

Too Good for Violence – Social Perspectives

Grade 6 Revised Edition

Correlated with Health Education Standards of Learning for Virginia Public Schools

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

6.1 The student will apply critical-thinking skills and personal-management strategies to address issues and concerns related to personal health and wellness. Key concepts/skills include

a) the importance of significant friends or adult mentors

6.4 The student will analyze the consequences of personal choices on health and wellness. Key concepts/skills include

a) the relationships among personal actions, self-image, and personal success;

b) the importance of accepting responsibility for personal actions

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

6.4 The student will analyze the consequences of personal choices on health and wellness. Key concepts/skills include

a) the relationships among personal actions, self-image, and personal success;

b) the importance of accepting responsibility for personal actions;

d) identification and avoidance of risk-taking behaviors.

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

6.4 The student will analyze the consequences of personal choices on health and wellness. Key concepts/skills include

- a) the relationships among personal actions, self-image, and personal success;
- b) the importance of accepting responsibility for personal actions;

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

6.4 The student will analyze the consequences of personal choices on health and wellness. Key concepts/skills include

- a) the relationships among personal actions, self-image, and personal success;
- b) the importance of accepting responsibility for personal actions;

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

6.1 The student will apply critical-thinking skills and personal-management strategies to address issues and concerns related to personal health and wellness. Key concepts/skills include

- a) the importance of significant friends or adult mentors
- d) refusal strategies related to alcohol, tobacco, and other drugs

6.3 The student will describe the connections between mental and physical development as they relate to adolescence. Key concepts/skills include

d) the effects of peer pressure

6.4 The student will analyze the consequences of personal choices on health and wellness. Key concepts/skills include

a) the relationships among personal actions, self-image, and personal success;

b) the importance of accepting responsibility for personal actions;

c) the use of resistance skills to avoid violence, gangs, weapons, and drugs;

d) identification and avoidance of risk-taking behaviors.

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

6.1 The student will apply critical-thinking skills and personal-management strategies to address issues and concerns related to personal health and wellness. Key concepts/skills include

a) the importance of significant friends or adult mentors

6.3 The student will describe the connections between mental and physical development as they relate to adolescence. Key concepts/skills include

b) respect for individual differences;

6.4 The student will analyze the consequences of personal choices on health and wellness. Key concepts/skills include

a) the relationships among personal actions, self-image, and personal success;

b) the importance of accepting responsibility for personal actions;

6.5 The student will demonstrate injury prevention and management skills to promote personal and family health. Key concepts/skills include

e) awareness of behaviors that can result in violent acts.

6.7 The student will evaluate the benefits of becoming a positive role model within the family and the community. Key concepts/skills include

d) respect for the opinions and beliefs of other individuals;

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

6.3 The student will describe the connections between mental and physical development as they relate to adolescence. Key concepts/skills include

- a) the effects of stress;
- b) respect for individual differences;

6.4 The student will analyze the consequences of personal choices on health and wellness. Key concepts/skills include

- a) the relationships among personal actions, self-image, and personal success;
- b) the importance of accepting responsibility for personal actions;
- c) the use of resistance skills to avoid violence, gangs, weapons, and drugs;
- d) identification and avoidance of risk-taking behaviors.

6.5 The student will demonstrate injury prevention and management skills to promote personal and family health. Key concepts/skills include

- e) awareness of behaviors that can result in violent acts.

6.7 The student will evaluate the benefits of becoming a positive role model within the family and the community. Key concepts/skills include

- c) development of conflict-resolution skills

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

6.4 The student will analyze the consequences of personal choices on health and wellness. Key concepts/skills include

a) the relationships among personal actions, self-image, and personal success;

b) the importance of accepting responsibility for personal actions;

6.7 The student will evaluate the benefits of becoming a positive role model within the family and the community. Key concepts/skills include

c) development of conflict-resolution skills

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

6.1 The student will apply critical-thinking skills and personal-management strategies to address issues and concerns related to personal health and wellness. Key concepts/skills include

a) the importance of significant friends or adult mentors

6.3 The student will describe the connections between mental and physical development as they relate to adolescence. Key concepts/skills include

e) the effects of bullying;

6.4 The student will analyze the consequences of personal choices on health and wellness. Key concepts/skills include

b) the importance of accepting responsibility for personal actions;

c) the use of resistance skills to avoid violence, gangs, weapons, and drugs;

6.5 The student will demonstrate injury prevention and management skills to promote personal and family health. Key concepts/skills include

e) awareness of behaviors that can result in violent acts.

6.7 The student will evaluate the benefits of becoming a positive role model within the family and the community. Key concepts/skills include

b) increased participation as a leader;

c) development of conflict-resolution skills;

d) respect for the opinions and beliefs of other individuals;

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

6.4 The student will analyze the consequences of personal choices on health and wellness. Key concepts/skills include

- b) the importance of accepting responsibility for personal actions;
- c) the use of resistance skills to avoid violence, gangs, weapons, and drugs;

6.5 The student will demonstrate injury prevention and management skills to promote personal and family health. Key concepts/skills include

- e) awareness of behaviors that can result in violent acts.

6.6 The student will access and analyze information for the purpose of improving personal and family health. Key concepts/skills include

- b) analysis of the reliability of health information;
- c) recognition of the persuasive tactics used by various types of media;

6.7 The student will evaluate the benefits of becoming a positive role model within the family and the community. Key concepts/skills include

- c) development of conflict-resolution skills;
- d) respect for the opinions and beliefs of other individuals;