

Too Good for Violence – Social Perspectives

Grade 6 Revised Edition

Correlated with Utah Health Education Core Standards

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

Objective 3

Develop personal **assets** that help **promote resiliency**.

- b. Identify opportunities to incorporate additional assets into life.

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

Healthy Self

Objective 2

Demonstrate **acceptance of self and others**.

- a. Predict the outcome of caring about self and others.

Objective 3

Develop personal **assets** that help **promote resiliency**.

- a. Identify personal developmental assets; i.e., internal, external.
- b. Identify opportunities to incorporate additional assets into life.

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

Healthy Self

Standard 1

The students will learn ways to improve mental health and manage stress.

Objective 1

Develop strategies for appropriately and safely expressing emotions.

- a. Recognize the **range of emotions, including extremes**.
- b. List situations that elicit strong emotions; e.g., winning or losing a competition, losing a friend, family changes.

Objective 4

Demonstrate positive strategies for **managing stress**.

- a. Identify situations or circumstances that cause stress.
- b. Recognize personal reaction or response to stressful situations.
- c. Design a personal plan that includes options for managing stress and stressful situations.

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

Healthy Self

Standard 1

The students will learn ways to improve mental health and manage stress.

Objective 3

Develop personal **assets** that help **promote resiliency**.

- a. Identify personal developmental assets; i.e., internal, external.
- b. Identify opportunities to incorporate additional assets into life.

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

Healthy Self

Objective 2

Demonstrate **acceptance of self and others**.

- a. Identify the benefits of feeling good about self.
- b. Recognize the value of other human beings.
- c. Predict the outcome of caring about self and others.

Objective 3

Develop personal **assets** that help **promote resiliency**.

- c. Identify personal developmental assets; i.e., internal, external.
- d. Identify opportunities to incorporate additional assets into life.

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

Healthy Self

Standard 1

The students will learn ways to improve mental health and manage stress.

Objective 1

Develop strategies for appropriately and safely expressing emotions.

- a. Recognize the **range of emotions, including extremes**.
- b. List situations that elicit strong emotions; e.g., winning or losing a competition, losing a friend, family changes.

Objective 2

Demonstrate **acceptance of self and others**. *PD

- a. Identify the benefits of feeling good about self.
- b. Recognize the value of other human beings.
- c. Predict the outcome of caring about self and others.

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

Healthy Self

Standard 1

The students will learn ways to improve mental health and manage stress.

Objective 1

Develop strategies for appropriately and safely expressing emotions.

- a. Recognize the **range of emotions, including extremes**.
- b. List situations that elicit strong emotions; e.g., winning or losing a competition, losing a friend, family changes.
- c. Predict the effect of substance use on emotions and the ability to appropriately manage them.

Safety and Injury/Violence Prevention

Standard 5

The students will adopt behaviors to maintain personal health and safety and develop appropriate strategies to resolve conflict.

Objective 1

Manage **abusive situations**.

- a. Recognize abusive situations; e.g., physical, emotional, and sexual.
- b. Identify sources of responsible **help for self and others**; e.g., parents, grandparents, school counselors, health professionals, clergy.

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

Healthy Self

Standard 1

The students will learn ways to improve mental health and manage stress.

Objective 1

Develop strategies for appropriately and safely expressing emotions.

- d. Recognize the **range of emotions, including extremes**.
- e. List situations that elicit strong emotions; e.g., winning or losing a competition, losing a friend, family changes.
- f. Predict the effect of substance use on emotions and the ability to appropriately manage them.

Safety and Injury/Violence Prevention

Standard 5

The students will adopt behaviors to maintain personal health and safety and develop appropriate strategies to resolve conflict.

Objective 1

Manage **abusive situations**.

- c. Recognize abusive situations; e.g., physical, emotional, and sexual.
- d. Identify sources of responsible **help for self and others**; e.g., parents, grandparents, school counselors, health professionals, clergy.

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

Human Development and Relationships

Standard 3

The students will understand and respect self and others related to human development and relationships.

Objective 1

Practice ways of showing **respect for self and others**.

- a. Adopt behaviors that contribute to a healthy body image; e.g., posture, hygiene, exercise, balanced diet.
- b. Demonstrate ability to communicate affection appropriately.

Objective 2

Summarize **changes that accompany puberty**.

- a. Recognize fluctuations in emotions and discuss ways of dealing with emotional changes.
- b. Predict ways that relationships may change over time.

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

Healthy Self

Standard 1

The students will learn ways to improve mental health and manage stress.

Objective 2

Demonstrate **acceptance of self and others**.

- a. Identify the benefits of feeling good about self.
- b. Recognize the value of other human beings.
- c. Predict the outcome of caring about self and others.

Objective 3

Develop personal **assets** that help **promote resiliency**.

- a. Identify personal developmental assets; i.e., internal, external.
- b. Identify opportunities to incorporate additional assets into life.

Safety and Injury/Violence Prevention

Standard 5

The students will adopt behaviors to maintain personal health and safety and develop appropriate strategies to resolve conflict.

Objective 1

Manage **abusive situations**.

- a. Recognize abusive situations; e.g., physical, emotional, and sexual.
- b. Identify sources of responsible **help for self and others**; e.g., parents, grandparents, school counselors, health professionals, clergy.

Objective 2

Examine **emotions** that may lead to violence, and determine safe ways to **manage** them.

- a. List situations that elicit strong emotions; e.g., winning or losing a competition, losing a friend, family changes.