

# Too Good for Violence – Social Perspectives

## High School Revised Edition

*Correlated with Oregon 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

#### Promotion of Mental, Social and Emotional Health

**HE.12.PM01.CC Explain how to build and maintain healthy family and peer relationships.**

HE.12.PM01.INF Analyze how personal, family, and cultural values influence healthy behaviors.

**HE.12.PM02.CC Describe qualities that contribute to a healthy self-image.**

HE.12.PM02.INF Identify influences, peer, family, community and media that contribute to a healthy self-image.

### 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

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## 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

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## 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

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HE.12.PM02.INF Identify influences, peer, family, community and media that contribute to a healthy self-image.

HE.12.PM02.ADV Advocate for healthy communication skills within relationships.

### Violence and Suicide Prevention

**HE.12.VS01.CC Explain pro-social behaviors and explain how they may prevent violence.**

HE.12.VS01.IC Demonstrate pro-social communication skills.

## 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

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**HE.12.PM01.CC Explain how to build and maintain healthy family and peer relationships.**

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**HE.12.PM02.CC Describe qualities that contribute to a healthy self-image.**

HE.12.PM02.INF Identify influences, peer, family, community and media that contribute to a healthy self-image.

HE.12.PM02.ADV Advocate for healthy communication skills within relationships.

**HE.12.PS11.CC Describe characteristics of healthy and unhealthy romantic and/or sexual relationships.**

HE.12.PS11.AI Demonstrate how to access valid information and resources about healthy and unhealthy relationships.

HE.12.PS11.IC Demonstrate effective strategies to avoid or end an unhealthy relationship.

## 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

### Promotion of Mental, Social and Emotional Health

**HE.12.PM01.CC Explain how to build and maintain healthy family and peer relationships.**

HE.12.PM01.AI Identify resources at home, school, and in the community for managing family and healthy relationships.

HE.12.PM01.INF Analyze how personal, family, and cultural values influence healthy behaviors.

**HE.12.PM02.CC Describe qualities that contribute to a healthy self-image.**

HE.12.PM02.INF Identify influences, peer, family, community and media that contribute to a healthy self-image.

HE.12.PM02.ADV Advocate for healthy communication skills within relationships.

**HE.12.PM06.CC Describe how social environments affect health and well-being.**

### **Violence and Suicide Prevention**

**HE.12.VS01.CC Explain pro-social behaviors and explain how they may prevent violence.**

HE.12.VS01.SM Demonstrate the ability to take the perspective of others in a conflict situation.

HE.12.VS01.IC Demonstrate pro-social communication skills.

**HE.12.VS02.CC Examine how violence, aggression, bullying, cyber-bullying and harassment affect health and safety.**

HE.12.VS02.ADV Design an advocacy campaign for preventing violence, aggression, bullying, cyber-bullying and harassment.

**HE.12.VS03.CC Explain the role problem solving; anger management and impulse control have on preventing violence.**

HE.12.VS03.IC Demonstrate the steps healthy communication in problem solving, anger management and impulse control.

## **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

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## 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

### Promotion of Mental, Social and Emotional Health

**HE.12.PM03.CC Classify personal stressors at home, in school and community.**

HE.12.PM03.SM Practice strategies for managing and reducing stress, anger, and conflict.

HE.12.PM03.GS Set a goal to reduce/cope with life stressors in a health enhancing way.

## 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

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HE.12.PM02.ADV Advocate for healthy communication skills within relationships.

**HE.12.PM06.CC Describe how social environments affect health and well-being.**

**HE.12.PS10.CC Describe a range of ways to express affection with healthy relationships.**

### Promotion of Sexual Health

**HE.12.PS10.CC Describe a range of ways to express affection with healthy relationships.**

HE.12.PS10.GS Set a personal goal to treat partners with respect and to be treated with respect.

**HE.12.PS11.CC Describe characteristics of healthy and unhealthy romantic and/or sexual relationships.**

HE.12.PS11.AI Demonstrate how to access valid information and resources about healthy and unhealthy relationships.

HE.12.PS11.IC Demonstrate effective strategies to avoid or end an unhealthy relationship.

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HE.12.VS02.ADV Design an advocacy campaign for preventing violence, aggression, bullying, cyber-bullying and harassment.

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## **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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**HE.12.PS10.CC Describe a range of ways to express affection with healthy relationships.**  
HE.12.PS10.GS Set a personal goal to treat partners with respect and to be treated with respect.

**HE.12.PS11.CC Describe characteristics of healthy and unhealthy romantic and/or sexual relationships.**

HE.12.PS11.AI Demonstrate how to access valid information and resources about healthy and unhealthy relationships.

HE.12.PS11.INF Explain how media can influence one's beliefs about what constitutes a healthy relationship.

HE.12.PS11.IC Demonstrate effective strategies to avoid or end an unhealthy relationship.

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