

Discover New Horizons

First Grade

Conflict Resolution
Good/Bad/Secret Touch
Understanding Differences
Bullying
Recap

Conflict Resolution

Audience

First Grade

Objectives

- To learn the definition of the words conflict, resolution, and mediator
- Identify healthy ways to express feelings/alternatives to violence
- Identify unhealthy ways to express feelings
- To learn strategies for resolving conflict

SOL Compatibility

Health Education Standards of Learning (First Grade):

- Students will exhibit respect for self, others, and the environment, and understand the differences between positive and negative emotions
- Students will demonstrate healthy mental and emotional development, including cooperation with others and expression of ideas and thoughts to create positive relationships
- Students will demonstrate responsible personal and social behaviors in the school community, including respect for the property of others

Duration

30-45 minutes

Materials

The Berenstain Bears Get in a Fight book
Mediator Drawing

Introduction

Explain that Project Horizon is an organization that helps people who have been abused. Define abuse as a class. *Abuse is when someone hurts another person on purpose.* Identify different ways someone can be abusive. (Examples: hitting someone, name calling, etc.)

Activity One

Talk about the different emotions that people feel. (Happiness, sadness, nervousness, anger) Focus on anger. How many of you have ever been angry? How do you know when you are angry (what kinds of faces do we make, etc.) What makes you angry? How many of you have ever been so angry that you want to hit or push someone? How about call people names? Anger is a normal feeling that everyone experiences

sometimes. It is **never** okay to hit someone when you are angry. When you do this, you are abusing them. What can you do instead of hit someone or call them names? You can draw, walk away, sit and think, etc.

Define conflict as a class. Conflict is another word for argument, disagreement, or a fight. A lot of times, conflict arises because we get angry. How many of you have ever experienced a conflict? Emphasize that conflicts are a normal part of life. Define resolution as a class? Resolution is another word for saying that you are fixing the problem. It is very important to find ways to handle fights that way you make you feel good. This means that you handle a fight by not hitting or name calling.

Activity Two

Read The Berenstain Bears Get in a Fight

Summary of story: Brother Bear woke up one morning in a bad mood and yelled at sister bear and called her a bad name. Sister Bear told Brother to shut up and then she took a very long time in the bathroom that morning. They didn't speak to each other at breakfast and didn't sit together on the bus. They separated all of their toys, etc. Papa Bear got involved and began to yell at the cubs. Mama Bear became involved and said that everyone gets into arguments sometimes and sometimes we say things we don't mean. Then everyone makes up.

Discussion: What was the conflict of the story? How did Sister feel when Brother yelled at her? Could Brother have asked her to move her feet in a different way? Explain that while it is good to spend some time apart when we get angry at someone, it is important that we eventually talk about it. Pretty soon, Brother and Sister forgot what they were arguing about but they still weren't talking to each other. Who helped sort out the conflict? What was the resolution? What are some ways that you can fix a conflict?

Activity Three

Sometimes it is important to get another person to help you fix a conflict, like when brother bear and sister bear had their mother help them. The person that helps you handle your conflict is called a mediator. Mediators are there to help when problems are too big for you to handle on your own or when you feel like you are too angry at the time to solve it on your own. It is ok to ask for help. Who could you get to help you fix a problem? (siblings, parents, friends, teachers, etc.) Could you be a mediator?

Pass out Mediator Drawing Sheet. Ask students to think of a conflict that they have had and who helped them solve it. Draw the conflict and the mediator. If they can not think of a conflict they have, ask them to draw a person that they *could* go to if they needed help with a problem.

Review

End the lesson with defining conflict, resolution, and mediator again. Ask student to tell you how a conflict arises. What are ways that you can deal with conflict? Is it okay to feel angry during a conflict? Is it okay to hit someone when you have a conflict? Review positive ways to deal with anger.

Good, Bad, and Secret Touches

Audience

First Grade

Objectives

- To define Good, Bad, and Secret Touches
- To learn strategies for dealing with uncomfortable touches
- To identify trusted adults

SOL Compatibility

Health Education Standards of Learning (First Grade):

- Students will exhibit respect for self, others, and the environment, and understand the differences between positive and negative emotions
- Students will demonstrate healthy mental and emotional development, including the expression of ideas and thoughts to create positive relationships
- Students will identify health care providers and trusted adults that influence personal health

Duration

30-45 minutes

Materials

The Trouble With Secrets

Red Light, Green Light

Safe/Unsafe Touches coloring sheet

Introduction

Explain that Project Horizon is an organization that helps people who have been abused. Define abuse as a class. *Abuse is when someone hurts another person on purpose.* Identify different ways someone can be abusive. (Examples: hitting someone, name calling, etc.) Explain that today we are going to talk about something very important. We are going to talk about good touches and bad touches. Emphasize the need to be respectful to all of our classmates and keep our giggles to ourselves.

Activity One

A good touch is a touch that makes us feel nice inside. Who thinks they know what a good touch is? Allow students to give a few examples. A good touch is something that we don't mind. If your mommy gives you a big hug and it makes you feel good, then that is a good touch.

A bad touch is a touch that we don't want. It can hurt us or make us feel sad, mad, scared, or confused. Who can tell me what a bad touch is? Allow students to give a few examples. (If someone kicks you on the leg, then that is a bad touch.)

A secret touch is another kind of bad touch. It happens when someone gives you a touch, especially a touch on your private parts, and tells you to keep it a secret. Your private parts are the parts on your body that are covered with a bathing suit. Nobody has the right to touch your private areas unless you tell them it is ok. The only time it would be ok for someone to touch your private areas is if you are hurt or sick. (Like at doctor visits, when you need medicine, etc.)

