

Too Good for Violence – Social Perspectives Grade 7

2018 Edition

Correlated with District of Columbia Health Education Standards, 2016

Lesson 1 Set to Win – *Setting Reachable Goals*

Objectives

Following this lesson, the student will be able to:

- Define a goal
- Differentiate short-term and long-term goals
- Identify and apply the steps for setting and reaching a personal goal
- Identify available resources for support and assistance in working toward a goal

Category 1: Mental and Emotional Health

2. Analyzing Influences

6-8.1.2.6 Analyze the role and impact of family, society, peers, and the media (particularly social media) on self-image, behaviors, and health practices.

6. Goal Setting

6-8.1.6.15 Set realistic short- and long-term goals for stress management and develop plans to achieve them.

Category 2: Safety Skills

6. Goal Setting

6-8.2.6.17 Develop and apply personal conflict resolution strategies to prevent, manage, or resolve interpersonal conflicts.

Category 3: Human Body and Personal Health

6. Goal Setting

6-8.3.6.20 Design a personal health goal, analyze how family and peers might support or hinder its achievement, and evaluate progress toward its achievement.

Lesson 2 The Decision is Yours – *Making Responsible Decisions*

Objectives

Following this lesson, the student will be able to:

- Identify and apply four steps in the decision-making model
- Define consequences and differentiate positive and negative consequences
- Recognize the role of personal responsibility when reflecting on decisions and their potential outcomes

Category 1: Mental and Emotional Health

2. Analyzing Influences

6-8.1.2.6 Analyze the role and impact of family, society, peers, and the media (particularly social media) on self-image, behaviors, and health practices.

Category 2: Safety Skills

2. Analyzing Influences

6-8.2.2.6 Analyze how unhealthy social environments can influence personal health decisions.

7. Healthy Behaviors

6-8.2.6.17 Develop and apply personal conflict resolution strategies to prevent, manage, or resolve interpersonal conflicts.

Lesson 3 Understanding Me - *Identifying and Managing Emotions*

Objectives

Following this lesson, the student will be able to:

- Identify stressors that trigger emotions
- Recognize how emotions influence decisions
- Identify emotions and signs of stress
- Identify and manage the emotions of others

Category 1: Mental and Emotional Health

1. Health Promotion

6-8.1.1.5 Describe qualities that contribute to a positive self-image.

2. Analyzing Influences

6-8.1.2.6 Analyze the role and impact of family, society, peers, and the media (particularly social media) on self-image, behaviors, and health practices.

6-8.1.2.7 Analyze the potential impacts of loss and grief on daily activities.

3. Accessing Information

6-8.1.3.11 Identify techniques and resources for managing mental and emotional health challenges (e.g., depression, grief, anxiety, and stress).

5. Decision-Making

6-8.1.5.14 Identify appropriate responses to personal emotional triggers, including impulse control.

8. Advocacy

6-8.1.8.20 Recommend ways to help a friend or family member deal with emotional or mental health challenges.

Lesson 4 Say It with Style - *Effective Communication*

Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of effective communication, both verbal and nonverbal
- Recognize how tone of voice, facial expressions, and body language affect meaning
- Demonstrate assertive speaking and active listening techniques

Category 1: Mental and Emotional Health

4. Communication

6-8.1.4.12 Demonstrate how to communicate about stress and anxiety productively.

5. Decision-Making

6-8.1.5.14 Identify appropriate responses to personal emotional triggers, including impulse control.

7. Healthy Behaviors

6-8.1.7.16 Demonstrate healthy ways to express caring, friendship, affection, and love, both verbally and nonverbally.

Lesson 5 The Right Connection – *Bonding & Relationships*

Objectives

Following this lesson, the student will be able to:

- Differentiate peer pressure and peer influence
- Identify the benefits of positive peer influence
- Articulate the benefits of associating with pro-social others
- Differentiate healthy friend qualities and unhealthy friend qualities
- Identify various peer-pressure refusal strategies and the peer-pressure situations to which they apply

Category 1: Mental and Emotional Health

1. Health Promotion

6-8.1.1.5 Describe qualities that contribute to a positive self-image.

2. Analyzing Influences

6-8.1.2.6 Analyze the role and impact of family, society, peers, and the media (particularly social media) on self-image, behaviors, and health practices.

7. Healthy Behaviors

6-8.1.7.16 Demonstrate healthy ways to express caring, friendship, affection, and love, both verbally and nonverbally.

6-8.1.7.17 Demonstrate ways to show support to a peer who is grieving, suffering from trauma, or dealing with depression /anxiety.

8. Advocacy

6-8.1.8.20 Recommend ways to help a friend or family member deal with emotional or mental health challenges.

Category 2: Safety Skills

2. Analyzing Influences

6-8.2.2.6 Analyze how unhealthy social environments can influence personal health decisions.

6-8.2.2.7 Describe the impact that individual behavior can have on public safety.

6-8.2.2.8 Analyze the positive and negative effects peer influence can have on personal safety decisions.

4. Communication

6-8.2.4.11 Describe how refusal skills help youth avoid unsafe situations.

