



## Grade 10 Sample Lesson Plan: Unit 1 – Violence Prevention Education Resources

### SOLs

- 10.1.J Analyze the consequences of using acts of violence to settle disputes.
- 10.1.R Identify characteristics of healthy peer, family, and dating relationships.
- 10.1.S Evaluate potentially harmful and abusive relationships, including dangerous dating situations.
- 10.2.R Identify strategies for the peaceful resolution of conflicts.
- 10.2.S Compare and contrast assertive and aggressive communication and their effectiveness
  - in conflict resolution.
- 10.3.H Design an action plan to reduce risk-taking behaviors, acts of violence, substance use,
  - and gang involvement.
- 10.3.J Describe methods of avoiding gang-related activity and the use of weapons to commit violent acts of aggression.
- 10.3.K Describe strategies to reduce and prevent violence.
- 10.3.T Practice procedures for peaceful resolution of conflicts.
- 10.3.U Model effective communication skills for addressing peer pressure.
- 10.3.V Develop a list of resources that promote healthy relationships and assist with
  - unhealthy and abusive peer, family, and dating relationships.
- 10.3.W Present strategies to address abusive peer, family, and dating relationships.
- 9.1.K Examine how the consequences associated with gang involvement could affect self, family, and community.

## Materials

- There are several school wide anti-bullying, violence prevention, and positive behavior approaches that have been recognized as promising practices, including:
  - *Positive Behavior Interventions and Supports* <https://www.pbis.org>
  - *Olweus School-wide Bullying Prevention Program* <http://olweus.sites.clemson.edu>
- Additional information on school based violence prevention and positive youth behavior programs is available on the Center for Disease Control and Prevention (CDC) website at <https://www.cdc.gov/policy/hst/hi5/violenceprevention/index.html> , on the *BluePrints for Healthy Youth Development* site at <http://www.blueprintsprograms.com> , and on *SAMHSA's National Registry of Evidence Based Programs and Practices (NREPP)* at <http://www.nrepp.samhsa.gov/landing.aspx>. Additionally, the website *Teaching Tolerance* at [http://www.tolerance.org/school\\_climate\\_resources](http://www.tolerance.org/school_climate_resources)
- provides training webinars, “tools, protocols and practical advice for making your school more open and welcoming to all students” and equipping teachers and students to respond to hate, bias, bigotry, and racism.
- Health education lessons and activities should be aligned with any schoolwide approaches in place.

This document provides selected lessons, resources, and activity ideas that can be implemented and adapted to address these SOLs.

## Procedure

### Bullying and Violence Prevention Websites and Resources

#### *Coaching Boys into Men Toolkits*

Provides information, resources, discussion prompts for coaches and athletic staff to integrate violence prevention into their activities and promote respect, integrity, and non- violence. <http://www.coachescorner.org>

***Olweus -Class Meetings That Matter- Grades 6-8*** provides instructions on holding class meetings that help students build a positive classroom climate; identify feelings; communicate; assess bullying hot spots; improve peer relationships; and respect differences.  
[http://www.hazelden.org/OA\\_HTML/ibeCCtpItmDspRte.jsp?item=15524&sitex=10020:2\\_2372:US](http://www.hazelden.org/OA_HTML/ibeCCtpItmDspRte.jsp?item=15524&sitex=10020:2_2372:US)

#### *Pacer Center Teens Against Bullying*

<http://www.pacerteensagainstabullying.org/tab/>

This Pacer National Bullying Prevention Center site provides videos,

information, and tips for middle and high school students.

As a supplemental class activity, (1) hand out and have students review and complete the PACER action plan against bullying

<http://www.pacerkidsagainstabullying.org/wp-content/uploads/2014/04/StudentActionPlan.pdf> , and (2) have students illustrate posters or act out and/or videotape short skits depicting how to report bullying, stand up to bullying, and help friends who are being bullied.

