



San Francisco Opera's Mozart's *DON GIOVANNI*

Curriculum Connections

California Content Standards

Kindergarten through Grade 12

HEALTH EDUCATION

The unifying ideas of health literacy are as follows:

- Acceptance of personal responsibility for lifelong health
- Respect for and promotion of the health of others
- An understanding of the process of growth and development
- Informed use of health-related information, products, and services

MENTAL & PHYSICAL HEALTH

Taking care of your body. Ex. What do performers have to do to prepare their body for performing?

Conflict resolution. Ex. How do the characters resolve all their problems with each other?

Dealing with emotions, stress. Ex. Explore from the point of view of each character. Who did they talk to about their problems and emotions before the invention of psychology?

Family issues.

Gender roles & body image.

Conflict resolution. Ex. How do the characters resolve their problems with each other? How don't they?

Examine the scenarios in the opera where people have choices; what kinds of decisions do they make and could they have been better?

What pressures act on the characters in the opera? How do they respond?

Are characters impacted by body image issues in the opera? Who and how?

Examine the need for revenge (vengeance) demonstrated by the characters in the opera; how does personal revenge overlap with justice?

Examine the relationship between Zerlina and Masetto? Would we consider that a strong, healthy relationship today?

HEALTH DISCUSSIONS FOR MATURE STUDENTS

Middle School and High School: Compare the notion of “substance abuse” to an “addiction to love,” as Don Giovanni says in Act II and how it is, “more necessary than air” to him.

High School: the idea of a “sex addict” dates back centuries, and is not a modern concept.

How do the characters deal with their appetites or addictions? How might they handle their desires better?

Does Don Giovanni exhibit compulsive behavior? Why is he compelled to seduce all those women?

Don Giovanni plans to seduce the wedding guests with chocolate, wine and coffee. Why does he choose those items? What do we know now about neuroscience that links these items? (New discoveries have linked these items as major dietary sources of polyphenols, micronutrients found in plant-based foods.) Chocolate and coffee were new discoveries for Europeans in Mozart’s time; were they considered dangerous substances at the time?

Don Giovanni engages in sexually risky behavior. Examine the history of STD’s and contraception; what could have been the possible health effects on him and the ladies he seduced during the 1600’s? What would be the health effects today?

What if your friend was engaging in compulsive or risky behavior? How would you talk to them?

Research Mozart’s fatal illness. How do they think he died and might he have been cured today? What were other diseases common during the time?