

SECOND EDITION

PEACE
OVER
VIOLENCE

PREVENTION

IN TOUCH WITH TEENS

A Relationship Violence Prevention Curriculum for Youth Ages 12-19

Violence is preventable. If we can learn it, we can unlearn it. Violence is not healthy for people and other living things. If we can see it, we can stop it. Silence is violence. If we can talk about it, we can change it.

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In Touch With Teens

Curriculum At-A-Glance

Unit 1 – Roots of Violence: Global and Local

The Basics

- Definition of Violence
- Complex Causes of Violence
- Systematic Mistreatment of Groups and Individuals: Racism, Sexism, Classism, Bullying, Hate Crimes, People With Disabilities, Teens
- Internalized Oppression
- Institutionalized Oppression
- Scapegoating
- Changing Attitudes Changes Behavior

The Activities

- Defining Violence
- Ball of Confusion: Guided Discussion
- Ending Violence Crossword: Game
- Know Yourself: Cultural Identity Chart
- What Kind of Adult Do You Want to Be?
- The Choice I Made- Homework
- Journal Prompt
- Quick Quiz
- Closure & Check Out

Unit 2 – Power and Control: Personal Power vs. Dominance

The Basics

- Exploring the Issues of Power and Control
- Motivational Factors: Insecurity, Self-Esteem, and Fear
- A Predisposition to Abuse; Risk Factors
- Traditional Gender Roles: Sexism as the Root Cause of Relationship Violence

The Activities

- Defining Power and Control: Guided Discussion
- Your Power and Control – When, Where, and How? Exploration and Guided Discussion
- Teen Power & Control Wheel: Guided Discussion
- Checking Yourself: Strategies for Managing Power and Control
- Conflict Resolution: Worksheet and Guided Discussion
- Discussion & Reflection: Film clip & Journal writing
- I've Seen This Episode Before: Homework

- Journal Prompt
 - Quick Quiz
 - Closure & Check Out
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Unit 3 – Recognizing Unhealthy Relationships

The Basics

- Relationship Violence – Extent of the Problem
- Definition and Types of Abuse
- Same-Sex Relationship Violence
- Definition and Types of Abuse
- Peers and Other Players
- Warning Signs and Red Flags

The Activities

- Defining Teen Dating Violence
 - Warning Signs: Situation Assessment
 - Eddie's Got a Fast Car: Critical Thinking Through Story Analysis
 - Eddie's Friends: Peer Intervention Activity Sounds Familiar: Gender Myths and Stereotypes
 - Research on Court Cases: Homework
 - Journal Prompt
 - Quick Quiz
 - Closure & Check Out
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Unit 4 – Bullying

The Basics

- Bullying
- Sexual Bullying
- The Effect of Bullying
- Power and Control

The Activities

- What is Bullying: guided discussion
- Bullying Power & Control Wheel: worksheet and brainstorming discussion
- Coping with Bullying: video and guided discussion
- Bullying Case Studies: reading scenarios and guided discussion
- Journal Prompt
- Quick Quiz
- Closure & Check Out

Unit 5 – Breaking the Cycle of Violence

The Basics

- A Pattern to the Violence
- The Three Stages: Honeymoon; Tension-Building; Acute-Abusive
- The Cycle Continues
- Why Do Victims Stay?
- Why Do Abusers Batter?
- Alcohol – A Factor to Consider
- Special Difficulties for Teens

The Activities

- The Cycle of Violence: Guided Discussion
- David Brings Me Flowers: Critical Thinking through Story Analysis
- What Would I Do Now? Esteem Builders
- Resource Map: Who can help?
- Safety Plan: Strategies for Breaking the Cycle
- RAISE UP Model: Guided discussion
- Journal Prompt
- Quick Quiz
- Closure & Check-Out

Unit 6 – Creating Healthy Relationships

The Basics

- Entering Into a Relationship
- Components of Healthy Relationships
- Conflict Resolution
- Breaking Up is Hard to Do

The Activities

- The Ties That Bind: FLIRT
- Dating Game
- Teen Relationship Equality Wheel: Guided Discussion and Analysis
- Matching C's: Practicing the Cs
- Relationship Bill of Rights
- Rules for Fighting Fair: Conflict Resolution
- Love Will Keep Us Together: Homework
- Journal Prompt
- Quick Quiz
- Closure & Check-Out

Unit 7 – Sexual Assault and Coercive Control

The Basics

- Defining Sexual Assault
- Extent of the Problem
- Risk and Protective Factors
- After the Assault: Rape Trauma Syndrome
- Victim Blaming
- Coercive Control
- Alcohol & Drugs
- Special Consideration for Teens

The Activities

- Understanding Sexual Assault and Its Effects: Guided Discussion
- Where It Counts- Myths and Realities Activity
- I Put My Head On The Pillow: Critical Thinking Through Story Analysis
- Dear Abby – Peer Intervention Skills Building
- Rape Cases- Homework
- Journal Prompt
- Quick Quiz
- Closure & Check-Out

Unit 8 – Respectful Sexuality

The Basics

- Characteristics of Healthy Sexuality
- Pros and Cons of Sexual Intimacy
- Communicating About Sex
- A Note on Pornography

The Activities

- Teen Healthy Sexuality Wheel: Guided Discussion and Analysis
- Sexual Activity Continuum: Guided Discussion
- Am I Ready for Sex? (Assessment tool)
- Can You Hear Me Now?: Communication Exercise
- Journal Prompt
- Quick Quiz
- Closure & Check out

