

Too Good for Violence – Social Perspectives

Grade 7 Revised Edition

Correlated with New Hampshire Middle School Health Education Curriculum Guidelines

Lesson 1: *Set to Win* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and apply the criteria for naming a personal goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify available resources for support and assistance in working towards a goal

MENTAL HEALTH

1. Positive Self-Image

Students need to know:

1.1 personal assets and strengths

Lesson 2: *The Decision is Yours* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Identify and apply the four steps in the decision-making model
- Define consequences and differentiate between positive and negative consequences
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes

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: *Understanding Me* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Identify stressors that trigger emotions
- Recognize how emotions influence decisions
- Identify emotions and signs of stress
- Demonstrate healthy strategies to manage emotions and stress
- Identify and manage the emotions of others

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

4. Stress Management

Students need to know:

4.1 how to analyze stressors, e.g., death, ending relationships, changing schools, rejection

4.2 coping strategies to reduce stress

4.3 ways to avoid stress

Lesson 4: *Say It With Style* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of effective communication, both verbal and non-verbal
- Recognize how tone of voice, facial expressions, and body language can affect meaning
- Demonstrate assertive speaking and active listening techniques

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: *The Right Connection* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Differentiate peer pressure and peer influence
- Identify the benefits of positive peer influence
- Articulate the benefits of associating with pro-social others
- Differentiate healthy friend qualities and unhealthy friend qualities
- Identify various peer pressure refusal strategies and the peer pressure situations to which they apply

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

3.4 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:

3.2 strategies to resist pressure to use

MENTAL HEALTH

3. Interpersonal Relationships and Communication

Students need to know:

3.1 how to build and maintain healthy friendships

3.6 how to resist peer pressure

3.7 appropriate ways to end relationships

Lesson 6: *Celebrating Differences* – Respect for Self & Others

Objectives

Following this lesson, the student will be able to:

- Define respect
- Identify personal strengths and their effects on sense of self
- Explain the link between thoughts, emotions, and behavior
- Explain how individual differences among people can be beneficial
- Describe the positive effects of respect on attitudes, behaviors, and relationships
- Demonstrate the ability to think positively when faced with a difficult situation

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: Meeting Point – Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Define conflict
- Demonstrate the ability to listen respectfully to different points of view
- Recognize conflict as an opportunity to learn about oneself and others
- Demonstrate the effective use of cooperation as an approach to conflict resolution
- Differentiate healthy and unhealthy approaches to resolving a conflict
- Compare the potential consequences of handling conflict in healthy and unhealthy ways

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: *Anger Outlet* – Anger Management

Objectives

Following this lesson, the student will be able to:

- Differentiate healthy and unhealthy ways of managing anger
- Identify healthy, effective anger management techniques
- Describe the role of personal responsibility in a peaceful response to anger-provoking situations
- Demonstrate how to reframe self-talk to reduce anger and promote calm
- Apply strategies to de-escalate a conflict
- Distinguish the actions that escalate and de-escalate conflicts

INJURY PREVENTION

5. Violence Prevention

Students need to know:

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MENTAL HEALTH

2. Emotional Health

Students need to know:

2.1 how to express needs, wants, and feelings appropriately

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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: *Home Base* – 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 motivations for bullying behavior
- Demonstrate healthy alternatives to 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: *Site Survey* – Peer Violence

Objectives

Following this lesson, the student will be able to:

- Define violence
- List behaviors that can escalate a conflict into violence
- Identify warning signs for violence
- List the consequences of violence for the aggressor, target, and witness
- 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

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