

SENIOR HIGH SCHOOL SEXUAL HARASSMENT

Using a variety of activities, the topic of sexual harassment is introduced and discussed. Students are given options for stopping sexual harassment that may be happening to them or others.

TIME REQUIRED: 40 to 45 minutes or one class period

OBJECTIVES:

- Students will be able to define sexual harassment
- Students will identify and discuss behaviors recognized as sexual harassment
- Students will understand that sexual harassment is illegal behavior performed by the harasser
- Students will learn strategies that can help to stop sexual harassment

OUTLINE:

1. Introduction
2. Sexual Assault Continuum Activity and discussion
3. Discussion of dynamics of sexual harassment
4. Sexual Harassment scenario activity
5. Discussion of strategies to stop sexual harassment
6. Closure

MATERIALS:

Sexual Assault Continuum cards
Scenarios

FACILITIES:

Individual classroom
White/chalkboard

SENIOR HIGH SCHOOL SEXUAL ASSAULT

This program highlights common myths and facts about sexual assault and the laws governing sexual assault in Pennsylvania. Using a scenario as a basis, the students discuss the dynamics of date rape and how to get help.

TIME REQUIRED: 40 to 45 minutes or one class period

OBJECTIVES:

- Students will become familiar with Pennsylvania's sexual assault laws
- Students will place responsibility on assaulter, creating an understanding that avoids victim blaming
- Students will identify resources available to victims of sexual assault;
- Students will understand the concept of consent and how it applies to the sexual assault laws
- Students will consider the role of the bystander in preventing sexual assault.

OUTLINE:

1. Introduction
2. Discussion of laws and role of consent, viewing the consent video
3. Presentation of Tom and Missy scenario
4. Handouts
5. Closure through discussion on role of bystander

MATERIALS:

Video: *Cup of Tea* and/or *The Consent Contract*
Tom and Missy scenario

HANDOUTS:

Sexual Assault, What's the Law?

FACILITIES:

Individual classroom
White/chalkboard
Ability to play a DVD

SENIOR HIGH SCHOOL DATING VIOLENCE

This program depicts abusive dating relationships. The students discuss the dynamics of dating violence and how to intervene to help a friend.

TIME REQUIRED: One or class period or one block

OBJECTIVES:

- Students will explore and assess ways of relating to dating partners through a group activity
- Students will place responsibility for the abusive behavior on the abuser
- Students will learn the options available to victims of dating violence
- Students will be encouraged to notice and take action against abusive behavior of peers

OUTLINE:

1. Introduction of the topic through the Great Date Debate
2. Video
3. Discuss questions whole group or small group, highlighting root causes and responsibility for abuse.
4. Closure

MATERIALS:

Video: *Crazy about You*
Great Date Debate

HANDOUTS:

Hotline cards

FACILITIES:

Individual classroom
Ability to play a DVD

SENIOR HIGH SCHOOL HEALTHY RELATIONSHIPS

This is a one day program that uses the student's knowledge of what they already think they know about dating relationships. Students are encouraged to explore what comprises a healthy relationship and what to look for in a respectful dating partner.

TIME REQUIRED: 40-45 minutes, one class period

OBJECTIVES:

- Students will be able to identify the characteristic of healthy relationships
- Students will explore and clarify their own values, beliefs and attitudes about intimate relationships
- Students will become empowered to make positive, healthy decisions about their own intimate relationships

OUTLINE:

1. Introduction of the topic of healthy dating relationships.
2. Show music video and discuss fairytale expectations people have about relationships. Are these expectations realistic?
3. Use small groups to reply to Dear Gabby letters.
4. Discuss some healthy ways to end a relationship.
5. Handouts
6. Closure

MATERIALS:

Videos: Music video, Breaking Up clips from *Dating Bill of Rights*
Dear Gabby Letters
Breaking Up Cards

HANDOUT:

Relationship Rules

FACILITIES:

Individual classroom
TV/VCR or DVD player
White/chalkboard

SENIOR HIGH SCHOOL CHILD ABUSE FOR CHILD CARE CLASSES

This is a one day program that is intended for high school or college classes studying child care or early childhood development.

TIME REQUIRED: 40-45 minutes, one class period

OBJECTIVES:

Students will be able to:

- Identify the types of abuse that children can experience from their caretakers
- Understand reasons children may not tell an adult if they have been abused
- Recognize the need to report abuse in order to stop abuse
- Learn how to listen and talk to a child so you can help them
- Understand that when abuse occurs the victim is never to blame and the fault lies with the abuser

OUTLINE:

1. Define child abuse and list types of abuse and give examples of each
2. Show video and discuss
3. Close with music video

MATERIALS:

Video clip from *It's Your Body: You're in Charge*

Music Video: *The Eleventh Commandment*

Video: *Recognizing Child Abuse*

HANDOUT:

Facts and Myths of Child Abuse

If a Child Tells You...

FACILITIES

Individual classroom

Ability to play a DVD

White/chalkboard

MIDDLE/SENIOR HIGH SCHOOL MEDIA LITERACY 1

This is a one day program that takes a close look at media stereotypes and exploitation. By using video and class discussion the issue of media manipulation of our buying habits, values and very lives is explored. The materials used will be different but age appropriate for middle school or high school.

TIME REQUIRED: 40-45 minutes, one class period

OBJECTIVES:

- Students will understand what media literacy means and why it is important
- Students will realize the ways media normalizes violence and reinforces as well as constructs stereotypical ideas about gender and relationships
- Students will understand how much the media influences us and our society

OUTLINE:

1. Alphabet Logo Activity
2. Media stereotypes discussion
3. Video clips or examples of advertisements
4. Analyzing ads

MATERIALS:

Video: Clips from *Generation M* or news clips dealing with relevant topic
Magazine ads

FACILITIES:

Individual classroom
TV/VCR or DVD player
White/chalkboard

MIDDLE/SENIOR HIGH SCHOOL MEDIA LITERACY 2

This is a one day program that examines gender stereotypes in the media.

