

# Too Good for Violence – Social Perspectives Grade 8

## 2018 Edition

*Correlated to Health Education Georgia Standards of Excellence*

### Lesson 1 The Architect – *Setting Reachable Goals*

#### Objectives

Following this lesson, the student will be able to:

- Define goal
- Identify and apply the steps for setting and reaching a personal goal
- Identify and apply the criteria for naming a reachable personal goal
- Name a personal goal using the goal-setting model
- Recognize and manage potential obstacles that can get in the way of reaching a goal

**Description:** Students will demonstrate the ability to use goal-setting skills to enhance health. Eighth-grade students will utilize critical thinking skills to achieve both short-term and long-term personal health and well-being goals. Students should be prepared to adjust goals when faced with changing abilities, priorities, and responsibilities.

**HE8.6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

HE8.6.b Develop a goal to adopt, maintain, or improve a personal health practice.

HE8.6.c Outline the strategies and skills necessary to attain a personal health goal.

HE8.6.d Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.

HE8.6.e Explain how risky health behaviors can affect achieving long-term health goals

### Lesson 2 iDecide – *Making Responsible Decisions*

#### Objectives

Following this lesson, the student will be able to:

- Define decision
- Demonstrate the ability to apply the steps in the Decision-Making Model
- Examine how goals, media, peers, and family influence decisions
- Demonstrate the effect decisions have on accomplishing goals
- Recognize that decisions are made every day
- Differentiate between impulsive behavior and thoughtful decisions
- Predict how decisions have consequences for self and others

**Description:** Students will demonstrate the ability to use decision-making skills to enhance health. Eighth-grade students will model the steps of the decision-making model and analyze the importance of seeking assistance before making a decision.

**HE8.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

HE8.5.d Critique the potential outcomes of health-related scenarios when making a decision.

HE8.5.e Support choosing a healthy option when making a decision.

**Description:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Eighth-grade students will summarize strategies that improve healthy behaviors and collaborate with other students in developing healthy lifestyles to achieve wellness for a lifetime.

**HE8.7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE8.7.a Connect the relationship between assuming responsibility for personal health and avoiding risky behaviors.

HE8.7.b Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

## Lesson 3 Calibrating Sensors - *Identifying and Managing Emotions*

### Objectives

Following this lesson, the student will be able to:

- Relate managing emotions to success in life
- Demonstrate strategies to manage emotions
- Analyze how emotions and self-awareness influence decision making
- Demonstrate healthy ways to express feelings
- Discern the emotions of others
- Demonstrate ways to communicate care, consideration, and respect of self and others

**Description:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Eighth- grade students will describe patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will examine personal well-being and how their surroundings can impact each aspect of health.

**HE8.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE8.1.b Summarize the interrelationships of personal health and well-being.

**Description:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Eighth-grade students will appropriately demonstrate verbal and nonverbal skills to maintain healthy relationships. Students will differentiate how communication skills are the basis for strengthening interpersonal interactions and reducing or avoiding conflict.

**HE8.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE8.4.a Apply effective verbal and nonverbal communication skills to enhance personal health and well-being.

## Lesson 4 Press Send - *Effective Communication*

### Objectives

Following this lesson, the student will be able to:

- Define effective communication
- Identify the elements of verbal and non-verbal communication
- Recognize how tone of voice, facial expressions, and body language affect meaning and understanding
- Differentiate assertive, aggressive, and passive communication styles

**Description:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Eighth- grade students will describe patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will examine personal well-being and how their surroundings can impact each aspect of health.

**HE8.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE8.1.b Summarize the interrelationships of personal health and well-being.

**Description:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Eighth-grade students will appropriately demonstrate verbal and nonverbal skills to maintain healthy relationships. Students will differentiate how communication skills are the basis for strengthening interpersonal interactions and reducing or avoiding conflict.

**HE8.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE8.4.a Apply effective verbal and nonverbal communication skills to enhance personal health and well-being.

## **Lesson 5 Friend Request – *Bonding & Relationships***

### **Objectives**

Following this lesson, the student will be able to:

- Compare healthy and unhealthy relationships
- Recognize the effects of negative peer pressure and peer influence
- Employ strategies to resist negative peer pressure and peer influence
- Recognize the effects of positive peer pressure and peer influence
- Recognize the benefits of belonging to a positive peer group
- Identify and bond with a positive peer group

**Description:** Students will comprehend concepts related to health promotion and disease prevention to enhance health. Eighth- grade students will describe patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will examine personal well-being and how their surroundings can impact each aspect of health.

**HE8.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE8.1.b Summarize the interrelationships of personal health and well-being.

HE8.1.r Explain the unintended outcomes of risky behavior.

**Description:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Eighth-grade students will appropriately demonstrate verbal and nonverbal skills to maintain healthy relationships. Students will differentiate how communication skills are the basis for strengthening interpersonal interactions and reducing or avoiding conflict.

