

# Weiler Health Education Center

The Skin We're In  
Character Education  
Grades 7-9

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Program Objectives



### **Program Description:**

Students explore and how to turn anger into tolerance. Participants are introduced to and encouraged to follow non-violent behaviors.

### **Standards:**

**PA** 1.6.8.A; 1.6.11.A; 10.3.9.C; 10.3.12.C

**NJ** 3.3.8.A.2; 3.4.7.A.1; 3.4.7.A.5; 3.4.8.A.1; 3.4.8.A.5; 2.1.8.F.5; 2.1.12.F.5

### **Objectives:**

Upon completion of the program, students will:

1. Define diversity
2. Explain how stereotyping leads to prejudice
3. Differentiate between tolerance and respect
4. List two tools of tolerance.

### **Terms:**

discrimination – treatment based on category rather than on an individual

diversity – difference

prejudice – forming an opinion without knowledge

respect – esteem

stereotype – associating a person with a group

tolerance – acceptance



## Trading Places



Create a poster displaying information about another ethnic group. As a class, discuss what would be interesting to know about a given ethnic group (map showing country of origin, food, flag, music....) Agree as to what information should be displayed on the poster so that the posters can be easily contrasted. Record the required information below.

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Write a paragraph (five to seven well constructed sentences) explaining the information that is displayed on the poster. Type the paragraph in word processing and attach it to the back of the poster. Have each student present their poster on a poster presentation day. Display the posters in the classroom.





Ethnic Group \_\_\_\_\_ Total \_\_\_\_\_

Ethnic Group \_\_\_\_\_ Total \_\_\_\_\_

Ethnic Group \_\_\_\_\_ Total \_\_\_\_\_

Ethnic Group \_\_\_\_\_ Total \_\_\_\_\_

Ethnic Group \_\_\_\_\_ Total \_\_\_\_\_

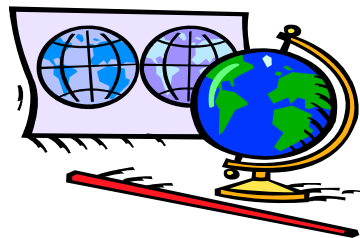
Ethnic Group \_\_\_\_\_ Total \_\_\_\_\_

Ethnic Group \_\_\_\_\_ Total \_\_\_\_\_

Ethnic Group \_\_\_\_\_ Total \_\_\_\_\_

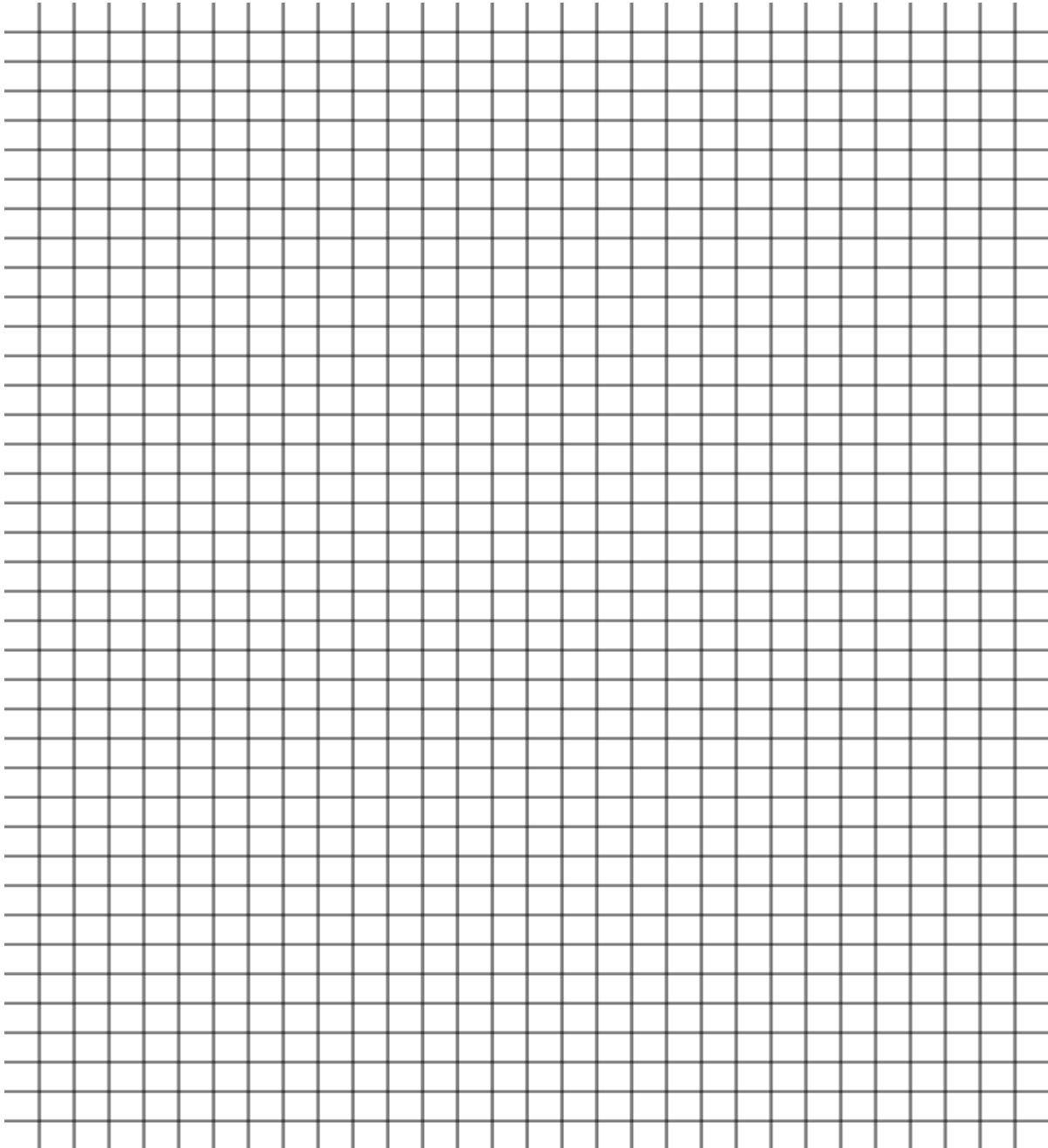
Ethnic Group \_\_\_\_\_ Total \_\_\_\_\_