TIME REQUIRED: 40-45 minutes, one class period

OBJECTIVES:

- Students will understand what media literacy means and why it is important
- Students will realize the ways media normalizes violence and reinforces as well as constructs stereotypical ideas about gender and relationships
- Students will understand how much the media influences us and our society

OUTLINE:

1. Logo Activity
2. Video clips and small group discussion of media stereotypes and their harmful effects,

MATERIALS:

Video: Clips from Shrek, Music video *It's Different for Girls*

FACILITIES:

Individual classroom
TV/VCR or DVD player
White/chalkboard

MIDDLE SCHOOL SEXTING PROGRAM

This is a program that encourages students to examine cultural influences relating to “sexting,” as well as legal ramifications and social/emotional consequences.

TIME REQUIRED: 40–45 minutes, one class period

OBJECTIVES:

- Students will be able to define “sexting”.
- Students will consider legal, social, and emotional consequences of teen sexting.
- Students will discuss cultural influences and gender stereotypes that relate to sexting.
- Students will learn strategies to properly handle sexting dilemmas.

OUTLINE:

1. Small group discussion activity
2. Questions to consider before hitting the “send” button
3. Questions to ask yourself if you are the receiver.

MATERIALS:

Group Discussion Questions
Questions to Consider

FACILITIES:

Individual classroom
Whiteboard/Chalkboard

SENIOR HIGH SCHOOL SEXTING PROGRAM

This is a program that encourages students to examine cultural influences relating to “sexting,” as well as legal ramifications and social/emotional consequences.

TIME REQUIRED: 40–45 minutes, one class period

OBJECTIVES:

- Through interactive activities, students will openly discuss their feelings and attitudes about sexting.
- Students will consider legal, social, and emotional consequences of teen sexting.
- Students will discuss cultural influences and gender stereotypes that relate to sexting.
- Students will learn strategies to properly handle sexting dilemmas.

OUTLINE:

1. Debate Activity
2. Small Group Discussion Questions
3. Questions to consider before hitting the “send” button
4. Questions to ask yourself if you are the receiver
5. Close with humorous video clip

MATERIALS:

Group Discussion Questions
Questions to Consider
Video

FACILITIES:

Individual classroom
Whiteboard/Chalkboard

MIDDLE/SENIOR HIGH SCHOOL CONFLICT RESOLUTION

This is a program that helps students resolve conflicts in constructive manner.

TIME REQUIRED: 40-45 minutes, one class period

OBJECTIVES:

Students will:

- See that a certain amount of conflict is normal, even between friends
- Learn that conflict can be an opportunity for growth and learning
- Recognize certain behaviors as “conflict starters” and learn ways to avoid them
- Identify certain behaviors as “conflict solvers” and learn ways to use them

OUTLINE:

1. The students will begin by defining conflict and listing examples
2. Next list words/phrases that can start and solve conflicts
3. Show clips from the DVD *Conflict Resolution: You Can Solve It!*
4. Have students do role plays, listening for the conflict starters and solvers
5. Go over the handout

MATERIALS:

Video: DVD of *Conflict Resolution: You Can Solve It!*

Role plays of conflict situations

List of conflict starters and conflict solvers

HANDOUT:

Conflict Starters OR Conflict Solvers

FACILITIES:

Individual classroom

Ability to play a DVD

White/Chalkboard

MIDDLE/SENIOR HIGH SCHOOL RELATIONAL AGGRESSION

This program examines how friendships can change over time, and how a person can identify not only the change, but how to navigate the decisions on whether this friendship is healthy and supportive. The video outlines warning signs of an unhealthy or exploitive relationship, how to discuss problems, and how to end the friendship if needed.

TIME REQUIRED: 40-45 minutes, one class period

OBJECTIVES:

Students will learn:

- The characteristics of healthy and unhealthy relationships
- The importance of good communication skills and strong self-esteem
- That all persons have a right to respect and to set boundaries for themselves
- That relationships are mutual; requiring give and take

OUTLINE:

1. The students will begin by defining relational aggression
2. Next go over what is most important in a friendship (use handout)
3. Show clips of *Relationships; When They Help and When They Hurt*
4. Have students do role plays, listening for the breaks in the friendships involved
5. Go over how to be assertive with a friend with the outline and role play

MATERIALS:

Video: DVD of relationship clips: *Relationships: When They Help and When They Hurt*
Role plays of relational aggression

HANDOUT:

What Counts the Most?

FACILITIES:

Individual classroom
Ability to play a DVD
White/Chalkboard

MIDDLE/SENIOR HIGH SCHOOL PERSONAL BOUNDARIES

This program encourages students to focus on their own personal boundaries and boundaries of others. Students will be given opportunities to practice problem solving skills.

TIME REQUIRED: 40-45 minutes, one class period

OBJECTIVES:

Students will learn:

- To define personal boundaries
- To consider where their personal boundaries lie
- To express their boundaries
- To respect the boundaries of others

OUTLINE:

1. The students will begin by defining boundaries
2. Show *Boundary Violations of Thought and Feeling*
3. Introduce phrases: I feel, when you, would you please
4. Do recognizing boundaries activity
5. Wrap-up with *Signs of Healthy Boundaries* clip

MATERIALS:

DVD of boundaries clips
Boundary activity and visuals

FACILITIES:

Individual classroom
Ability to play a DVD
White board or chalkboard