

## GETTING ALONG WITH OTHERS

### RECOMMENDED GRADES 5,6,7,8

In this course, participants will develop an understanding of what causes conflict, as well as healthy and unhealthy responses to it. Strategies to avoid conflict, such as walking away and compromising, will be demonstrated using real-life scenarios. For conflicts that cannot be avoided, students will learn steps to resolving them, including the importance of getting the facts about a situation and using effective communication skills, such as I-messages, to talk out the problem. Cooperation and respect for others will be emphasized throughout the course.

#### TOPICS COVERED

- Causes of conflict
- Healthy and unhealthy responses to conflict
- Strategies to prevent/avoid conflict
- Steps to resolve conflict
- Communication skills: I-messages, body language, tone of voice
- Respect and Empathy

#### OBJECTIVES

- Students will be able to define conflict and explain why it is normal and natural
- Students will be able to define respect and its importance in getting along with others
- Students will be able to differentiate between aggressive versus respectful responses to conflict
- Students will be able to explain six ways to avoid conflict (i.e. walk away, skip it, leave it to chance, laugh it off, apologize, split the difference)
- Students will be able to list and demonstrate six steps to resolving conflict (i.e., calm down, find a good time/place to talk, get the facts, effective communication, brainstorm, compromise)

#### NATIONAL HEALTH EDUCATION STANDARDS

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health
- Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior
- Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks
- Standard 5: Students will demonstrate the ability to use goal-setting skills to enhance health
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks
- Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health

#### ACTIVITIES AND ASSIGNMENTS

Getting Along with Others Digital Instruction	15m
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#### STUDENT ASSIGNMENTS

While You Watch worksheet	15m
Hollywood Drama & Conflict	30m
International Justice	60m
It Bugs Me...	60m
Opposites Diamante Poem	15m
Writing Assignments	45m

#### CLASSROOM ACTIVITIES

Communication Skills	30m
Cultural Awareness and Respect	90m
Dealing with Conflict	30m
Exploring the Nature of Conflict	30m
Mannequin	30m
Resolving Conflicts	30m
Understanding Anger and Other Emotions	30m
Varying the Description	90m

Individual Courses are priced at \$75.

This course can also be purchased as part of the *Elementary Bundle* for \$650, or the *Middle School Bundle* for \$650.

#### CASEL CORE COMPETENCIES

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision-making

