

# Too Good for Violence – Social Perspectives

## Grade 8 Revised Edition

Correlated with Pennsylvania Health Education  
Content Standards and Benchmarks

### Lesson 1: *The Architect* – Goal Setting

#### Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify and apply the criteria for naming a reachable personal goal
- Name a personal goal using the goal-setting model
- Recognize and manage potential obstacles that can get in the way of reaching 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: *iDecide* – Decision Making

#### Objectives

Following this lesson, the student will be able to:

- Define decision
- Demonstrate the ability to apply the steps in the Decision-Making Model
- Examine how goals, media, peers, and family influence decisions
- Demonstrate the effect decisions have on accomplishing goals
- Recognize that decisions are made every day
- Differentiate between impulsive behavior and thoughtful decisions
- Predict how decisions have consequences for self and others

#### 10.1.9 Concepts of Health

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

- relationships
- interpersonal communication
- risk factors
- community

C. Analyze factors that impact nutritional choices of adolescents.

- advertising
- peer influence
- athletic goals

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: *Calibrating Sensors* – Identifying and Managing Emotions**

### **Objective:**

Following this lesson, the student will be able to:

- Relate managing emotions to success in life
- Demonstrate strategies to manage emotions
- Analyze how emotions and self-awareness influence decision making
- Demonstrate healthy ways to express feelings
- Discern the emotions of others
- Demonstrate ways to communicate care, consideration, and respect of self and others

### **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

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.

- effective negotiation
- assertive behavior

## Lesson 4: *Press Send* – Effective Communication

### Objectives

Following this lesson, the student will be able to:

- Analyze the elements of interpersonal communication
- Distinguish assertive, aggressive, and passive communication styles
- Distinguish verbal and nonverbal communication
- Demonstrate assertive communication techniques
- Demonstrate active listening techniques to build and maintain healthy relationships
- Understand how perception and emotions can influence communication

### 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

### 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: *Friend Request* – Bonding and Relationships

### Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy relationships
- Recognize the effects of negative peer pressure and peer influence
- Employ strategies to resist negative peer pressure and peer influence
- Recognize the effects of positive peer pressure and peer influence
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

### 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: *Compatibility* – Respect for Self & Others

### Objectives

Following this lesson, the student will be able to:

- Define respect
- Identify differences among people in regard to preferences, opinions, values, and experiences
- Differentiate respectful and disrespectful actions
- Articulate the link between attitude and respectful or disrespectful behavior
- Discuss positive consequences of treating oneself and others with respect

### 10.1.9 Concepts of Health

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

- relationships
- interpersonal communication
- risk factors
- community

### 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

### 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: *Optimal Resolution* – Conflict Resolution

### Objectives

Following this lesson, the student will be able to:

- Define conflict
- Identify healthy and unhealthy approaches to conflict resolution
- Consider the relationship between participants when choosing a conflict approach
- Demonstrate effective negotiation skills
- Anticipate the effect of heightened emotions on unresolved conflict

## 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: *System Feedback* – Constructive Criticism

## Objectives

Following this lesson, the student will be able to:

- Differentiate destructive and constructive criticism
- Identify the role that tone of voice plays in delivering criticism
- Identify the communication skills necessary to give constructive criticism
- Identify healthy management strategies to receive criticism
- Demonstrate expressing and receiving constructive criticism
- Identify words and phrases that can provoke defensive reactions

## 10.1.9 Concepts of Health

- A. Analyze factors that impact growth and development between adolescence and adulthood.
- relationships
  - interpersonal communication
- 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.
- effective negotiation
  - assertive behavior

## **Lesson 9: *What's the Deal?* – 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
- Identify several motivations for bullying behavior
- Demonstrate healthy ways for targets and witnesses to respond to bullying behavior
- Demonstrate healthy alternatives for bullying behavior

### **10.1.9 Concepts of Health**

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- 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: *Relationship Status* – Teen Dating Violence**

### **Objectives**

Following this lesson, the student will be able to:

- Define teen dating violence
- Identify characteristics of healthy and unhealthy dating relationships
- Predict the consequences of staying in an unhealthy dating relationship
- Identify the warning signs of teen dating violence.
- Demonstrate a knowledge and understanding of the skills taught 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.