**HE8.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE8.4.a Apply effective verbal and nonverbal communication skills to enhance personal health and well-being.

HE8.4.b Demonstrate refusal and negotiation skills that avoid or reduce health risks.

## **Lesson 6 Compatibility – *Respect for Self and Others***

### **Objectives**

Following this lesson, the students will be able to:

- Define respect
- Identify differences among people in regard to preferences, opinions, values, and experiences
- Differentiate respectful and disrespectful actions
- Articulate the link between attitude and respectful or disrespectful behavior
- Discuss positive consequences of treating oneself and others with respect

**Description:** Students will comprehend concepts related to health promotion and disease prevention to enhance health. Eighth- grade students will describe patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will examine personal well-being and how their surroundings can impact each aspect of health.

**HE8.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE8.1.b Summarize the interrelationships of personal health and well-being.

**Description:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Eighth-grade students will focus on identifying and understanding the diverse internal and external factors that positively and negatively influence health practices and behaviors. Students will conclude how the family, peers, culture, and media influence personal and family health. Eighth graders will review how policies and regulations influence health promotion and risk reduction.

**HE8.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE8.2.a Analyze how family, peers, culture, and environment influence personal health and well-being and family health.

HE8.2.b Explain how adolescent perceived norms influence healthy and unhealthy behaviors.

**Description:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Eighth-grade students will appropriately demonstrate verbal and nonverbal skills to maintain healthy relationships. Students will differentiate how communication skills are the basis for strengthening interpersonal interactions and reducing or avoiding conflict.

**HE8.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE8.4.a Apply effective verbal and nonverbal communication skills to enhance personal health and well-being.

## Lesson 7 Optimal Resolution – *Conflict Resolution*

### Objectives

Following this lesson, the student will be able to:

- Define conflict
- Identify healthy and unhealthy approaches to conflict resolution
- Consider the relationship between participants when choosing a conflict approach
- Demonstrate effective negotiation skills
- Anticipate the effect of heightened emotions on unresolved conflicts

**Description:** Students will comprehend concepts related to health promotion and disease prevention to enhance health. Eighth- grade students will describe patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will examine personal well-being and how their surroundings can impact each aspect of health.

**HE8.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE8.1.b Summarize the interrelationships of personal health and well-being.

**Description:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Eighth-grade students will focus on identifying and understanding the diverse internal and external factors that positively and negatively influence health practices and behaviors. Students will conclude how the family, peers, culture, and media influence personal and family health. Eighth graders will review how policies and regulations influence health promotion and risk reduction.

**HE8.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE8.2.a Analyze how family, peers, culture, and environment influence personal health and well-being and family health.

**Description:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Eighth-grade students will appropriately demonstrate verbal and nonverbal skills to

maintain healthy relationships. Students will differentiate how communication skills are the basis for strengthening interpersonal interactions and reducing or avoiding conflict.

- HE8.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- HE8.4.a Apply effective verbal and nonverbal communication skills to enhance personal health and well-being.
- HE8.4.b Demonstrate refusal and negotiation skills that avoid or reduce health risks.
- HE8.4.c Demonstrate effective conflict management and/or resolution strategies.

## Lesson 8 System Feedback – *Constructive Criticism*

### Objectives

Following this lesson, the student will be able to:

- Differentiate destructive and constructive criticism
- Identify the role that tone of voice plays in delivering criticism
- Identify the communication skills necessary to give constructive criticism
- Identify healthy management strategies to receive criticism
- Demonstrate expressing and receiving constructive criticism
- Identify words and phrases that can provoke defensive reactions

**Description:** Students will comprehend concepts related to health promotion and disease prevention to enhance health. Eighth- grade students will describe patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will examine personal well-being and how their surroundings can impact each aspect of health.

- HE8.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- HE8.1.b Summarize the interrelationships of personal health and well-being.

**Description:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Eighth-grade students will appropriately demonstrate verbal and nonverbal skills to maintain healthy relationships. Students will differentiate how communication skills are the basis for strengthening interpersonal interactions and reducing or avoiding conflict.

- HE8.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- HE8.4.a Apply effective verbal and nonverbal communication skills to enhance personal health and well-being.

## Lesson 9 What's the Deal – *Identifying & 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
- Identify several motivations for bullying behavior
- Demonstrate healthy ways for targets and witnesses to respond to bullying behavior
- Demonstrate healthy alternatives for bullying behavior

**Description:** Students will comprehend concepts related to health promotion and disease prevention to enhance health. Eighth- grade students will describe patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will examine personal well-being and how their surroundings can impact each aspect of health.

- HE8.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- HE8.1.b Summarize the interrelationships of personal health and well-being.
- HE8.1.l Describe types of violent behaviors and available resources to obtain support.

