.4 whom to ask for help

Lesson 9: Building an Inclusive Community – Identifying and Managing Bullying Situations

Objectives

Following this lesson, the student will be able to:

- Understand that bullying is different from conflict
- Recognize and identify different types of bullying behaviors
- Define bully, target, and witness
- Identify ways the target or the witness can stop a bullying situation

- Perform role plays to deal with aggression and/or bullying
- Demonstrate assertive responses to bullying behavior

Injury Prevention

6. Violence Prevention

Students need to know:

6.1 conflict resolution techniques

6.3 ways to deal with bullying

Mental Health

1. Positive Self-Image

1.4 actions that show sense of power (empowerment)

2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings

2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness

2.3 ways to manage and reduce anger

2.4 ways to deal with frustration

4. Resources and Support

Students need to know:

4.1 when to get help

4.2 why to get help

4.3 how to get help and support

4.4 whom to ask for help

Lesson 10: Positively Influential – Being a Positive Role Model

Objectives

Following this lesson, the student will be able to:

- Define role model
- Identify the qualities of a positive role model
- Name ways to influence others positively
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes
- Recognize how student role models can positively impact school climate

Family Life and Sexuality

1. Families and Relationships

Students need to know:

1.3 ways to communicate respect for self and others

2. Growth and Development

2.1 emotional changes

Mental Health

1. Positive Self-Image

1.1 personal assets and strengths

1.2 characteristics of positive role models

1.3 actions that show sense of belonging (connectiveness)

1.4 actions that show sense of power (empowerment)

2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings

2.2 positive ways to handle emotions, e.g., fear, anger, happiness, sadness

2.3 ways to manage and reduce anger

2.4 ways to deal with frustration

2.5 ways to manage conflict