**PBS.org It's My Life Website** provides information and lesson plans on bullying.

<http://www.pbs.org/parents/itsmylife/index.html>

**SAMHSA – Girl in the Mirror** – A presentation on self injury in adolescent girls <https://www.samhsa.gov/women-children-families/trainings/girl-mirror>

#### *Stop Bullying.gov*

This federal government site <https://www.stopbullying.gov/what-you-can-do/teens/index.html> provides well-researched information, video clips and activities to enable teens to recognize bullying and explore appropriate responses, as well as a *Youth Engagement Toolkit* that outlines class activities and discussion guides using the Cartoon Network's Speak Up video collection as a starting point:

<http://www.cartoonnetwork.com/promos/stopbullying/video/stop-bullying-speak-up-special-clip.html>

**Suicide Prevention Lifeline:** 1-800-273-TALK (8255)

<http://www.sprc.org/settings/schools>

**Suicide Hotline (LGBT Youth):** 1-866-4-U-TREVOR

<http://www.thetrevorproject.org>

**Virginia Rules** is a website developed to educate youth on Virginia's Laws. It includes information about gangs <http://www.virginiarules.com/virginia-rules/gangs> and links to the National Gang Center <https://www.nationalgangcenter.gov> , a site that includes videos on why youth join gangs.

#### **Lesson Plans**

Courtesy copies of the lesson plans described below have been included on the Health Smart website. Please visit the original websites referenced below for more

information.

### Anger Management and Conflict Resolution

- **10 Conflict Resolution Lessons, Fairfax County Schools**, provides 10 lessons for teaching conflict resolution, empathy, and positive communication.  
[http://www.creducation.org/resources/CR\\_Guidelines\\_and\\_10\\_CR\\_lessons\\_F\\_CPS.pdf](http://www.creducation.org/resources/CR_Guidelines_and_10_CR_lessons_F_CPS.pdf)
- **Advocates for Youth Anger Lesson** is a lesson on handling anger. <http://www.advocatesforyouth.org/for-professionals/lesson-plans-professionals/1256?task=view>
- **Conflict Resolution Roleplays** includes 11 peer conflict role play scenarios and 13 dating violence scenarios.  
[https://youthrelationships.org/uploads/alt\\_unit\\_1\\_sample.pdf](https://youthrelationships.org/uploads/alt_unit_1_sample.pdf)
- **Discovery Online –Resolving Conflicts** is a conflict resolution lesson for 6-8<sup>th</sup> graders.  
<http://school.discoveryeducation.com/lessonplans/pdf/resolvingconflicts/resolvingconflicts.pdf>
- **Hernando County Anger Management Lesson** provides activities on anger management and conflict resolution. <http://www.circuit5.org/c5/wp-admin/Docs/Youth%20Court/Anger%20Management.pdf>
- **Kids Health Teachers Guide 9-12 Grade Conflict Resolution** provides discussion questions and activities on peaceful problem solving and analyzing mixed messages.  
[http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict\\_resolution.pdf](http://classroom.kidshealth.org/classroom/9to12/personal/growing/conflict_resolution.pdf)
- **YouTube clips** including the following **In the Mix - Thinking it Through** clip on handling conflict <https://www.youtube.com/watch?v=xDoQIpe5TxA> can be used as resources for student reflection and discussion.

### Bullying and Violence

- **Building Community and Combating Hate – Middle School Lesson.** This group of lessons, developed by Partners Against Hate and the Office of Juvenile Justice Delinquency Prevention address diversity, stereotypes, prejudice, name calling, misinformation and rumors, hate and personal responsibility.  
[http://www.partnersagainsthate.org/educators/middle\\_school\\_lesson\\_plans.pdf](http://www.partnersagainsthate.org/educators/middle_school_lesson_plans.pdf)

