

Too Good for Violence – Social Perspectives

Grade High School

Correlated to American School Counselors Association Mindset and Behaviors for Student Success Standards

Lesson HS.1 *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

Category 2: Behavior Standards

Learning Strategies

B-LS 7. Identify long- and short-term academic, career and social/emotional goals

Self-Management Skills

B-SMS 5. Demonstrate perseverance to achieve long- and short-term goals

Lesson HS.2 *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

Category 2: Behavior Standards

Learning Strategies

B-LS 1. Demonstrate critical-thinking skills to make informed decisions

B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

Lesson HS.3 *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

Category 1: Mindset Standards

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

M 3. Sense of belonging in the school environment

M 6. Positive attitude toward work and learning

Category 2: Behavior Standards

Social Skills

B-SS 2. Create positive and supportive relationships with other students

- B-SS 3. Create relationships with adults that support success
- B-SS 5. Demonstrate ethical decision-making and social responsibility
- B-SS 6. Use effective collaboration and cooperation skills

Lesson HS.4 *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

Category 1: Mindset Standards

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Category 2: Behavior Standards

Social Skills

- B-SS 1. Use effective oral and written communication skills and listening skills
- B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary

Lesson HS.5 *The Ties That Bind* – Bonding & 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

Category 1: Mindset Standards

M 3. Sense of belonging in the school environment

Category 2: Behavior Standards

Learning Strategies

B-LS 10. Participate in enrichment and extracurricular activities

Social Skills

- B-SS 1. Use effective oral and written communication skills and listening skills
- B-SS 2. Create positive and supportive relationships with other students
- B-SS 3. Create relationships with adults that support success
- B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams

Lesson HS.6 *Many Rivers to Cross* – Respect for Self and Others

Objectives

Following this lesson, the students 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

Category 1: Mindset Standards

M 3. Sense of belonging in the school environment

Category 2: Behavior Standards

Social Skills

- B-SS 1. Use effective oral and written communication skills and listening skills
- B-SS 2. Create positive and supportive relationships with other students
- B-SS 3. Create relationships with adults that support success
- B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams

Lesson HS.7 *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

Category 2: Behavior Standards

Learning Strategies

- B-LS 1. Demonstrate critical-thinking skills to make informed decisions
- B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions

Self-Management Skills

- B-SMS 1. Demonstrate ability to assume responsibility
- B-SMS 2. Demonstrate self-discipline and self-control
- B-SMS 6. Demonstrate ability to overcome barriers to learning
- B-SMS 7. Demonstrate effective coping skills when faced with a problem
- B-SMS 10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

Social Skills

- B-SS 1. Use effective oral and written communication skills and listening skills
- B-SS 2. Create positive and supportive relationships with other students
- B-SS 3. Create relationships with adults that support success
- B-SS 5. Demonstrate ethical decision-making and social responsibility
- B-SS 6. Use effective collaboration and cooperation skills
- B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams
- B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary

Lesson HS.8 *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

Category 1: Mindset Standards

M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Category 2: Behavior Standards

Self-Management Skills

- B-SMS 1. Demonstrate ability to assume responsibility
- B-SMS 6. Demonstrate ability to overcome barriers to learning
- B-SMS 7. Demonstrate effective coping skills when faced with a problem
- B-SMS 10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

Social Skills

- B-SS 1. Use effective oral and written communication skills and listening skills
- B-SS 2. Create positive and supportive relationships with other students
- B-SS 3. Create relationships with adults that support success
- B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary

Lesson HS.9 #*Compatibility* – Healthy Dating Relationships

Objectives

Following this lesson, the students 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

Category 1: Mindset Standards

- M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Category 2: Behavior Standards

Learning Strategies

- B-LS 1. Demonstrate critical-thinking skills to make informed decisions
- B-LS 9. Gather evidence and consider multiple perspectives to make informed decisions
- B-LS 10. Participate in enrichment and extracurricular activities

Self-Management Skills

- B-SMS 2. Demonstrate self-discipline and self-control
- B-SMS 7. Demonstrate effective coping skills when faced with a problem
- B-SMS 9. Demonstrate personal safety
- B-SMS 10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities

Social Skills

- B-SS 1. Use effective oral and written communication skills and listening skills
- B-SS 2. Create positive and supportive relationships with other students
- B-SS 3. Create relationships with adults that support success
- B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary

Lesson HS.10 *Finding Perspective* – Social Media Awareness

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

Category 1: Mindset Standards

- M 1. Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Category 2: Behavior Standards

Learning Strategies

B-LS 1. Demonstrate critical-thinking skills to make informed decisions

Self-Management Skills

B-SMS 2. Demonstrate self-discipline and self-control

B-SMS 7. Demonstrate effective coping skills when faced with a problem

B-SMS 9. Demonstrate personal safety

Social Skills

B-SS 1. Use effective oral and written communication skills and listening skills

B-SS 2. Create positive and supportive relationships with other students

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B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary