

Too Good for Violence – Social Perspectives High School Revised

Correlated with Washington State Learning Standards

Lesson One: *Graduation Day* – Goal Setting

Objectives

Following this lesson, the student will be able to:

- Identify and apply the steps for setting and reaching a personal goal
- Identify and apply the criteria for naming a reachable goal
- Apply knowledge of aptitudes and interests to goal setting
- Recognize and manage obstacles that can interfere with reaching a goal

Wellness

5. Communication

Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

7. Goal-Setting

Implement strategies to achieve a personal health goal. H6.W7.HS

Lesson Two: *Who's in Charge Here?* – Decision Making

Objectives

Following this lesson, the student will be able to:

- Demonstrate the ability to apply the steps in the Decision-Making Model
- Predict the consequences of decisions on self and others
- Recognize personal responsibility for the outcomes of decisions
- Use decision-making and problem-solving skills to reach a desirable outcome
- Examine the effects of influence on decision-making

Wellness

1. Analyzing Influences

Analyze how a variety of factors impact personal and community health. H2.W3.HS

6. Decision-Making

Predict potential short- and long-term outcomes of a personal health-related decision. H5.W6.HS

Social Emotional Health

3. Analyzing Influences

Analyze how a variety of factors impact personal and community health. H2.W3.HS

4. Expressing Emotions

Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS

Lesson Three: *Feelings 101* – Identifying and Managing Emotions

Objectives

Following this lesson, the student will be able to:

- Demonstrate strategies to identify and manage emotions
- Discern the emotions of others
- Demonstrate the ability to perspective take in a variety of situations
- Demonstrate ways to communicate care, consideration, and respect for self and others
- Analyze how emotions and self-awareness influence decision making
- Relate managing emotions to success in life

Wellness

2. Dimensions of Health

Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS

3. Analyzing Influences

Analyze how a variety of factors impact personal and community health. H2.W3.HS

5. Communication

Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

Sexual Health

2. Puberty and Development

Explain the physical, social, mental, and emotional changes associated with being a young adult.
H1.Se2.HSa

Social Emotional Health

4. Expressing Emotions

Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS

Summarize strategies for coping with difficult emotions, including defense mechanisms. H1.So4.HS

Demonstrate effective communication skills to express emotions. H4.So4.HS

6. Emotional and Mental/Behavioral Health

Identify school and community resources that can help a person with emotional and mental and behavioral health concerns. H3.So6.HSa

Lesson Four: *Say What You Mean. Mean What You Say* – Effective Communication

Objectives

Following this lesson, the student will be able to:

- Demonstrate active listening techniques to build and maintain healthy relationships
- Recognize the role of verbal and nonverbal communication in conveying meaning and understanding
- Differentiate assertive, passive, and aggressive communication styles
- Demonstrate assertive communication techniques
- Use effective communication skills in asking for help and advocating needs
- Apply effective communication skills to collaborative efforts

Wellness

5. Communication

Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

6. Decision-Making

Predict potential short- and long-term outcomes of a personal health-related decision. H5.W6.HS

Sexual Health

3. Self-Identity

Promote ways to show respect for all people. H8.Se5.5

Social Emotional Health

4. Expressing Emotions

Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS

Summarize strategies for coping with difficult emotions, including defense mechanisms. H1.So4.HS

Demonstrate effective communication skills to express emotions. H4.So4.HS

Lesson Five: *The Ties that Bind* – Bonding and Relationships

Objectives

Following this lesson, the student will be able to:

- Identify characteristics of healthy and unhealthy relationships
- Develop social-awareness and interpersonal skills to maintain positive relationships
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group
- Manage one's emotions in relationships to positively influence and inspire others

Wellness

5. Communication

Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

Sexual Health

2. Puberty and Development

Explain the physical, social, mental, and emotional changes associated with being a young adult.