- ***Do Something, Inc. School Violence Unit*** provides 10 lessons to address bullying and gangs: Bullying; What's Life like in my shoes?; Male and Female Violence; School Zones; Groupthink; Stand up; Responsibility; Zero Tolerance; Still I Rise; and Bully Pulpit.  
<http://lessonplanspage.com/ssodosomethingaboutschoolvioenceunitday1bullying912- htm/>
- ***Fairfax Schools – 8<sup>th</sup> Grade Harrassment/Bullying Prevention Lesson*** includes slides and video for a lesson on harrassment and bullying.  
<http://www2.fcps.edu/LongfellowMS/pages/ppts/2013bullying8thGrade.pdf>
- ***National Crime Prevention Council: Youth Gangs- Know the Facts*** provides information on gangs, prevention, getting out  
<http://www.ncpc.org/programs/celebrate-safe-communities/csc-tools/media/csc- electronic-media-kit/Gang%20fact%20sheet%20-%20youth2-.pdf.pdf>
- ***Ophelia Project- It Has a Name: Relational Aggression*** provides middle school lessons on peer aggression, the role of the bystander, normative beliefs, leadership, friendship and cyberbullying.  
<http://www.opheliaproject.org/GirlsRA/GirlsMS.pdf>
- ***SDCDA Girls Only Toolkit (Grade 6)*** – includes numerous lessons including those on self esteem, stress and emotions, empathy, positive communication, assertiveness, conflict resolution, healthy relationships, forgiveness, diversity, social media smarts, evaluate media, violence, bullying, refusal skills, human trafficking, gangs, etc..  
<http://www.sdcca.org/office/girlsonlytoolkit/>
- ***Teaching Tolerance – Cliques*** is a lesson on friendship/cliques. A companion survey tool enables students to measure their experiences.  
<http://www.tolerance.org/supplement/cliques-schools-middle-grades>

### Communication

- ***Healthy Communication Skills Guide*** is a teaching guide from CDC that includes several activities to enhance healthy communication skills.  
<http://headsup.scholastic.com/sites/default/files/Healthy-Communication-Guide- CDC.pdf>
- ***Respect Others Respect Yourself*** is a teaching guide from CDC and NIDA on using healthy communication to resolve conflicts.  
<http://headsup.scholastic.com/teachers/respect- others-respect-yourself>
- ***Teaching Health and Happiness – Communication*** is a worksheet with

definitions of the various types of communication

<https://teachinghealthandhappiness.files.wordpress.com/2014/02/answer-key-communication-vocabnote-taking-sheet.pdf>

#### Dating Violence and Healthy Relationships

- **Break the Cycle's DV 101 Single Day Dating Violence Lesson** includes activities and links to video clips that illustrate aspects of dating violence. [https://www.breakthecycle.org/sites/default/files/dv\\_101\\_single\\_day\\_lesson\\_plan.pdf](https://www.breakthecycle.org/sites/default/files/dv_101_single_day_lesson_plan.pdf)
- **CDC Healthy Relationship Talking Points** identifies characteristics of healthy relationships, unhealthy behaviors and unsafe behaviors. <http://headsup.scholastic.com/sites/default/files/Relationship-Talking-Points-CDC.pdf>
- **Kate Brown Education Program Tip Sheet** is a handout that identifies characteristics of healthy and unhealthy relationships. <http://kbep.org/for-youth/>
- **Kids Health Healthy Relationship Handout** provides scenarios for students to evaluate. [https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\\_relationships\\_hips\\_handout1.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_hips_handout1.pdf)
- **Michigan Dating Violence Youth Education Package** includes 6 lessons developed by the Michigan Domestic Violence Prevention and Treatment Board (DVPTB). [https://www.michigan.gov/documents/dhs/DHS-PUB-0224\\_172099\\_7.pdf](https://www.michigan.gov/documents/dhs/DHS-PUB-0224_172099_7.pdf)
- **National Crime Prevention Council Violence Lesson (Session 14, Community Works)** educates students about dating violence and engages them in developing a dating bill of rights. <http://www.ncpc.org/resources/clusters/dating-violence/Session%2014%20Dating%20Violence.pdf>
- **Salt Lake Area Domestic Violence Coalition Teen Dating Violence Training Toolbox** provides danger assessments, discussion questions, and dating violence scenarios for role play and discussion. <http://www.health.utah.gov/vipp/pdf/DatingViolence/Toolbox.pdf>
- **VSDVAA Building Healthy Relationships Across Virginia Facilitators Guide** includes a unit on healthy relationships and teen dating violence prevention. [http://www.ncdsv.org/images/VSDVAA\\_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf](http://www.ncdsv.org/images/VSDVAA_BldgHealthyRelationshipsAcrossVAFacilitator%27sGuideTDVPrevention.pdf)

- ***You Tube clips*** including the following on Dating Violence can be used as resources for student reflection and discussion:  
<https://youtu.be/ODntqYIYx7E>