Unit 9 – Sexual Harassment

The Basics

- Extent of the Problem
- Defining Sexual Harassment
- Types of Sexual Harassment: Verbal, Visual and Physical
- Effects of Sexual Harassment
- Difficulty in Reporting
- Tech Abuse
- Why People Harass
- Flirting vs. Sexual Harassment
- Intention and Responsibility

The Activities

- Defining and Charting Sexual Harassment: Guided Discussion
- Flirting vs. Sexual Harassment: Critical Thinking Through Story Analysis
- Sexual Harassment Fact Sheet: From Misconception to Education
- Assert Yourself: Esteem Builder
- Interviews on Sexual Harassment: Homework
- Journal Prompt
- Quick Quiz
- Closure & Check-Out

Unit 10 – Media Impact

The Basics

- Understanding Media Violence and its Impact on our Lives
- Effects on Behavior
- Effects on Perception
- Effects on Attitudes
- Reinforcing Stereotypes

The Activities

- Decoding the Messages: Critical Thinking Through Guided Discussion
- It's Just a Song: Critical Thinking Through Role Playing
- Glamorized Violence: Comparing and Contrasting Film Violence
- And That's the Way It Is—Normalization of Violence in News Media: Analysis Through Comparing and Contrasting

- Journal Prompt
- Quick Quiz
- Closure & Check-Out

Unit 11: Choose Peace Over Violence

The Basics

- What is Peace? What is a Peacemaker?
- Dealing with Personal Issues
- Anger Sequence
- Peace in Interpersonal Relationships
- Peace in Families and Homes
- Community Peace
- Is Global Peace Possible?
- Where do we turn for models?
- “Perfection” vs. Process and Patience

The Activities

- Anger Sequence: Worksheet and Guided Discussion
- Conflict Resolution Worksheet: Worksheet and Guided Discussion
- Meditation: Exercise and Discussion
- 100 Ways to Peace: Exercise and Discussion
- S.T.O.P. Clubs: Discussion
- Journal Prompt
- Quick Quiz
- Closure & Check Out

Suggested Movies by Unit

The following movies are suggestions for unit pairings. This film listing is dynamic and constantly changing as new films come out and as the youth culture changes. It is important to have youth involved in selecting and brainstorming about what films speak to these different topics. Ratings in brackets if film is rated. (e.g. [R]).

Unit 1: Roots of Violence: Global and Local

Boys Don't Cry (rape, homophobia) [R]
School Ties (anti-Semitism) [R]
Colors (gangs) [R]
Casualties of War (violence, rape) [Not Yet Rated]
Amistad (racism) [R]
Hotel Rwanda (racism, genocide) [PG-13]

Unit 2: Power and Control: Personal Power vs. Dominance

Joe The King [R]
Bastard Out Of Carolina [R]
This Boy's Life [R]
O (date rape) [R]
Cruel Intentions [R]

Unit 3: Recognizing Unhealthy Relationships

No One Would Tell [Not Yet Rated]
What's Love Got To Do With It [R]
Enough [PG-13]
Fear [R]

Unit 4: Bullying Films to Watch

Heathers [R]
Joe Somebody [PG]
Drillbit Taylor [PG-13]
SandLot [PG]
Rudy [PG]
The Karate Kid [PG]
Dangerous Minds [R]
Bowling for Columbine [R]
Fast Times At Ridgemont High [R]

Unit 5: Breaking the Cycle of Violence

Fear [R]
What's Love Got To Do with It [R]
No One Would Tell [Not Yet Rated]
The Burning Bed [Not Yet Rated]
Joe the King [R]

Unit 6: Creating Healthy Relationships

The Tao of Steve [R]
High Fidelity [R]
Love & Sex [Not Yet Rated]
Down To You [PG-13]

Unit 7: Issues of Sexual Assault and Coercive Control

Boys Don't Cry [R]
Body Shots [R]
Gossip [R]
The Accused [G]
Kids [NC-17]

Unit 8: Respectful Sexuality

House Party [R]
Superbad [R]
Love and Basketball [R]
Can't Hardly Wait [R]
40 Year Old Virgin [R]
The Last Kiss [R]
American Beauty [R]
Grease [PG]
Footloose [PG]

Unit 9: Sexual Harassment

Foxfire [R]
Thelma and Louise [R]
She Fought Alone [Not Yet Rated]
Disclosure [R]

Unit10: Media Impact on Gender Roles and Violence

Beyond Beats and Rhymes [R]

Dreamworld (1, 2, &3) [R]

Tough Guise [R]

Calling the Shots [R]

Dying to be Thin [R]

Advertising Can Be Hazardous to Your Health [NR]

Network [R]

Wag the Dog [R]

Group A: Glamorized violence:

Lethal Weapon [Not Yet Rated]

Die Hard [R]

Dirty Harry [R]

Death Wish [R]

Terminator 1 or 2 [R]

Group B: Critical examinations of violence:

Schindler's List [R]

Unforgiven [R]

Boyz N The Hood [R]

High Noon [Not Yet Rated]

Platoon [R]

Unit 11: Choose Peace Over Violence

Gandhi [G]

Boycott (HBO Film) [Not Yet Rated]

Favela Rising [Not Yet Rated]