H1.Se2.HSa

3. Self-Identity

Promote ways to show respect for all people. H8.Se5.5

5. Healthy Relationships

Differentiate between healthy and unhealthy relationships. H1.Se6.5a

Understand how to support a peer to recognize healthy and unhealthy relationships. H8.Se6.5

Social Emotional Health

4. Expressing Emotions

Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS

Demonstrate effective communication skills to express emotions. H4.So4.HS

5. Harassment, Intimidation, and Bullying

Analyze strategies to prevent and respond to different types of harassment, intimidation, and bullying.
H1.So5.HS

Lesson Six: *Many Rivers to Cross* – Respect for Self and Others

Objectives

Following this lesson, the student will be able to:

- Define respect
- Appreciate differences in preference, point of view, opinion, value, and experience of others
- Identify the effect of self-respect on decisions and relationships
- Identify specific examples of demonstrating respect to others
- Differentiate commanding and demanding respect
- Determine how to promote respect in different situations

Wellness

5. Communication

Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

Sexual Health

2. Puberty and Development

Explain the physical, social, mental, and emotional changes associated with being a young adult.
H1.Se2.HSa

3. Self-Identity

Promote ways to show respect for all people. H8.Se5.5

5. Healthy Relationships

Differentiate between healthy and unhealthy relationships. H1.Se6.5a

Social Emotional Health

1. Self-Esteem

Assess self-esteem and determine its impact on personal dimensions of health. H1.So1.HSa

4. Expressing Emotions

Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS

Summarize strategies for coping with difficult emotions, including defense mechanisms. H1.So4.HS

Demonstrate effective communication skills to express emotions. H4.So4.HS

5. Harassment, Intimidation, and Bullying

Analyze strategies to prevent and respond to different types of harassment, intimidation, and bullying.
H1.So5.HS

Lesson Seven: *The Resolution Solution* – Conflict Resolution

Objectives

Following this lesson, the student will be able to:

- Differentiate between conflict and violence
- Determine behaviors that escalate a conflict
- Identify healthy approaches to conflict resolution
- Demonstrate effective conflict resolution skills

Wellness

4. Analyzing Influences
Analyze how a variety of factors impact personal and community health. H2.W3.HS
5. Communication
Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS
6. Decision-Making
Predict potential short- and long-term outcomes of a personal health-related decision. H5.W6.HS

Safety

3. Violence Prevention
Evaluate societal influences on violence. H2.Sa3.HS
Demonstrate effective peer resistance, negotiation, and collaboration skills to avoid potentially violent situations. H7.Sa3.HS

Sexual Health

3. Self-Identity
Promote ways to show respect for all people. H8.Se5.5

Social Emotional Health

4. Expressing Emotions
Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS
Demonstrate effective communication skills to express emotions. H4.So4.HS
5. Harassment, Intimidation, and Bullying
Analyze strategies to prevent and respond to different types of harassment, intimidation, and bullying. H1.So5.HS
Compare and contrast the influence of family, peers, culture, media, technology, and other factors on harassment, intimidation, and bullying. H2.So5.HS

Lesson Eight: *Maximizing Life, Minimizing Stress* – Stress Management

Objectives

Following this lesson, the student will be able to:

- Identify common stressors including change, difficult situations, internal conflict, and external conflict
- Identify physical, emotional, and health-related signs and symptoms of stress
- Discuss the role of self-control and personal responsibility in managing the emotions related to stress
- Evaluate and apply effective strategies for coping with stress

Wellness

5. Dimensions of Health
Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS
6. Disease Prevention
Assess personal risk factors and predict future health status. H2.W2.HSb
7. Analyzing Influences

Analyze how a variety of factors impact personal and community health. H2.W3.HS

5. Communication

Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

Sexual Health

2. Puberty and Development

Explain the physical, social, mental, and emotional changes associated with being a young adult. H1.Se2.HSa

Social Emotional Health

3. Stress Management

Identify physical and psychological responses to stressors. H1.So3.HS

Develop a personal stress management plan. H7.So3.H

4. Expressing Emotions

Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS

Summarize strategies for coping with difficult emotions, including defense mechanisms. H1.So4.HS

Demonstrate effective communication skills to express emotions. H4.So4.HS

6. Emotional and Mental/Behavioral Health

Identify school and community resources that can help a person with emotional and mental and behavioral health concerns. H3.So6.HSa

Lesson Nine: #Compatibility – Healthy Teen Dating

Objectives

Following this lesson, the student will be able to:

- Identify characteristics of healthy and unhealthy dating relationships
- Define teen dating abuse
- Demonstrate ways to bond with pro-social partners to build and maintain healthy dating relationships
- Demonstrate ways to avoid unhealthy dating relationships
- Establish standards and characteristics of healthy personal relationships
- Evaluate and manage the potential risks when unhealthy characteristics are present in a dating relationship

