Health/Guidance
Unit 4: Personal Safety

Essential Understandings	- A conflict is a disagreement among two or more people or groups of people. - Effective communication skills help people to express their thoughts and feelings in positive ways. - Violence is the physical use of force to damage, injure or destroy property, other people or one's self. - It is possible to prevent violence.
Essential Questions	- What is a conflict? - What are some non-violent ways to resolve a conflict? - What are some barriers to effective communication? - What skills can be used to effectively communicate thoughts and feelings? - What are self protection strategies that can be utilized to prevent violence?
Essential Knowledge	- Conflicts can be resolved non-violently by using effective communication skills. - It is important to be aware of communication skills that are effective and barriers to effective communication. - There are many different types of violence including bullying, fighting, assault, homicide, suicide, sexual harassment, rape, and child abuse. - There are many self protection strategies that can be taken to prevent violence. - The appropriate use of social media.
Vocabulary	- Terms: - conflict, "I" statements, active listening, passive listening, body language, violence, bullying, fighting, assault, homicide, suicide, sexual harassment, rape, date rape, child abuse, self protection strategies

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Essential Skills	- Distinguish between appropriate and inappropriate behavior. - Recognize personal boundaries, rights, and privacy needs. - Understand the need for self-control and how to practice it. - Recognize that everyone has rights and responsibilities - Use effective communication skills. - Learn how to make and keep friends. - Learn about the relationship between rules, laws, safety, and the protection of rights of the individual. - Demonstrate the ability to set boundaries, rights, and personal privacy. - Differentiate between situations requiring peer support and situations requiring adult professional help. - Identify resource people in the school and community, and know how to seek their help. - Apply effective problem solving and decision making skills to make safe and healthy choices. - Learn how to cope with peer pressure. - Learn techniques for managing stress and conflict. - Learning coping skills for managing life events. - Examine the cause of conflict. - Analyze effective ways to resolve conflict. - Analyze non-violent ways to resolve conflict. - Use active listening skills and "I" messages to resolve conflict. - Identify and analyze violence in the media. - Identify skills that can help prevent sexual abuse, including date rape. - Understand the appropriate use of social media.

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Related Maine Learning Results	Health
	A. Health Concepts
	    A1.Healthy Behaviors and Personal Health
	        Students predict how behaviors can impact health status.
	        a. Analyze individual responsibility for enhancing health.
	C. Health Promotion and Risk Reduction
	    C2. Avoiding/Reducing Health Risks
	        Students demonstrate a variety of behaviors to avoid or reduce health risks to self and others.
	        a. Develop ways to recognize, avoid, or change situations that threaten the safety of self and others.
	E. Communication and Advocacy Skills
	    E1.Interpersonal Communication Skills
	        Students utilize skills for communicating effectively with family, peers, and others to enhance health.
	        a. Demonstrate effective communication skills including asking for and offering assistance to enhance the health of self and others.
	        c. Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

Sample Lessons And Activities	▪ Brainstorm rules for fighting fair. ▪ Discuss and role-play negotiation techniques in relation to conflict resolutions.
Sample Classroom Assessment Methods	▪ Develop a scenario for conflict resolution that appropriately demonstrates the use of negotiation skills. ▪ Write a paragraph that describes how negotiation helps resolve conflict.
Sample Resources	▪ Publications: o "Outrageous Teaching Techniques in Health Education" – Deborah Tackmann
Technology Link	▪ http://www.healthteacher.com