

Too Good for Violence – Social Perspectives

Grade 5 Revised Edition

Correlated with New Hampshire Elementary Health Education Curriculum Guidelines

Lesson 1: *Preparing for Take Off* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify the steps in the Goal-Setting model
- Identify and apply the Goal-Naming criteria
- Name a short-term personal goal using the Goal-Naming criteria

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: *Rocket Science* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Define consequence
- List the steps of the decision-making model
- Identify a variety of options to any given decision
- Demonstrate the ability to choose healthy options when making a decision

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: *Systems Check* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name four basic emotions: happy, sad, angry, and scared and their variations
- Recognize the physical signals associated with particular emotions
- Identify the relationship between feelings and behavior
- Differentiate healthy and unhealthy ways to manage emotions

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: *This is Your Captain Speaking* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define communication
- Identify the elements of communication, both verbal and nonverbal
- Differentiate assertive, aggressive, and passive speaking styles
- Identify active listening 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: *My Flight Crew* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Understand how to be compassionate and empathetic toward others
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

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: *Initiate Launch* – Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

- Recognize the positive effects of self-respect on attitudes, behaviors, and relationships
- Demonstrate the ability to maintain perspective in different situations
- Discuss the effect of negative self-talk on feelings and actions
- Discuss the effect of positive self-talk on feelings and actions
- Discuss the role of cooperation, respecting differences, and communication on connecting with others

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: *Smooth Landing* – 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 the healthy and unhealthy approaches to conflict
- Demonstrate constructive conflict resolution skills
- Apply appropriate, effective conflict resolution approaches

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: *Initiate Countdown* – Anger Management

Objectives

Following this lesson, the student will be able to:

- Differentiate escalation and de-escalation as related to conflict
- List words and actions that escalate conflict
- List words and actions that de-escalate conflict
- Identify physical indicators of anger
- Distinguish healthy and unhealthy ways to manage anger
- Distinguish actions that escalate and de-escalate conflicts
- Apply anger management skills in decision making during anger- provoking situations
- Apply strategies to de-escalate a conflict

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: *Shields Up* – Identifying and Managing Bullying Situations

Objectives

Following this lesson, the student will be able to:

- Define bully, target, and witness
- List strategies for bullies, targets and witnesses to use to prevent or reduce bullying
- 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
- Understand that bullying is different from conflict
- Recognize and identify different types of bullying behaviors

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: *Flight Academy* – 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
- Recall and practice the skills taught in Too Good for Violence – Social Perspectives lessons 1-9

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