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| <b>Subject Area:</b> Wellness Health                                                                                                                        | <b>Course:</b> Grade 4   |                         |
| <b>Unit 3 Title:</b> Healthy Relationships                                                                                                                  | <b>Start:</b><br>January | <b>End:</b><br>February |
| <b>Unit Summary:</b> In this unit, students learn ways to resolve conflict by improving their listening skills, self-advocating and managing peer-pressure. |                          |                         |

## Stage 1: Desired Results

### Massachusetts Learning Standards

#### Healthy Relationships [5.3.HR]

- Identify characteristics of healthy and unhealthy relationships with a variety of individuals (i.e., family, peers, trusted adults, teachers). [HE; SE]
- Define and demonstrate ways to determine and respect the boundaries of self and others. [HPE; SE]
- Demonstrate strategies for addressing one's own feelings and the feelings and perspectives of others in order to support positive relationships. [HPE; SE]
- Differentiate between conflict and bullying, and articulate the importance of the difference to avoid escalating conflicts into bullying or violence. [HE; SE]
- Identify and respond to bullying situations in a variety of settings. [HPE; SE]
- Identify and practice non-violent communication skills. [HPE, SE]
- Identify and practice conflict prevention, management and resolution strategies. [HPE; SE]
- Describe how personal experiences, peers, family, media, society, community, and culture influence ways people interact in relationships and social situations. [HPE; SE]
- Describe the differences between assigned sex at birth and gender identity and explain how one's outward appearance and behavior does not define one's gender identity or sexual orientation. [HE; SE]
- Describe a range of ways people may express their gender and that some people's gender identity (how they think about themselves) matches others' expectations about what their bodies look like on the outside and others do not. [HPE; SE]
- Describe ways that stereotypes, perceived stereotypes, prejudice, discrimination, inequality and injustice can impact relationships, and demonstrate strategies to address these factors. [HPE; SE]

**Transfer (Authentic, relevant application of learning to new situations)**

**Students will be able to independently use their learning to...**

- Practice setting boundaries and writing i-messages
- Design and create their own peer pressure “toolkit”

**Meaning**
**Enduring Understandings**
**Students will understand that...**

- Healthy relationships are characterized by mutual respect, effective communication, and empathy.
- Boundaries play a crucial role in maintaining healthy relationships and respecting individual autonomy.
- Understanding and managing emotions are essential for fostering positive relationships.
- Differentiating between conflict and bullying is crucial to prevent escalation and promote safety.
- Non-violent communication skills are vital for resolving conflicts peacefully.
- Social interactions are influenced by personal experiences, societal norms, and cultural backgrounds.
- Gender identity and sexual orientation are diverse and do not solely rely on outward appearance.
- Stereotypes, prejudice, and discrimination can harm relationships and require strategies for mitigation.

**Essential Questions**
**Students will consider...**

- How do we define and cultivate healthy relationships in various aspects of life?
- What are the boundaries of self and others, and how do we respect them in relationships?
- How can we address our own and others' emotions effectively to support positive relationships?
- What distinguishes conflict from bullying, and why is it important to understand this difference?
- What strategies can we employ to address bullying situations and promote a safe environment?
- What are the principles of nonviolent communication, and how do they facilitate conflict resolution?
- How do personal experiences and societal influences shape our interactions with others?
- What is the significance of understanding gender identity and sexual orientation in fostering inclusive relationships?
- How do stereotypes, prejudice, and discrimination impact relationships, and how can we combat them effectively?

**Acquisition**

| Knowledge                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Skills                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
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| <p><b>Students will know...</b></p> <ul style="list-style-type: none"> <li>• Healthy relationships are characterized by mutual re</li> <li>• Healthy/Unhealthy relationships</li> <li>• Strategies</li> <li>• Setting boundaries</li> <li>• Boundaries</li> <li>• Conflict</li> <li>• Bullying</li> <li>• Non-violent communication</li> <li>• Societal norms</li> <li>• Cultural factors</li> <li>• Diversity</li> <li>• Stereotypes</li> <li>• Prejudice</li> <li>• Discrimination</li> </ul> | <p><b>Students will be skilled at...</b></p> <ul style="list-style-type: none"> <li>• Identifying characteristics of healthy and unhealthy relationships</li> <li>• Demonstrating respect for personal boundaries and those of others</li> <li>• Practicing empathy and effective communication in relationships</li> <li>• Distinguishing between conflict and bullying behaviors</li> <li>• Applying non-violent communication strategies in conflict resolution</li> <li>• Analyzing societal influences on relationship dynamics</li> <li>• Recognizing and respecting diverse gender identities and sexual orientations</li> <li>• Addressing stereotypes, prejudice, and discrimination in relationships</li> </ul> |