

BRSU Health Curriculum: 5-6 Violence & Injury Prevention

Enduring Understanding:

- Safe practices and pro-social behavior can help prevent violence and injury.

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| <p>CORE CONCEPTS</p> <ul style="list-style-type: none"> • Explain the risks associated with riding in a vehicle with a driver who is under the influence of ATOD • Describe ways to reduce risk of injury from firearms • Identify actions to prevent injury during severe weather or climate related physical conditions (e.g., heat exhaustion, sunburn, hypothermia, dehydration) • Describe ways to reduce risk of injury around water • Explain cause and effects of stress and positive coping skills • Explain the role of bystanders in escalating, preventing or stopping bullying, fighting or violence • Describe pro-social behaviors that help prevent violence • Describe how intolerance, prejudice, discrimination and bias can affect others or lead to violence | <p>INTERPERSONAL COMMUNICATION</p> <ul style="list-style-type: none"> • Demonstrate verbal and nonverbal communication to avoid unsafe or potentially violent situations • Demonstrate effective negotiation skills to avoid riding in a car with someone who has been using alcohol or other drugs • Demonstrate non-violent conflict resolution strategies |
| <p>HEALTHY CHOICES/SELF MANAGEMENT</p> <ul style="list-style-type: none"> • Differentiate between injury situations that you can care for yourself and those where you need to seek help | <p>ADVOCACY</p> <ul style="list-style-type: none"> • Demonstrate the ability to use positive peer influence to influence others' safety behaviors • Demonstrate support and respect for people with differences (e.g., cultural, disabilities, gender, and sexual orientation) |
| <p>GOAL SETTING AND DECISION MAKING</p> <ul style="list-style-type: none"> • Explain that choices have consequences | <p>ANALYZING INFLUENCES</p> <ul style="list-style-type: none"> • Examine the role of the media/cultural messages and their possible effects on safety related behavior and violence • Explain the risks associated with choosing friends who use violence to solve problems • Analyze the role of peers and significant others in causing/preventing injuries and violence |
| <p>ACCESSING INFORMATION</p> <ul style="list-style-type: none"> • Demonstrate how to follow directions for the correct use of over-the-counter and prescription medications • Demonstrate the ability to access accurate sources of information regarding safety, bullying and violence | <p>POTENTIAL ACTIVITIES/RESOURCES</p> <ul style="list-style-type: none"> • Basics of first-aid: American Red Cross • Skier/Snowboard Responsibility Code • Kids on the Block • Life skills training • Youth Risk Behavior Survey |

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