

Too Good for Violence – Social Perspectives High School Revised Edition

Correlated with New Hampshire Health Education Standards

Lesson One: *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

Mental Health

1. Positive Self-Image

Students need to know:

- 1.1 personal assets and strengths
- 1.4 how to develop and demonstrate a sense of empowerment

2. Emotional Health

Students need to know:

- 2.4 ways of dealing with frustration

Lesson Two: *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

Mental Health

1. Positive Self-Image

Students need to know:

- 1.1 personal assets and strengths
- 1.4 how to develop and demonstrate a sense of empowerment

2. Emotional Health

Students need to know:

- 2.1 strategies for expressing needs, wants and feelings appropriately

Lesson Three: *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

Mental Health

1. Positive Self-Image

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2. Emotional Health

Students need to know:

- 2.1 strategies for expressing needs, wants and feelings appropriately
- 2.2 positive ways to handle emotions, e.g., mood swings, loneliness, hurt feelings, sadness
- 2.3 strategies for managing and reducing anger and conflict
- 2.4 ways of dealing with frustration

3. Interpersonal Relationships and Communication

Students need to know:

- 3.4 characteristics of non-verbal communication
- 3.9 how to advocate for needs and rights of others

Lesson Four: *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

Mental Health

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- 1.4 how to develop and demonstrate a sense of empowerment

2. Emotional Health

Students need to know:

- 2.1 strategies for expressing 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 skills for effective listening, e.g., reflective listening
- 3.4 characteristics of non-verbal communication
- 3.9 how to advocate for needs and rights of others

Lesson Five: *The Ties that Bind* – Bonding and 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

Mental Health

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Students need to know:

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- 2.2 positive ways to handle emotions, e.g., mood swings, loneliness, hurt feelings, sadness
- 2.3 strategies for managing and reducing anger and conflict
- 2.4 ways of dealing with frustration

3. Interpersonal Relationships and Communication

Students need to know:

- 3.1 how to build and maintain relationships, including appropriate ways to end relationships
- 3.6 ways to resist peer pressure
- 3.7 appropriate ways to end relationships
- 3.8 techniques for negotiation and compromise

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, e.g., family, friends, dating, marriage

Lesson Six: *Many Rivers to Cross* – Respect for Self and Others

Objectives

Following this lesson, the student 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

Family Life and Sexuality

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Students need to know:

- 2.1 strategies for expressing needs, wants and feelings appropriately

3. Interpersonal Relationships and Communication

Students need to know:

- 3.1 how to build and maintain relationships, including appropriate ways to end relationships
- 3.2 skills for effective speaking, e.g., I-statements, eye contact, assertiveness
- 3.3 skills for effective listening, e.g., reflective listening
- 3.7 appropriate ways to end relationships
- 3.8 techniques for negotiation and compromise

Lesson Seven: *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

Injury Prevention

3. Violence Prevention

Students need to know:

- 3.1 ways to avoid threatening situations
- 3.2 causes of conflict

- 3.3 conflict resolution techniques
- 3.4 how to avoid fighting/bullying
- 3.9 influence of AOD in conflict situations
- 3.10 nonviolent ways to calm charged situations

Family Life and Sexuality

1. Families and Relationships

Students need to know:

- 1.1 ways to communicate respect for self and others
- 1.3 influences of violence, e.g., date rape and other abuse

Mental Health

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Students need to know:

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- 1.4 how to develop and demonstrate a sense of empowerment

2. Emotional Health

Students need to know:

- 2.1 strategies for expressing needs, wants and feelings appropriately
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- 3.3 skills for effective listening, e.g., reflective listening
- 3.4 characteristics of non-verbal communication

6. Resources and Support

Students need to know:

- 6.1 when to get help
- 6.2 why to get help
- 6.3 where and how to get help

Lesson Eight: *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

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2. Emotional Health

Students need to know:

- 2.1 strategies for expressing needs, wants and feelings appropriately
- 2.2 positive ways to handle emotions, e.g., mood swings, loneliness, hurt feelings, sadness

4. Stress Management

Students need to know:

- 4.1 types of stressors, e.g., death, ending relationships, changing schools, rejection
- 4.2 coping strategies to reduce stress, including exercise
- 4.3 ways to avoid stress

6. Resources and Support

Students need to know:

- 6.1 when to get help
- 6.2 why to get help

Lesson Nine: #Compatibility – Healthy Teen Dating

Objectives

Following this lesson, the student 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

Injury Prevention

3. Violence Prevention

Students need to know:

- 3.1 ways to avoid threatening situations
- 3.6 how to prevent dating violence

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, e.g., family, friends, dating, marriage
- 1.3 influences of violence, e.g., date rape and other abuse

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- 6.2 why to get help
- 6.3 where and how to get help

Lesson Ten: *Finding Perspective* – Social Media Awareness/Course Review

Objectives

Following this lesson, the student will be able to:

- Analyze online content to detect embellishment or other enhanced portrayals
- Identify the benefits and stressors associated with online activity
- Identify the influence of peer acceptance via social media on decision making
- Apply the decision-making model to mitigate the influence of social media activity
- Demonstrate knowledge and understanding of social-emotional skills learned in lessons 1-10

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