



SAMPLE LESSON PLANS

Grade 8 – Violence Prevention

Unit 1

SOLs

- 8.1.P Identify the consequences of involvement in potentially dangerous situations, such as when weapons, physical violence, and gangs are present.
- 8.2.N Evaluate the importance of developing relationships that are positive and promote wellness.
- 8.2.0 Analyze the risks associated with gang-related activities for self, family, and the community.
- 8.3.H Develop guidelines for using social networks.
- 8.3.I Create a media campaign for the use of refusal and negotiation skills to avoid risky situations.
- 8.3.J Identify ways for students to develop relationships that are positive, promote wellness, and prevent gang involvement.
- 8.3.M Justify and encourage safe, respectful, and responsible relationships.
- 8.3.N Identify resources for helping someone who is exhibiting self-harming behaviors.
- 8.3.O Create strategies for helping others prevent or get help with bullying.

Title: Violence Prevention Education Resources

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 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>

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/ibeCCTpItnDspRte.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>, 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 FCPS.pdf](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-htm/>
- ***Fairfax Schools – 8th 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.sdcd.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
- **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_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
- **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%202014%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>