

Too Good for Violence – Social Perspectives

Grade 5 Revised Edition

Correlated with Pennsylvania Academic Standards for Health, Safety, and Physical Education

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

None apply at this time.

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

10.1.6 Concepts of Health

D. Explain factors that influence childhood and adolescent drug use.

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

D. Describe and apply the steps of a decision-making process to health and safety issues.

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

10.1.6 Concepts of Health

A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

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

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

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

10.1.6 Concepts of Health

A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

D. Explain factors that influence childhood and adolescent drug use.

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

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

None apply at this time.

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

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

10.3.6 Safety and Injury Prevention

C. Describe strategies to avoid or manage conflict and violence

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

10.1.6 Concepts of Health

A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

10.3.6 Safety and Injury Prevention

C. Describe strategies to avoid or manage conflict and violence

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

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

10.3.6 Safety and Injury Prevention

C. Describe strategies to avoid or manage conflict and violence

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

10.1.6 Concepts of Health

A. Describe growth and development changes that occur between childhood and adolescence and identify factors that can influence these changes.

10.2.6 Healthful Living

A. Explain the relationship between personal health practices and individual well-being.

10.3.6 Safety and Injury Prevention

C. Describe strategies to avoid or manage conflict and violence