

Too Good for Violence – Social Perspectives

Grade 4 Revised Edition

Correlated with Oregon Health Education Standards and Benchmarks

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

PREVENTION AND CONTROL OF DISEASE

Set goal for personal health care.

Set goal and track progress to improve/maintain personal health.

Encourage effective health care practices at home and school.

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

List characteristics that contribute to a healthy self-image.

Identify personal characteristics that reflect a healthy self-image.

Demonstrate verbal and nonverbal, pro-social communication.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Demonstrate pro-social behaviors including respect for self and others.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Identify people to talk with about social/emotional needs and relationships.

Demonstrate pro-social behaviors including respect for self and others.

Describe different emotions.

Demonstrate appropriate ways to express emotions, wants, and feelings.

Explain how the expression of emotions may help and/or harm self and others.

Demonstrate verbal and nonverbal, pro-social communication.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Identify people to talk with about social/emotional needs and relationships.

Demonstrate verbal and nonverbal, pro-social communication.

Demonstrate pro-social behaviors including respect for self and others.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Describe how pro-social behaviors help to build and maintain healthy relationships.

Identify people to talk with about social/emotional needs and relationships.

Demonstrate verbal and nonverbal, pro-social communication.

Demonstrate pro-social behaviors including respect for self and others.

PROMOTION OF SEXUAL HEALTH

Describe the characteristics of a healthy relationship.

Demonstrate positive ways to communicate differences of opinion while maintaining a healthy relationship.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Describe how prosocial behaviors help to build and maintain healthy relationships.

Demonstrate prosocial behaviors including respect for self and others.

Demonstrate verbal and non-verbal, pro-social communication.

List characteristics that contribute to a healthy self-image.

Identify personal characteristics that reflect a healthy self-image.
Verbally and nonverbally communicate respect for diversity.

PROMOTION OF SEXUAL HEALTH

Demonstrate respect for self and others.

Describe the characteristics of a healthy relationship.

Demonstrate positive ways to communicate differences of opinion while maintaining a healthy relationship.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Describe how prosocial behaviors help to build and maintain healthy relationships.

PROMOTION OF SEXUAL HEALTH

Demonstrate how to clearly say no, how to leave an uncomfortable situation, and how to report situation to trusted adult.

Demonstrate positive ways to communicate differences of opinion while maintaining a healthy relationship.

VIOLENCE AND SUICIDE PREVENTION

Identify how to report unsafe situation to trusted adult(s).

Recognize the importance of problem solving, anger management and impulse control in violence prevention.

Demonstrate problem-solving skills, anger management steps, and impulse control.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Describe how prosocial behaviors help to build and maintain healthy relationships.

Identify people to talk with about social/emotional needs and relationships.

Describe different emotions.

Demonstrate appropriate ways to express emotions, wants, and needs.

Explain how the expression of emotions may help and/or harm self and others.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Describe how prosocial behaviors help to build and maintain healthy relationships.

PROMOTION OF SEXUAL HEALTH

Demonstrate how to clearly say no, how to leave an uncomfortable situation, and how to report situation to trusted adult.

VIOLENCE AND SUICIDE PREVENTION

Recognize bullying and cyber bullying behavior and what to do in a bullying situation.

Identify how to report unsafe situation to trusted adult(s).

Demonstrate safe ways to respond to bullying and cyber bullying.

Demonstrate what to say and do as a victim or bystander of bullying and cyber bullying.

Advocate for a safe school environment.

Recognize the importance of problem solving, anger management and impulse control in violence prevention.

Demonstrate problem-solving skills, anger management steps, and impulse control.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Describe how prosocial behaviors help to build and maintain healthy relationships.

Demonstrate appropriate ways to express emotions, wants, and needs.