Ethnic Group \_\_\_\_\_ Total \_\_\_\_\_





Construct a vertical bar graph in the space below displaying the data from the totals above. Remember to provide a title underneath the graph and remember to label the x-axis, y-axis and to carefully record the data. Use a ruler.





## Plus and Minus



Recognizing that each of us has strengths and weaknesses is important. While we emphasize our positive points and work on our weaknesses, we realize that we are not alone in the attempt.

### **Directions:**

Fill out the worksheet (below). Then have a class discussion pointing out that everyone is unique and everyone has both strong points and areas that need improvement.

1. I feel proud when \_\_\_\_\_ says I \_\_\_\_\_
2. I feel left out and lonely when \_\_\_\_\_
3. I feel happy when \_\_\_\_\_
4. I get angry when \_\_\_\_\_
5. \_\_\_\_\_ usually makes me feel \_\_\_\_\_
6. It's disappointing when \_\_\_\_\_
7. No matter how hard I try, I never \_\_\_\_\_
8. The only thing I really enjoy is \_\_\_\_\_



9. My Strengths

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My Weaknesses

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10. Pick one weakness and write about what you could do to improve that weakness.

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Note to teacher- the following letter is intended for your students to take home as a follow-up for the days program. Please copy and distribute as you see fit in order to enable caregivers of students to reinforce the lesson of this program effectively.



# Weller Health Education Center

Dear Caregiver,

Your child has participated in a program called “The Skin We’re In” presented by the Weller Health Education Center. As educators, we understand the importance of respect and strive to teach students how to show respect to others who are different. The students learned about diversity and stereotypes and watched clips highlighting the possibility of violence if stereotypes and diversity are not embraced. They also learned about tolerance and how, even amongst people who are different, there are similarities, and how we need to have acceptance. The Weller Health Education Center emphasizes the importance of acceptance of those who are different and to follow behaviors that lead to the reduction of violence.

Some parents welcome the fact that we live in an increasingly diverse society. Others may feel more hesitant, especially if they have not had much exposure to people different from themselves. Many kids are way ahead of their parents regarding exposure to cultural differences. Their circle of friends, their schoolmates, and their athletic teams are much more varied than those of their parents. Even though our world is constantly changing and contains people who are different - not everyone accepts it. Violence is everywhere - at school, at home, and in our cities and town. The more students see it, the more they de-sensitize a serious issue. Youth violence takes many forms including bullying, gang violence, sexual aggression, and assaults occurring in streets, bars and nightclubs. Across the world an average of 565 young people aged 10 to 29 die every day through interpersonal violence, with males at greater risk. For each death there are an estimated 20 to 40 youth that require hospital treatment for a violence-related injury. At Weller, we share your concern about the health and safety of others and aim to promote tolerance as a means of ensuring a safe school environment.

Below you will find some sample activities to guide you in taking steps to improve family health and continue the message started today in our program. For additional resources you are welcome to utilize the parent, teacher and student resource links found on our website at [www.wellercenter.org](http://www.wellercenter.org).

## Sample Activities

- 1) Notice your own attitudes and remember that kids are always listening.
- 2) Point out and talk about unfair stereotypes that may be portrayed in the media.
- 3) Answer kids' questions about differences honestly and respectfully. This teaches that it is acceptable to notice and discuss differences as long as it is done with respect.
- 4) Remember that tolerance does not mean tolerating unacceptable behavior. It means that everyone deserves to be treated with respect — and should treat others with respect as well.
  - a. If students are targeted with intolerant behaviors, help them determine adults at school who can provide assistance.
- 5) Don't allow violence in your home.

Yours in good health,  
Weller Health Education Center