Category 3: Human Body and Personal Health

4. Communication

6-8.3.4.15 Applying an assertive communication model to demonstrate effective ways to communicate personal boundaries within friendships and romantic relationships.

6-8.3.4.16 Explain the importance of positive self-concept.

7. Healthy Behaviors

6-8.3.7.23 Compare and contrast models of healthy relationships for family, friends, and romantic relationships.

Lesson 6 Celebrating Differences – *Respect for Self & Others*

Objectives

Following this lesson, the students will be able to:

- Define respect
- Identify personal strengths and their effects on sense of self
- Explain the link between thoughts, emotions, and behavior
- Explain how individual differences among people can be beneficial
- Describe the positive effects of respect on attitudes, behaviors, and relationships
- Demonstrate the ability to think positively when faced with a difficult situation

Category 1: Mental and Emotional Health

1. Health Promotion

6-8.1.1.5 Describe qualities that contribute to a positive self-image.

2. Analyzing Influences

6-8.1.2.6 Analyze the role and impact of family, society, peers, and the media (particularly social media) on self-image, behaviors, and health practices.

3. Accessing Information

6-8.1.3.11 Identify techniques and resources for managing mental and emotional health challenges (e.g., depression, grief, anxiety, and stress).

5. Decision-Making

6-8.1.5.14 Identify appropriate responses to personal emotional triggers, including impulse control.

6. Goal Setting

6-8.1.6.15 Set realistic short- and long-term goals for stress management and develop plans to achieve them.

7. Healthy Behaviors

6-8.1.7.16 Demonstrate healthy ways to express caring, friendship, affection, and love, both verbally and nonverbally.

6-8.1.7.17 Demonstrate ways to show support to a peer who is grieving, suffering from trauma, or dealing with depression /anxiety.

6-8.1.7.18 Demonstrate the ability to use stress relieving techniques.

Category 2: Safety Skills

1. Health Promotion

6-8.2.1.1 Identify dangerous/ risky behaviors that might lead to injuries.

2. Analyzing Influences

6-8.2.2.6 Analyze how unhealthy social environments can influence personal health decisions.

6-8.2.2.7 Describe the impact that individual behavior can have on public safety.

6-8.2.2.8 Analyze the positive and negative effects peer influence can have on personal safety decisions.

4. Communication

6-8.2.4.11 Describe how refusal skills help youth avoid unsafe situations.

6. Goal Setting

6-8.2.6.17 Develop and apply personal conflict resolution strategies to prevent, manage, or resolve interpersonal conflicts.

Category 3: Human Body and Personal Health

6. Goal Setting

6-8.3.6.20 Design a personal health goal, analyze how family and peers might support or hinder its achievement, and evaluate progress toward its achievement.

Lesson 7 Meeting Point – *Conflict Resolution*

Objectives

Following this lesson, the student will be able to:

- Define conflict
- Demonstrate the ability to listen respectfully to different points of view
- Recognize conflict as an opportunity to learn about oneself and others
- Demonstrate the effective use of cooperation as an approach to conflict resolution
- Differentiate healthy and unhealthy approaches to resolving a conflict
- Compare the potential consequences of handling conflict in healthy and unhealthy ways

Category 1: Mental and Emotional Health

2. Analyzing Influences

6-8.1.2.6 Analyze the role and impact of family, society, peers, and the media (particularly social media) on self-image, behaviors, and health practices.

4. Communication

6-8.1.4.12 Demonstrate how to communicate about stress and anxiety productively.

5. Decision-Making

6-8.1.5.14 Identify appropriate responses to personal emotional triggers, including impulse control.

7. Healthy Behaviors

6-8.1.7.16 Demonstrate healthy ways to express caring, friendship, affection, and love, both verbally and nonverbally.

6-8.1.7.18 Demonstrate the ability to use stress relieving techniques.

Category 2: Safety Skills

1. Health Promotion

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6-8.2.2.7 Describe the impact that individual behavior can have on public safety.

6-8.2.2.8 Analyze the positive and negative effects peer influence can have on personal safety decisions.

4. Communication

6-8.2.4.11 Describe how refusal skills help youth avoid unsafe situations.

5. Decision-Making

6-8.2.5.14 Demonstrate ways to interact with different types of authorities.

6-8.2.5.15 Demonstrate the ability to use mediation and negotiation skills to resolve conflict.

6. Goal Setting

6-8.2.6.17 Develop and apply personal conflict resolution strategies to prevent, manage, or resolve interpersonal conflicts.

7. Healthy Behaviors

6-8.2.6.17 Develop and apply personal conflict resolution strategies to prevent, manage, or resolve interpersonal conflicts.

Lesson 8 Anger Outlet – Anger Management

Objectives

Following this lesson, the student will be able to:

- Differentiate healthy and unhealthy ways of managing anger
- Identify healthy, effective anger management techniques
- Describe the role of personal responsibility in a peaceful response to anger-provoking situations
- Demonstrate how to reframe self-talk to reduce anger and promote calm
- Apply strategies to de-escalate a conflict
- Distinguish the actions that escalate and de-escalate conflicts

Category 1: Mental and Emotional Health

1. Health Promotion

6-8.1.1.5 Describe qualities that contribute to a positive self-image.

