Unit 4: Managing Stress and Anxiety

Content Area: **Physical Education and Health**
Course(s): **Health Education Grade 12**
Time Period: **School Year**
Length: **5 blocks**
Status: **Published**

Transfer

No stress-no mess

Enduring Understandings

Taking precautions against risky situations and developing safety habits can enhance personal safety.

Bullying, sexual harassment, and involvement in gangs are factors that play a role in school violence.

Although the nature if violence is complex, one's personal safety depends on the ability to recognize potential sources of violence.

Of particular concern for teens is the incidence of abuse in dating relationships.

Essential Questions

What are some behaviors and strategies that could enhance personal safety?

What are some ways to avoid and reduce threatening situations?

What are some factors that play a role in school violence?

What actions could your school and community take to reduce violence?

What types of violence are present in our schools and communities?

How could developing healthy strategies prevent abuse?

Content

Body language,Self-defense,Assertive,Violence,Bullying

Sexual harassment,Gang,Peer mediation,Assailant,

Prejudice,Assault,Random violence,Homicide,

Sexual violence,Sexual assault,Rape,Abuse,Physical abuse

Verbal abuse,Stalking,Date rape

Skills

Identify behaviors and strategies that enhance personal safety.

Examine ways to avoid and reduce threatening situations.

Describe factors that play a role in school violence.

Determine actions that individuals, schools and communities can take to reduce violence.

Compare the causes and effects of violence.

Identify different types of violence and strategies for avoiding violence.

Describe different types of abuse and responses to abusive situations.

Develop healthy strategies that help prevent physical, sexual, and emotional abuse.

Resources

Glenco Health, Wall Twp Police Dept. Not Even Once Drug Education Program, Google Slides, Google Docs

Standards

HE.9-12.2.1.12.E.2	Analyze how new technologies may positively or negatively impact the incidence of conflict or crisis.
HPE.2.1.12	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HPE.2.1.12.A	Personal Growth and Development
HPE.2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
HPE.2.1.12.E	Social and Emotional Health
HPE.2.1.12.E.1	Predict the short- and long-term consequences of unresolved conflicts.
HPE.2.1.12.E.3	Examine how a family might cope with crisis or change and suggest ways to restore family balance and function.
HPE.2.1.12.E.4	Develop a personal stress management plan to improve/maintain wellness.