

Too Good for Violence – Social Perspectives

Grade 5 Revised Edition

Correlated with Oregon Health Education Standards and Benchmarks

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

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.

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

PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

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

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

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.

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

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: *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

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: *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

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: *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

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: *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

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: *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

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: *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

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.