

Too Good for Violence – Social Perspectives

Grade 6 Revised Edition

Correlated with Oregon Health Education Standards and Benchmarks

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

Strand - PROMOTION OF MENTAL, SOCIAL, AND EMOTIONAL HEALTH

Set goals around increasing healthy self-image.

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

Strand - ALCOHOL, TOBACCO AND OTHER DRUG PREVENTION

Analyze the short and long term effects of drugs using the decision making model.

Strand - PROMOTION OF ENVIRONMENTAL HEALTH

Use a decision making process to prevent exposure to harmful substances.

Strand - PROMOTION OF MENTAL, SOCIAL, AND EMOTIONAL HEALTH

Use a decision making model to avoid or refuse addictive substances and/or behaviors.

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

Strand - PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Identify how to manage emotions 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

Strand - PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Demonstrate effective communication skills that encourage healthy relationships.

Strand - PROMOTION OF SEXUAL HEALTH

Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others.

Strand - VIOLENCE AND SUICIDE PREVENTION

Practice and use a variety of clear communication skills and peer resistance skills to promote pro-social behavior.

Demonstrate a variety of clear communication skills to report dangerous situations.

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

Strand - ALCOHOL, TOBACCO AND OTHER DRUG PREVENTION

Demonstrate refusal skills related to the use of alcohol, tobacco, inhalant and other drug use.

Demonstrate refusal skills around drinking and driving or being a passenger when the driver has been drinking and driving.

Strand - PROMOTION OF PHYSICAL ACTIVITY

Use refusal skills to avoid the use of steroids, performance enhancing drugs, and controlled substances.

Strand - UNINTENTIONAL INJURY PREVENTION

Demonstrate strategies and refusal skills to avoid situations that may cause injury.

Strand - VIOLENCE AND SUICIDE PREVENTION

Practice and use a variety of clear communication skills and peer resistance skills to promote pro-social behavior.

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

Strand - PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Explain how to build and maintain healthy family, peer, and dating relationships.

Demonstrate effective communication skills that encourage healthy relationships

Make decisions that enhance or establish healthy relationships.

Analyze influences that may affect self-esteem (e.g., peers, media, and adults).

Recognize diversity among people, including age, disability national origin, race, color, marital status, sex, sexual orientation, and gender identity.

Demonstrate appropriate ways to respect and include others who are different from you.

Advocate respect for diversity.

Strand - PROMOTION OF SEXUAL HEALTH

Explain how to promote safety, respect, awareness, and acceptance.

Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others.

Advocate for the promotion of empathy for individual differences.

Strand - VIOLENCE AND SUICIDE PREVENTION

Explain pro-social behaviors.

Demonstrate effective ways to promote respect for self and others.

Practice and use a variety of clear communication skills and peer resistance skills to promote pro-social behavior.

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

Strand - PROMOTION OF MENTAL, SOCIAL, AND EMOTIONAL HEALTH

Explain how to build and maintain healthy family, peer, and dating relationships.

Demonstrate effective communication skills that encourage healthy relationships

Make decisions that enhance or establish healthy relationships.

Strand - PROMOTION OF SEXUAL HEALTH

Explain how to promote safety, respect, awareness, and acceptance.

Strand - UNINTENTIONAL INJURY PREVENTION

Demonstrate strategies and refusal skills to avoid situations that may cause injury.

Strand - VIOLENCE AND SUICIDE PREVENTION

Explain pro-social behaviors.

Explain how violence, aggression, bullying, cyber-bullying, and harassment affect health and safety.

Explain the role problem-solving; anger management and impulse control have on preventing violence.

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

Demonstrate a variety of clear communication skills to report dangerous situations.

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

Strand - PROMOTION OF MENTAL, SOCIAL, AND EMOTIONAL HEALTH

Identify how to manage emotions during adolescence.

Strand - VIOLENCE AND SUICIDE PREVENTION

Explain the role problem-solving; anger management and impulse control have on preventing violence.

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

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

Strand - PROMOTION OF MENTAL, SOCIAL, AND EMOTIONAL HEALTH

Demonstrate appropriate ways to respect and include others who are different from you.

Strand - PROMOTION OF SEXUAL HEALTH

Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence

Demonstrate ways they can respond when someone is being bullied or harassed.

Explain how to promote safety, respect, awareness, and acceptance.

Strand - UNINTENTIONAL INJURY PREVENTION

Demonstrate strategies and refusal skills to avoid situations that may cause injury.

Strand - VIOLENCE AND SUICIDE PREVENTION

Explain pro-social behaviors.

Demonstrate effective ways to promote respect for self and others.

Practice and use a variety of clear communication skills and peer resistance skills to promote pro-social behavior.

Explain how violence, aggression, bullying, cyber-bullying, and harassment affect health and safety.

Explain how witnesses and bystanders can help prevent violence by reporting dangerous situations.

Demonstrate a variety of clear communication skills to report dangerous situations.

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

Strand - PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH

Explain how to build and maintain healthy family, peer, and dating relationships.

Demonstrate effective communication skills that encourage healthy relationships

Make decisions that enhance or establish healthy relationships.

Analyze influences that may affect self-esteem (e.g., peers, media, and adults).

Identify how to manage emotions during adolescence.

Strand - PROMOTION OF SEXUAL HEALTH

Explain how to promote safety, respect, awareness and acceptance.

Strand - UNINTENTIONAL INJURY PREVENTION

Demonstrate strategies and refusal skills to avoid situations that may cause injury.

Strand - VIOLENCE AND SUICIDE PREVENTION

Explain pro-social behaviors.

Demonstrate effective ways to promote respect for self and others.

Practice and use a variety of clear communication skills and peer resistance skills to promote pro-social behavior.

Identify that media and technology may contain violent messages and images.