



SAMPLE LESSON PLANS

Grade 10 – Violence Prevention

Unit 1

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.

Title: Violence Prevention Education Resources

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 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.

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>

National Gang Center <https://www.nationalgangcenter.gov>, a site that includes videos on why youth join gangs. This can inform the development of educational messages about the importance of avoiding gang involvement.

Olweus -Class Meetings That Matter- Grades 9-12 provides instructions on holding class meetings that help students build a positive classroom climate; confront bullying; build positive relationships; understand and manage feelings; respect differences, and address communication and technology issues.

http://www.hazelden.org/OA_HTML/ibeCCTpItmDspRte.jsp?item=15524&sitex=10020:22372: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>

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>

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_FCPS.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
- **Discovery Online –Resolving Conflicts** is a conflict resolution lesson for 6-8th 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
- **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
- **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/ssodosomethingaboutschooviolenceunitday1bullying912-hm/>
- **Ophelia Project- It Has a Name: Relational Aggression** provides high school lessons on peer aggression, the role of the bystander, normative beliefs, leadership, friendship and cyberbullying. <http://www.opheliaproject.org/GirlsRA/GirlsHS.pdf>
- **Teaching Tolerance – Cliques** is a lesson on friendship/cliques. <http://www.tolerance.org/supplement/cliques-schools-high-school>

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>
- **Refusal Skills – Rethinking Drinking, Alcohol and Your Health** provides guidance on key refusal skills for avoiding alcohol that are also applicable to resisting peer pressure to engage in other risky behaviors.
<https://www.rethinkingdrinking.niaaa.nih.gov/Tools/Interactive-worksheets-and-more/Stay-in-control/Drink-Refusal-Skills.aspx>

Dating Violence and Healthy Relationships

- **Break the Cycle Website** – resources to empower teens to say no to violence.
<https://www.breakthecycle.org>
- **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
- **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>
- **CDC Teen Dating Matters Online Training** is a free online interactive training available to educators and youth mentors. <https://vetoviolence.cdc.gov/apps/datingmatters/>
- **Kate Brown Education Program Tip Sheet** is a handout that identifies characteristics of healthy and unhealthy relationships. <http://kbep.org/for-youth/>
- **Love is Not Abuse** is a high school teen dating violence curriculum developed by partners including the National Network to End Domestic Violence.
<https://www.breakthecycle.org/sites/default/files/pdf/lina-curriculum-high-school.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
- **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
- ***You Tube clips*** including the following on Dating Violence can be used as resources for student reflection and discussion: <https://youtu.be/ODntqYIYx7E>