

Too Good for Violence – Social Perspectives

Grade 5 Revised Edition

Correlated with Health Education Standards of Learning for Virginia Public Schools

Lesson 1: *Preparing for Take Off* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Identify the steps in the Goal-Setting model
- Identify and apply the Goal-Naming criteria
- Name a short-term personal goal using the Goal-Naming criteria

None apply at this time.

Lesson 2: *Rocket Science* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Define consequence
- List the steps of the decision-making model
- Identify a variety of options to any given decision
- Demonstrate the ability to choose healthy options when making a decision

Knowledge and Skills

5.1 The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include

- a) the development of positive social skills
- c) effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others

Lesson 3: *Systems Check* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Name four basic emotions: happy, sad, angry, and scared and their variations
- Recognize the physical signals associated with particular emotions
- Identify the relationship between feelings and behavior
- Differentiate healthy and unhealthy ways to manage emotions

Knowledge and Skills

5.1 The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include

- a) the development of positive social skills
- c) effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others

Lesson 4: *This is Your Captain Speaking* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Define communication
- Identify the elements of communication, both verbal and nonverbal
- Differentiate assertive, aggressive, and passive speaking styles
- Identify active listening skills

Knowledge and Skills

5.1 The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include

- a) the development of positive social skills
- b) the use of refusal and conflict-resolution skills
- c) effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others

Lesson 5: *My Flight Crew* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Compare healthy and unhealthy friendship qualities
- Understand how to be compassionate and empathetic toward others
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

Knowledge and Skills

5.1 The student will demonstrate the interpersonal skills necessary to build healthy relationships. Key concepts/skills include

- a) the development of positive social skills
- c) effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others

5.2 The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle. Key concepts/skills include

- f) the importance of developing and maintaining a positive self-image

Lesson 6: *Initiate Launch* – Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

- Recognize the positive effects of self-respect on attitudes, behaviors, and relationships
- Demonstrate the ability to maintain perspective in different situations
- Discuss the effect of negative self-talk on feelings and actions
- Discuss the effect of positive self-talk on feelings and actions
- Discuss the role of cooperation, respecting differences, and communication on connecting with others

Essential Health Concepts

5.1 The student will analyze the impact of positive health behaviors and risky behaviors on personal health.

- o) Recognize the development of positive social skills as essential for building and sustaining relationships.
- p) Identify effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others.

Healthy Decisions

5.2 The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle.

- p) Recognize the importance of developing and maintaining a positive self-image.
- s) Demonstrate how to show respect for individual differences.

Lesson 7: *Smooth Landing* – 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 the healthy and unhealthy approaches to conflict
- Demonstrate constructive conflict resolution skills
- Apply appropriate, effective conflict resolution approaches

5.1 The student will analyze the impact of positive health behaviors and risky behaviors on personal health.

o) Recognize the development of positive social skills as essential for building and sustaining relationships.

p) Identify effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others.

q) Analyze the role of active listening in refusal and conflict resolution.

Advocacy and Health Promotion

5.3 The student will explain how peers, families, and community groups work together to promote health, prevent disease, and create a healthy community.

i) Explain the benefits of having positive relationships with family, friends, and neighbors.

Lesson 8: *Initiate Countdown* – Anger Management

Objectives

Following this lesson, the student will be able to:

- Differentiate escalation and de-escalation as related to conflict
- List words and actions that escalate conflict
- List words and actions that de-escalate conflict
- Identify physical indicators of anger
- Distinguish healthy and unhealthy ways to manage anger
- Distinguish actions that escalate and de-escalate conflicts
- Apply anger management skills in decision making during anger- provoking situations
- Apply strategies to de-escalate a conflict

Essential Health Concepts

5.1 The student will analyze the impact of positive health behaviors and risky behaviors on personal health.

Healthy Decisions

5.2 The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle.

o) Manage emotions appropriately in a variety of situations.

p) Recognize the importance of developing and maintaining a positive self-image.

Lesson 9: *Shields Up* – Identifying and Managing Bullying Situations

Objectives

Following this lesson, the student will be able to:

- Define bully, target, and witness
- List strategies for bullies, targets and witnesses to use to prevent or reduce bullying
- 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
- Understand that bullying is different from conflict
- Recognize and identify different types of bullying behaviors

Essential Health Concepts

5.1 The student will analyze the impact of positive health behaviors and risky behaviors on personal health.

o) Recognize the development of positive social skills as essential for building and sustaining relationships.

p) Identify effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others.

q) Analyze the role of active listening in refusal and conflict resolution.

Healthy Decisions

5.2 The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle.

o) Manage emotions appropriately in a variety of situations.

q) Demonstrate effective communication skills to address harassing behaviors.

r) Describe how to report harassing behaviors at school and at home.

s) Demonstrate how to show respect for individual differences.

Advocacy and Health Promotion

5.3 The student will explain how peers, families, and community groups work together to promote health, prevent disease, and create a healthy community.

i) Explain the benefits of having positive relationships with family, friends, and neighbors.

j) Describe ways to offer friendship and support to someone who was bullied.

l) Advocate for a caring school environment.

Lesson 10: *Flight Academy* – 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
- Recall and practice the skills taught in Too Good for Violence – Social Perspectives lessons 1-9

Essential Health Concepts

5.1 The student will analyze the impact of positive health behaviors and risky behaviors on personal health.

o) Recognize the development of positive social skills as essential for building and sustaining relationships.

p) Identify effective verbal and nonverbal communication skills that convey care, consideration, and respect for self and others.

q) Analyze the role of active listening in refusal and conflict resolution.

Healthy Decisions

5.2 The student will demonstrate responsibility for developing personal health habits and practicing behaviors that promote an active, healthy lifestyle.

p) Recognize the importance of developing and maintaining a positive self-image.

Advocacy and Health Promotion

5.3 The student will explain how peers, families, and community groups work together to promote health, prevent disease, and create a healthy community.

i) Explain the benefits of having positive relationships with family, friends, and neighbors.

l) Advocate for a caring school environment.