Wellness

1. Dimensions of Health

Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS

2. Disease Prevention

Assess personal risk factors and predict future health status. H2.W2.HSb

3. Analyzing Influences

Analyze how a variety of factors impact personal and community health. H2.W3.HS

5. Communication

Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

Safety

3. Violence Prevention

Demonstrate effective peer resistance, negotiation, and collaboration skills to avoid potentially violent situations. H7.Sa3.HS

Sexual Health

2. Puberty and Development

Explain the physical, social, mental, and emotional changes associated with being a young adult.
H1.Se2.HSa

3. Self-Identity

Promote ways to show respect for all people. H8.Se5.5

5. Healthy Relationships

Differentiate between healthy and unhealthy relationships. H1.Se6.5a
Compare and contrast characteristics of healthy and unhealthy romantic and sexual relationships.
H1.Se5.HSb
Understand how to support a peer to recognize healthy and unhealthy relationships. H8.Se6.5

Social Emotional Health

2. Self-Esteem

Assess self-esteem and determine its impact on personal dimensions of health. H1.So1.HSa

4. Expressing Emotions

Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS
Summarize strategies for coping with difficult emotions, including defense mechanisms. H1.So4.HS
Demonstrate effective communication skills to express emotions. H4.So4.HS

5. Harassment, Intimidation, and Bullying

Analyze strategies to prevent and respond to different types of harassment, intimidation, and bullying.
H1.So5.HS

6. Emotional and Mental/Behavioral Health

Identify school and community resources that can help a person with emotional and mental and behavioral health concerns. H3.So6.HSa

Lesson Ten: *Finding Perspective* – Social Media Awareness/Course Review

Objectives

Following this lesson, the student will be able to:

- Analyze online content to detect embellishment or other enhanced portrayals
- Identify the benefits and stressors associated with online activity
- Identify the influence of peer acceptance via social media on decision making
- Apply the decision-making model to mitigate the influence of social media activity
- Demonstrate knowledge and understanding of social-emotional skills learned in lessons 1-10

Wellness

1. Analyzing Influences

Analyze how a variety of factors impact personal and community health. H2.W3.HS

5. Communication

Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS

6. Decision-Making

Predict potential short- and long-term outcomes of a personal health-related decision. H5.W6.HS

7. Goal-Setting

Implement strategies to achieve a personal health goal. H6.W7.HS

Safety

3. Violence Prevention

Evaluate societal influences on violence. H2.Sa3.HS

Demonstrate effective peer resistance, negotiation, and collaboration skills to avoid potentially violent situations. H7.Sa3.HS

Advocate for violence prevention. H8.Sa3.HS

Analyze potential dangers of sharing personal information through electronic media. H1.Sa3.HS

Sexual Health

2. Puberty and Development

Explain the physical, social, mental, and emotional changes associated with being a young adult.

H1.Se2.HSa

3. Self-Identity

Promote ways to show respect for all people. H8.Se5.5

5. Healthy Relationships

Differentiate between healthy and unhealthy relationships. H1.Se6.5a

Compare and contrast characteristics of healthy and unhealthy romantic and sexual relationships.

H1.Se5.HSb

Explain importance of using social media safely, legally, and respectfully. H1.Se6.5b

Understand how to support a peer to recognize healthy and unhealthy relationships. H8.Se6.5

Social Emotional Health

3. Self-Esteem

Assess self-esteem and determine its impact on personal dimensions of health. H1.So1.HSa

3. Stress Management

Identify physical and psychological responses to stressors. H1.So3.HS

Develop a personal stress management plan. H7.So3.H

4. Expressing Emotions

Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS

Summarize strategies for coping with difficult emotions, including defense mechanisms. H1.So4.HS

Demonstrate effective communication skills to express emotions. H4.So4.HS

5. Harassment, Intimidation, and Bullying

Analyze strategies to prevent and respond to different types of harassment, intimidation, and bullying.

H1.So5.HS

Compare and contrast the influence of family, peers, culture, media, technology, and other factors on harassment, intimidation, and bullying. H2.So5.HS