

# Weller Health Education Center

## Relationship Respect

### Healthy Relationships series

(2) 45 minute, outreach programs

Grade 9

### Course Description

*This program exposes students to a variety of “date night” vignettes where students will identify potential areas of conflict, discuss the physical and physiological reactions to anger and demonstrate respectful, non-violent responses. Through guided discussion and the use of video, students will be able to identify warning signs that a person may be a victim or perpetrator of abuse and also describe the complexity of the decision to leave an abusive relationship.*

### PA Health, Safety and PE Standards:

- 10.1.9.A** Analyze factors that impact growth and development between adolescence and adulthood.
- relationships (e.g., dating, friendships, peer pressure)
  - interpersonal communication
- 10.2.9.C** Analyze media health and safety messages and describe their impact on personal health and safety.
- 10.2.9.D** Analyze and apply a decision-making process to adolescent health and safety issues.
- 10.3.9.A** Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.
- violence prevention in school
  - self-protection in the home
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- 10.3.9.C** Analyze and apply strategies to avoid or manage conflict and violence during adolescence.
- effective negotiation
  - assertive behavior

### NJ Health, Safety and PE Standards:

- 2.2.12.A.1.** Employ skills for communicating with family, peers, and people from other backgrounds and cultures that may impact the health of oneself and others.
- 2.2.12.A.2.** Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts.
- 2.4.12.A.4.** Predict how relationships may evolve over time, focusing on changes in friendships, family, dating relationships, and lifetime commitments such as marriage.
- 2.4.12.A.5.** Determine effective prevention and intervention strategies to address domestic or dating violence (e.g., rules of consent).

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## Cross Curricular Opportunities

### PA Reading, Writing, Speaking and Listening:

- 1.6.9. A Listen critically and respond to others in small and large group situations.
- 1.9.9. A Use media and technology resources for research and problem solving in content learning.
- 1.9.9. B Analyze the techniques of media messages to evaluate how they influence society.

### PA Science and Technology and Engineering Education:

- 3.4.10.E4 Evaluate the purpose and effectiveness of information and communication systems.

### NJ Technology Standards:

- 8.1.12.F2 Analyze the capabilities and limitations of current and emerging technology resources and assess their potential to address educational, career, personal and social needs.

### NJ Reading, Writing, Speaking and Listening:

- SL.9-10.1. Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 9-10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
- SL.9-10.2. Integrate multiple sources of information presented in diverse media and formats (e.g., visually, quantitatively, orally) evaluating the credibility and accuracy of each source.
- SL.9-10.6. Adapt speech to a variety of contexts and tasks, demonstrating command of formal English when indicated or appropriate.

### RELA Lesson Idea:

#### Critical Media Literacy: Internet Research

Summary: Internet research serves as a prelude to the reading of a poem about dating violence. Students engage in a discussion about the meaning of the poem. Students then compose an essay about their interpretation and reactions to it.

#### Objectives:

- To become aware of the many facets of dating violence (emotional as well as physical), its warning signs, examples of violence, statistics, and how to leave an abusive relationship
- To be able to interpret a poem's meaning and to apply learned information to that interpretation

Classroom procedures, assessment, extensions, adaptations and standards can all be found at <http://www.inthemix.org/educators/lessons/dateviol1/index.html>

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## **Math Lesson Idea:**

Work with your students to develop an anonymous class survey that will measure their peers' attitudes and behaviors concerning dating relationships. Data from the survey can be used to practice additional skills such as:

- measures of central tendency
- graphing data in a variety of forms
- applying probability ratios to different populations ( ex. school, city, state, country) to determine the number of people affected

Population estimates for city, county, state and country can be found at Census Quick Facts.

<http://quickfacts.census.gov/qfd/states/00000.html>.

The **Healthy Relationships** series also includes these outreach programs:

Buster's Barnyard Buddies, grades Pre-K – 1

Bully Busters, grades 1 – 3

Team Self-Esteem, grades 3 – 5

Mean Streets, grades 5 – 6

Relationship Building Blocks, grade 6

Big Changes, Big Choices, grades 6 – 8

Trading Places, grades 6 – 8

Relationship Know How's, grade 7

Relationship Risks, grade 8

Who Do You Trust?, grades 8 – 12

Toxic Relationships, grades 9 – 12