

Too Good for Violence – Social Perspectives

Grade 6 Revised Edition

Correlated with New Hampshire Middle School Health Education Curriculum Guidelines

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

MENTAL HEALTH

1. Positive Self-Image

Students need to know:

1.1 personal assets and strengths

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

ALCOHOL AND OTHER DRUGS

4. Healthful Choices about AOD Use

Students need to know:

4.1 how to accept personal responsibility for choices about AOD use

4.2 how to make a personal commitment not to use

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

FAMILY LIFE AND SEXUALITY

2. Growth and Development

Students need to know:

2.1 emotional Changes

MENTAL HEALTH

1. Positive Self-Image

Students need to know:

1.4 how to develop and demonstrate a sense of power (empowerment)

2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings appropriately

2.2 positive ways to handle/express emotions, e.g., mood swings, hurt feelings, loneliness, sadness

2.3 ways to manage and reduce anger and conflict

2.4 ways to deal with frustration

2.5 how emotions and behaviors change during adolescence

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

MENTAL HEALTH

2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings appropriately

3. Interpersonal Relationships and Communication

Students need to know:

3.2 skills for effective speaking, e.g., I-statements, eye contact, assertiveness

3.3 effective listening skills, e.g., reflective listening

3.4 characteristics of nonverbal communication

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

ALCOHOL AND OTHER DRUGS

3. Positive and Negative Influences on AOD Use

Students need to know:

3.1 pressures to use

3.2 internal influences

3.3 family influences

3.4 peer influences

4. Healthful Choices about AOD Use

Students need to know:

4.2 how to make a personal commitment not to use

5. Communicating Healthful Choices about AOD Use

Students need to know:

5.3 how to deal with pressure to use

5.4 how to encourage others not to use

TOBACCO

3. Choosing to be Tobacco Free

Students need to know:

3.1 how to make a personal commitment not to use

3.2 strategies to resist pressure to use

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

FAMILY LIFE AND SEXUALITY

1. Families and Relationships

Students need to know:

1.1 ways to communicate respect for self and others

1.2 diversity of relationships

MENTAL HEALTH

1. Positive Self-Image

Students need to know:

1.1 personal assets and strengths

1.3 how to develop and demonstrate a sense of belonging (connectiveness)

1.4 how to develop and demonstrate a sense of power (empowerment)

3. Interpersonal Relationships and Communication

Students need to know:

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

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

INJURY PREVENTION

5. Violence Prevention

Students need to know:

5.1 ways to avoid interpersonal conflict

5.2 conflict resolution techniques

5.8 causes of conflict in schools and communities

MENTAL HEALTH

2. Emotional Health

Students need to know:

2.3 ways to manage and reduce anger and conflict

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

INJURY PREVENTION

5. Violence Prevention

Students need to know:

5.1 ways to avoid interpersonal conflict

5.2 conflict resolution techniques

MENTAL HEALTH

2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings appropriately

2.2 positive ways to handle/ express emotions, e.g., mood swings, hurt feelings, loneliness, sadness

2.3 ways to manage and reduce anger and conflict

2.4 ways to deal with frustration

2.5 how emotions and behaviors change during adolescence

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

INJURY PREVENTION

5. Violence Prevention

Students need to know:

5.2 conflict resolution techniques

5.3 how to avoid fighting/bullying

7. Suicide Prevention

Students need to know:

7.3 how to get help for self and others

MENTAL HEALTH

1. Positive Self-Image

Students need to know:

1.3 how to develop and demonstrate a sense of belonging (connectiveness)

1.4 how to develop and demonstrate a sense of power (empowerment)

3. Interpersonal Relationships and Communication

Students need to know:

3.2 skills for effective speaking, e.g., I-statements, eye contact, assertiveness

3.8 how to advocate for needs and rights of others

3.9 how to advocate for a healthy social environment

3.10 how to advocate for fairness

6. Resources and Support

Students need to know:

6.1 when to get help

6.2 why to get help

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

INJURY PREVENTION

5. Violence Prevention

Students need to know:

5.1 ways to avoid interpersonal conflict

5.2 conflict resolution techniques

5.8 causes of conflict in schools and communities

FAMILY LIFE AND SEXUALITY

1. Families and Relationships

Students need to know:

1.1 ways to communicate respect for self and others

MENTAL HEALTH

1. Positive Self-Image

Students need to know:

1.1 personal assets and strengths

2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings appropriately

2.2 positive ways to handle/ express emotions, e.g., mood swings, hurt feelings, loneliness, sadness

2.3 ways to manage and reduce anger and conflict

2.4 ways to deal with frustration

2.5 how emotions and behaviors change during adolescence

3. Interpersonal Relationships and Communication

Students need to know:

3.2 skills for effective speaking, e.g., I-statements, eye contact, assertiveness

3.3 effective listening skills, e.g., reflective listening

3.4 characteristics of nonverbal communication