

Too Good for Violence – Social Perspectives

Grade 7 Revised Edition

Correlated with Pennsylvania Health Education
Content 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

10.1.9 Concepts of Health

A. Analyze factors that impact growth and development between adolescence and adulthood.

- relationships
- interpersonal communication
- risk factors
- community

D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.

- goal setting
- professional assistance
- parent involvement

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

10.1.9 Concepts of Health

D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.

- decision-making/refusal skills
- situation avoidance

10.2.9 Healthful Living

D. Analyze and apply a decision-making process to adolescent health and safety issues.

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

10.1.9 Concepts of Health

B. Analyze the interdependence existing among the body system

D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.

- decision-making/refusal skills
- situation avoidance
- professional assistance
- parent involvement

E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.

10.3.9 Safety and Injury Prevention

C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.

- assertive behavior

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

10. 1.9 Concepts of Health

A. Analyze factors that impact growth and development between adolescence and adulthood.

- relationships
- interpersonal communication

10.3.9 Safety and Injury Prevention

C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.

- effective negotiation
- assertive behavior

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

10.1.9 Concepts of Health

A. Analyze factors that impact growth and development between adolescence and adulthood.

- relationships
- interpersonal communication
- risk factors
- community

E. Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.

10.2.9 Healthful Living

D. Analyze and apply a decision-making process to adolescent health and safety issues.

10.4.9 Physical Activity

F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.

- group dynamics
- social pressure

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

10.1.9 Concepts of Health

A. Analyze factors that impact growth and development between adolescence and adulthood.

- relationships (e.g., dating, friendships, peer pressure)
- interpersonal communication

10.4.9 Physical Activity

F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.

- group dynamics
- social pressure

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

10. 1.9 Concepts of Health

A. Analyze factors that impact growth and development between adolescence and adulthood.

- relationships
- interpersonal communication
- risk factors

D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.

- decision-making/refusal skills
- situation avoidance

10.2.9 Healthful Living

D. Analyze and apply a decision-making process to adolescent health and safety issues.

10.3.9 Safety and Injury Prevention

A. Analyze the role of individual responsibility for safe practices and injury prevention in the home, school, and community.

- violence prevention in school
- self-protection in the home
- self-protection in public places

C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.

- effective negotiation
- assertive behavior

D. Analyze the role of individual responsibility for safety during organized group activities.

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

10.1.9 Concepts of Health

E. Analyze how personal choice, disease, and genetics can impact health maintenance and disease prevention.

10.2.9 Healthful Living

D. Analyze and apply a decision-making process to adolescent health and safety issues.

10.3.9 Safety and Injury Prevention

A. Analyze the role of individual responsibility for safe practices and injury prevention in the home, school, and community.

- violence prevention in school
- self-protection in the home
- self-protection in public places

C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.

- effective negotiation
- assertive behavior

D. Analyze the role of individual responsibility for safety during organized group activities.

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

10.1.9 Concepts of Health

A. Analyze factors that impact growth and development between adolescence and adulthood.

- relationships
- interpersonal communication
- risk factors
- community

D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.

- decision-making/refusal skills
- situation avoidance
- goal setting
- professional assistance
- parent involvement

10.3.9 Safety and Injury Prevention

A. Analyze the role of individual responsibility for safe practices and injury prevention in the home, school, and community.

- violence prevention in school
- self-protection in the home
- self-protection in public places

C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.

- effective negotiation
- assertive behavior

D. Analyze the role of individual responsibility for safety during organized group activities.

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

10.1.9 Concepts of Health

A. Analyze factors that impact growth and development between adolescence and adulthood.

- relationships
- interpersonal communication
- risk factors

D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.

- decision-making/refusal skills
- situation avoidance

10.2.9 Healthful Living

D. Analyze and apply a decision-making process to adolescent health and safety issues.

10.3.9 Safety and Injury Prevention

A. Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.

- violence prevention in school
- self-protection in public places

C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.

- effective negotiation
- assertive behavior

D. Analyze the role of individual responsibility for safety during organized group activities.