2. Analyzing Influences

6-8.1.2.6 Analyze the role and impact of family, society, peers, and the media (particularly social media) on self-image, behaviors, and health practices.

4. Communication

6-8.1.4.12 Demonstrate how to communicate about stress and anxiety productively.

5. Decision-Making

6-8.1.5.14 Identify appropriate responses to personal emotional triggers, including impulse control.

Category 2: Safety Skills

1. Health Promotion

6-8.2.1.1 Identify dangerous/ risky behaviors that might lead to injuries.

2. Analyzing Influences

6-8.2.2.6 Analyze how unhealthy social environments can influence personal health decisions.

6-8.2.2.7 Describe the impact that individual behavior can have on public safety.

6-8.2.2.8 Analyze the positive and negative effects peer influence can have on personal safety decisions.

4. Communication

6-8.2.4.11 Describe how refusal skills help youth avoid unsafe situations.

6-8.2.4.12 Demonstrate how to report situations that could lead to injury or violence.

5. Decision-Making

6-8.2.5.14 Demonstrate ways to interact with different types of authorities.

6-8.2.5.15 Demonstrate the ability to use mediation and negotiation skills to resolve conflict.

6. Goal Setting

6-8.2.6.17 Develop and apply personal conflict resolution strategies to prevent, manage, or resolve interpersonal conflicts.

7. Healthy Behaviors

6-8.2.6.17 Develop and apply personal conflict resolution strategies to prevent, manage, or resolve interpersonal conflicts.

8. Advocacy

6-8.2.8.21 Persuade others to make positive safety and violence/ injury prevention choices.

Lesson 9 Home Base – *Identifying and Managing Bullying Situations*

Objectives

Following this lesson, the students 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 motivations for bullying behavior
- Demonstrate healthy alternatives to bullying behavior

Category 1: Mental and Emotional Health

2. Analyzing Influences

6-8.1.2.6 Analyze the role and impact of family, society, peers, and the media (particularly social media) on self-image, behaviors, and health practices.

4. Communication

6-8.1.4.12 Demonstrate how to communicate about stress and anxiety productively.

5. Decision-Making

6-8.1.5.14 Identify appropriate responses to personal emotional triggers, including impulse control.

Category 2: Safety Skills

1. Health Promotion

6-8.2.1.1 Identify dangerous/ risky behaviors that might lead to injuries.

6-8.2.1.5 Contrast the characteristics of harmful or abusive relationships, including intimate partner violence, to those of healthy relationships.

2. Analyzing Influences

6-8.2.2.6 Analyze how unhealthy social environments can influence personal health decisions.

6-8.2.2.7 Describe the impact that individual behavior can have on public safety.

6-8.2.2.8 Analyze the positive and negative effects peer influence can have on personal safety decisions.

3. Accessing Information

6-8.2.3.10 Identify the available emotional and physical abuse resources for support in schools and the community and describe when to use each.

4. Communication

6-8.2.4.11 Describe how refusal skills help youth avoid unsafe situations.

6-8.2.4.12 Demonstrate how to report situations that could lead to injury or violence.

5. Decision-Making

6-8.2.5.14 Demonstrate ways to interact with different types of authorities.

6-8.2.5.15 Demonstrate the ability to use mediation and negotiation skills to resolve conflict.

6. Goal Setting

6-8.2.6.17 Develop and apply personal conflict resolution strategies to prevent, manage, or resolve interpersonal conflicts.

7. Healthy Behaviors

6-8.2.6.17 Develop and apply personal conflict resolution strategies to prevent, manage, or resolve interpersonal conflicts.

8. Advocacy

6-8.2.8.21 Persuade others to make positive safety and violence/ injury prevention choices.

Lesson 10 Site Survey – *Peer Violence*

Objectives

Following this lesson, the student will be able to:

- Define violence
- List behaviors that can escalate a conflict into violence
- Identify warning signs for violence
- List the consequences of violence for the aggressor, target, and witness
- Demonstrate a knowledge and understanding of concepts and skills learned in lessons 1-10

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3. Accessing Information

6-8.1.3.11 Identify techniques and resources for managing mental and emotional health challenges (e.g., depression, grief, anxiety, and stress).

5. Decision-Making

6-8.1.5.14 Identify appropriate responses to personal emotional triggers, including impulse control.

6. Goal Setting

6-8.1.6.15 Set realistic short- and long-term goals for stress management and develop plans to achieve them.

7. Healthy Behaviors

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- 6-8.1.7.17 Demonstrate ways to show support to a peer who is grieving, suffering from trauma, or dealing with depression /anxiety.
- 6-8.1.7.18 Demonstrate the ability to use stress relieving techniques.

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5. Decision-Making

- 6-8.2.5.14 Demonstrate ways to interact with different types of authorities.
- 6-8.2.5.15 Demonstrate the ability to use mediation and negotiation skills to resolve conflict.

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Category 3: Human Body and Personal Health

6. Goal Setting

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