

# Too Good for Violence – Social Perspectives

## Grade 6 Revised Edition

Correlated with Pennsylvania Health Education  
Content 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

#### 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.
- education
  - socioeconomic

### 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

#### 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.
- education

#### 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: *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

### 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.

- education
- socioeconomic

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

- social acceptance
- stress

## 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

### 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.

- education

### 10.2.6 Healthful Living

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

### 10.3.6 Safety and Injury Prevention

A. Explain and apply safe practices in the home, school and community.

- personal safety
- communication

## 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

### 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.

- education
- socioeconomic

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

- peer influence
- social acceptance
- stress
- decision-making/refusal skills
- rules, regulations and laws
- consequences

### 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.

E. Analyze environmental factors that impact health.

## 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

### 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.

- education
- socioeconomic

E. Identify health problems that can occur throughout life and describe ways to prevent them.

- diseases
- preventions

### 10.2.6 Healthful Living

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

## 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

### 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.

- education
- socioeconomic

E. Identify health problems that can occur throughout life and describe ways to prevent them.

- preventions

### 10.2.6 Healthful Living

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

B. Explain the relationship between health-related information and consumer choices.

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

### 10.3.6 Safety and Injury Prevention

C. Describe strategies to avoid or manage conflict and violence.

- reflective listening
- negotiation

## 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

### 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.

- education

- socioeconomic

### 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.

### 10.3.6 Safety and Injury Prevention

- C. Describe strategies to avoid or manage conflict and violence.
  - reflective listening
  - negotiation

## 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

### 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.
  - education
  - socioeconomic
- E. Identify health problems that can occur throughout life and describe ways to prevent them.
  - preventions

### 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.

### 10.3.6 Safety and Injury Prevention

- A. Explain and apply safe practices in the home, school and community.
  - personal safety
  - communication
- C. Describe strategies to avoid or manage conflict and violence.
  - reflective listening
  - negotiation
- D. Analyze the role of individual responsibility for safety during physical activity.

## 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

### 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.

- education
- socioeconomic

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

- peer influence
- body image
- social acceptance
- stress
- media influence
- decision-making/refusal skills
- rules, regulations and laws
- consequences

E. Identify health problems that can occur throughout life and describe ways to prevent them.

- preventions

### 10.2.6 Healthful Living

C. Explain the media's effect on health and safety issues.

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

### 10.3.6 Safety and Injury Prevention

A. Explain and apply safe practices in the home, school and community.

- emergencies
- personal safety
- communication
- violence prevention