

Too Good for Violence – Social Perspectives

Grade 4 Revised Edition

Correlated with Health Education Standards of Learning for Virginia Public Schools

Lesson 1: *Goal Boosters and Goal Busters* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and recite the goal-naming steps
- Name a personal goal
- Identify resources that can help someone reach a personal goal

None apply at this time.

Lesson 2: *Major Intersection* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Identify and follow the steps of the decision-making model
- Identify the benefits and consequences of a particular decision
- Determine when decisions should be made alone or with the help of a trusted adult

Knowledge and Skills

4.2 The student will develop the skills necessary for coping with difficult relationships. Key concepts/skills include
e) exhibiting self-control

Community Health and Wellness

4.7 The student will understand the importance of communicating with family about personal and community health issues. Key concepts/skills include
b) the importance of seeking assistance from a trusted adult when in unsafe or uncomfortable situations.

Lesson 3: *I See Me* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name a variety of emotions
- Recognize the physical signals associated with specific emotions
- Demonstrate an awareness of one's own feelings in a variety of situations
- Identify healthy and unhealthy ways to express emotions
- Identify the value of talking about feelings with parents and other trusted adults
- Demonstrate healthy ways to express and manage emotions
- Recognize the emotions of others by observing facial expressions

Knowledge and Skills

4.2 The student will develop the skills necessary for coping with difficult relationships. Key concepts/skills include
c) development of coping skills
e) exhibiting self-control

Community Health and Wellness

4.7 The student will understand the importance of communicating with family about personal and community health issues. Key

concepts/skills include
b) the importance of seeking assistance from a trusted adult when in unsafe or uncomfortable situations.

Lesson 4: *More than Words* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the roles of the speaker and the listener
- Differentiate effective and ineffective listening skills
- Differentiate effective and ineffective speaking skills

Community Health and Wellness

4.7 The student will understand the importance of communicating with family about personal and community health issues. Key concepts/skills include

a) identification of obstacles to communication and solutions to such obstacles

Lesson 5: *Community Garden* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Identify examples of pro-social behaviors
- Explain the importance of being sensitive to the feelings of others
- Compare healthy and unhealthy friendship qualities
- Apply effective communication skills to support others

Knowledge and Skills

4.2 The student will develop the skills necessary for coping with difficult relationships. Key concepts/skills include

d) recognition of harmful or abusive relationships

Lesson 6: *The Respect Effect* – Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

- Define respect
- Recognize the positive effects of self-respect on attitudes, behaviors, and relationships
- Discuss the role of cooperation, respect, and communication in friendships
- Identify that people can have different points of view about the same situation
- Demonstrate respectfully listening to and responding to different points of view

Advocacy and Health Promotion

4.3 The student will describe the importance of identifying and accessing health resources for personal and community health.

k) Practice communication skills to overcome common communication difficulties.

Lesson 7: *Work It Out* – Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Define conflict
- Discuss conflict as universal, natural, and normal
- Discuss the possible consequences of an unresolved conflict
- Differentiate cooperation and competition
- Demonstrate the effectiveness of cooperation and the ineffectiveness of competition in a conflict situation
- Demonstrate problem solving skills and evaluate the effectiveness of the solution

Essential Health Concepts

4.1 The student will explain how nutrition and other health-enhancing behaviors affect personal health and academic achievement.

p) Describe steps to resolve a conflict.

Healthy Decisions

4.2 The student will describe health concepts and behaviors that prevent illness, disease, and injury, and that promote positive relationships.

n) Recognize harmful or abusive relationships.

o) Recognize the importance of seeking assistance from a trusted adult when in unsafe or uncomfortable situations.

Lesson 8: *Cool Down & Turn it Around* – Anger Management

Objectives

Following this lesson, the student will be able to:

- Define “escalation” and “de-escalation” as they relate to conflict
- Describe the process of conflict escalation
- List signs that a conflict is escalating
- Identify verbal and non-verbal conflict escalators
- Effect the de-escalation of a conflict
- Construct neutral problem statements

Healthy Decisions

4.2 The student will describe health concepts and behaviors that prevent illness, disease, and injury, and that promote positive relationships.

j) Describe coping skills for handling the emotions of loss and grief.

k) Identify adults who can help manage feelings and emotions resulting from loss and grief.

Lesson 9: *Building an Inclusive Community* – Identifying and Managing Bullying Situations

Objectives

Following this lesson, the student will be able to:

- Understand that bullying is different from conflict
- Recognize and identify different types of bullying behaviors
- Define bully, target, and witness
- Identify ways the target or the witness can stop a bullying situation
- Perform role plays to deal with aggression and/or bullying
- Demonstrate assertive responses to bullying behavior

Essential Health Concepts

4.1 The student will explain how nutrition and other health-enhancing behaviors affect personal health and academic achievement.

o) Explain the difference between teasing and taunting.

p) Describe steps to resolve a conflict.

Healthy Decisions

4.2 The student will describe health concepts and behaviors that prevent illness, disease, and injury, and that promote positive relationships.

g) Demonstrate refusal skills.

l) Explain how teasing and taunting affects health.

m) Identify strategies for reporting bullying and aggressive behaviors.

n) Recognize harmful or abusive relationships.

o) Recognize the importance of seeking assistance from a trusted adult when in unsafe or uncomfortable situations.

Lesson 10: Positively Influential – 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

Essential Health Concepts

4.1 The student will explain how nutrition and other health-enhancing behaviors affect personal health and academic achievement.

p) Describe steps to resolve a conflict.

Healthy Decisions

4.2 The student will describe health concepts and behaviors that prevent illness, disease, and injury, and that promote positive relationships.

g) Demonstrate refusal skills.

l) Explain how teasing and taunting affects health.

m) Identify strategies for reporting bullying and aggressive behaviors.

n) Recognize harmful or abusive relationships.

o) Recognize the importance of seeking assistance from a trusted adult when in unsafe or uncomfortable situations.

p) Identify obstacles to effective communication, and describe how to overcome them.

Advocacy and Health Promotion

4.3 The student will describe the importance of identifying and accessing health resources for personal and community health.

j) Analyze positive strategies for resolving conflict.

k) Practice communication skills to overcome common communication difficulties.