**Description:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Eighth-grade students will focus on identifying and understanding the diverse internal and external factors that positively and negatively influence health practices and behaviors. Students will conclude how the family, peers, culture, and media influence personal and family health. Eighth graders will review how policies and regulations influence health promotion and risk reduction.

**HE8.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE8.2.a Analyze how family, peers, culture, and environment influence personal health and well-being and family health.

**Description:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Eighth-grade students will appropriately demonstrate verbal and nonverbal skills to maintain healthy relationships. Students will differentiate how communication skills are the basis for strengthening interpersonal interactions and reducing or avoiding conflict.

**HE8.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE8.4.a Apply effective verbal and nonverbal communication skills to enhance personal health and well-being.

HE8.4.b Demonstrate refusal and negotiation skills that avoid or reduce health risks.

HE8.4.c Demonstrate effective conflict management and/or resolution strategies.

**Description:** Students will demonstrate the ability to advocate for personal, family, and community health. Seventh-grade students will develop a wide variety of advocacy skills such as persuasiveness, collaboration, and communication techniques. Advocacy skills will help students promote healthy norms and behaviors.

**HE8.8:** Students will demonstrate the ability to advocate for personal, family, and community health.

HE8.8.b Design strategies that will influence and support others to make positive health choices.

## Lesson 10 Relationship Status – *Teen Dating Violence*

### Objectives

Following this lesson, the student will be able to:

- Define teen dating violence
- Identify characteristics of healthy and unhealthy dating relationships
- Predict the consequences of staying in an unhealthy dating relationship
- Identify the warning signs of teen dating violence.
- Demonstrate a knowledge and understanding of the skills taught in lessons 1-10

**Description:** Students will comprehend concepts related to health promotion and disease prevention to enhance health. Eighth-grade students will describe patterns of healthy behaviors to prevent or reduce the risk of injury and/or illness throughout their lifespan. Students will examine personal well-being and how their surroundings can impact each aspect of health.

**HE8.1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE8.1.b Summarize the interrelationships of personal health and well-being.

HE8.1.l Describe types of violent behaviors and available resources to obtain support.

HE8.1.n Identify the qualities of a healthy dating relationship.

HE8.1.r Explain the unintended outcomes of risky behavior.

**Description:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. Eighth-grade students will focus on identifying and understanding the diverse internal and external factors that positively and negatively influence health practices and behaviors. Students will conclude how the family, peers, culture, and media influence personal and family health. Eighth graders will review how policies and regulations influence health promotion and risk reduction.

**HE8.2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE8.2.a Analyze how family, peers, culture, and environment influence personal health and well-being and family health.

HE8.2.b Explain how adolescent perceived norms influence healthy and unhealthy behaviors.

**Description:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Eighth-grade students will appropriately demonstrate verbal and nonverbal skills to maintain healthy relationships. Students will differentiate how communication skills are the basis for strengthening interpersonal interactions and reducing or avoiding conflict.

**HE8.4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE8.4.a Apply effective verbal and nonverbal communication skills to enhance personal health and well-being.

HE8.4.b Demonstrate refusal and negotiation skills that avoid or reduce health risks.

HE8.4.c Demonstrate effective conflict management and/or resolution strategies.

**Description:** Students will demonstrate the ability to use decision-making skills to enhance health. Eighth- grade students will model the steps of the decision-making model and analyze the importance of seeking assistance before making a decision.

**HE8.5:** Students will demonstrate the ability to use decision-making skills to enhance health.

HE8.5.d Critique the potential outcomes of health-related scenarios when making a decision.

HE8.5.e Support choosing a healthy option when making a decision.

**Description:** Students will demonstrate the ability to use goal-setting skills to enhance health. Eighth-grade students will utilize critical thinking skills to achieve both short-term and long- term personal health and well-being goals. Students should be prepared to adjust goals when faced with changing abilities, priorities, and responsibilities.

**HE8.6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

HE8.6.b Develop a goal to adopt, maintain, or improve a personal health practice.

HE8.6.c Outline the strategies and skills necessary to attain a personal health goal.

HE8.6.d Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.

HE8.6.e Explain how risky health behaviors can affect achieving long-term health goals

**Description:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. Eighth-grade students will summarize strategies that improve healthy behaviors and collaborate with other students in developing healthy lifestyles to achieve wellness for a lifetime.

**HE8.7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE8.7.a Connect the relationship between assuming responsibility for personal health and avoiding risky behaviors.

HE8.7.b Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

**Description:** Students will demonstrate the ability to advocate for personal, family, and community health. Seventh-grade students will develop a wide variety of advocacy skills such as persuasiveness, collaboration, and communication techniques. Advocacy skills will help students promote healthy norms and behaviors.

**HE8.8:** Students will demonstrate the ability to advocate for personal, family, and community health.

HE8.8.b Design strategies that will influence and support others to make positive health choices.