

Too Good for Violence – Social Perspectives

Grade 7 Revised Edition

Correlated with Oregon Health Education Standards and Benchmarks

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

Strand - PROMOTION OF MENTAL, SOCIAL, AND EMOTIONAL HEALTH

Set goals around increasing healthy self-image.

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

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: *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

Strand - PROMOTION OF MENTAL, SOCIAL, AND EMOTIONAL HEALTH

Identify personal stressors at home, in school and community.

Practice managing personal stressors with peers, at home, in school, and community

Develop achievable goals to handle stressors in a healthy way.

Identify how to manage emotions during adolescence.

Strand - VIOLENCE AND SUICIDE PREVENTION

Identify the early signs of stress and implement stress management techniques

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

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: *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

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 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.

Advocate for healthy communication skills within relationships

Strand - PROMOTION OF SEXUAL HEALTH

Compare and contrast the characteristics of healthy and unhealthy relationships

Explain the criteria for evaluating the health of a relationship.

Strand - VIOLENCE AND SUICIDE PREVENTION

Explain pro-social behaviors.

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

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: *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

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: *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

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: *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

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: *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

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.

Describe the differences between physical, verbal, relational, sexual, and dating violence.

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

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