Sometimes whether or not you think a touch is good or bad depends on who gives you the touch. Your mom might give you a hug and you might like it, but you might not feel as comfortable if your new neighbor gives you a hug. It is important to follow your feelings. If you feel yucky inside, scared, uncomfortable, or not sure about something then you have the right to say NO. All touches that come from strangers are bad. We should never let a stranger touch us. But it is also important to remember that sometimes people that we know and love might try to give us a bad touch. That is not ok. It is not ok for anyone to touch the private areas on your body. (Sometimes a brother or sister, or even a grandparent may give a bad touch.) This means that you can't touch the private areas on anyone else's body either.

Activity Two

Pass out Red Light, Green Light game cards. Instruct students to hold up the red "light" if the touch is a bad touch and hold up the green "light" if the touch is a good touch.

The person sitting beside you pinches you
Your mom gives you a kiss on the cheek and it makes you feel loved
Your friend gives you a handshake
A stranger asks you to give him a hug
Your uncle asks you to touch his private parts
Your friend gives you a high five
Your neighbor gives you a kiss and it makes you feel weird inside
Your friend tries to touch you in a private area

Activity Three

Sometimes if a bad touch comes from a person that you know and love you might be confused or scared. Sometimes you might be scared that the person will hurt you if you tell someone. You might be scared that you are going to get into trouble. Maybe whoever hurt you has told you this. If someone tells you this then they are trying to trick you into not telling on them. They know that they did something bad. It is important that you not keep this a secret. Sometimes secrets can be confusing. Sometimes we might not understand when we should keep a secret or when we shouldn't keep a secret. We are going to read a story to try to help us understand more about secrets.

Read The Trouble With Secrets, which explains through a series of scenarios the difference between good secrets, which are fun and make people happy, and bad secrets, which involve somebody actually or potentially getting hurt if the secret is kept.

Ask students to use their red light, green light cards to let you know if a secret is bad (red) or good (green).

Your parents are arranging a surprise birthday party for your brother. Should you keep it a secret?

Your uncle tried to touch your private parts. He told you that it was a game. Should you keep the secret?

Your best friend said that her neighbor touched her private parts. She doesn't want you to tell anyone. Should you keep the secret?

You are watching a movie with a friend. You have seen the movie before and know how it ends. Do you keep the ending a secret?

Activity Four

What should we do if someone tries to touch us in our private areas? We should:

YELL: You can say NO! Stop! Get Away From Me! Leave me alone! Say it loudly.

GO: Get away quickly. Go somewhere safe. Where are some safe places that you could go?

TELL: Tell someone right away. Who are some people that you could tell? Tell until someone listens.

Activity Five

Pass out Safe/Unsafe Touches Coloring Sheet.

Review

What is the instructor's name? Where does s/he work? What are the three kinds of touches we talked about today? Are strangers the only people who can give bad touches or secret touches? What should you do if someone gives you a bad or secret touch? Is it ever anyone's fault if they get bad or secret touches? Who gets to decide who touches your body?

Understanding Differences

Audience

First Grade

Objectives

- To learn to understand ways in which people are different
- To understand the importance of being different
- Identify types of violence committed against those who are different

SOL Compatibility

Health Education Standards of Learning (First Grade):

- Students will exhibit respect for self, others, and the environment
- Students will demonstrate healthy mental and emotional development, including cooperation with others and expression of ideas and thoughts to create positive relationships
- Students will demonstrate responsible personal and social behaviors in the school community, and explain that personal decisions help contribute to a healthy environment

Duration

30-45 minutes

Materials

The Sneetches book

“I am a Star” coloring sheets

Introduction

Explain that Project Horizon is an organization that helps people who have been abused. Define abuse as a class. *Abuse is when someone hurts another person on purpose.* Identify different ways someone can be abusive. (Examples: hitting someone, name calling, etc.)

Activity One

Today we are going to talk about how people are different from each other. We will also learn why it is important that we accept each others differences.

Call out certain categories (below are examples of categories, but categories can be altered to fit the group). Ask children to stand up if they fit into the group. Try to add categories that allow all children to stand at least one time.

Birthday in December
Like chocolate ice cream
Wear glasses
Have curly hair
Have more than one pet
Have no pets
Has a younger brother
Has an older sister
Like cats
Like going to the zoo
If Halloween is your favorite holiday

Discussion: How did it feel to be the only one standing (or have most of the class sitting)? How did it feel when you were in the group that had the most people standing or sitting? Point out how the groups changed constantly and quickly. Explain that everyone is unique; this means that no two people are exactly the same. However, we can still have things in common. Remember that even if you think that someone is completely different than you, changes are that you have something in common. That person is just as important as you. Boys and girls are different, too. But that does not mean that one is better than the other. Boys and girls can do the same things. How would you feel if someone said, “Boys can’t cook.” Or “Girls can’t play sports?” It isn’t fair to say things like that. Everyone should be treated fairly.

Explain that people who are different than others sometimes feel left out and lonely. They don’t understand why they are different and try to change so that they are like everyone else. Is being different bad? No, being different is a good thing. Being different means that we all have different stories to tell and we all do different things that can make people laugh. If we all told the same joke to each other it really wouldn’t be that funny, would it? The things about us like the color of our hair or eyes, how tall we are, whether we need glasses, what makes us laugh, what kinds of food we like, these all make us who we are and different from each other. No person is better than another because of what they look like. We are all special in our own different ways. Would it be better if we were all the same? Should people tease or pick on people who are different than them?

Activity Two

Read The Sneetches. In summary, the story involves two kinds of Sneetches: Plain-Belly and Star-Belly. The Star-Belly Sneetches think they are better than the Plain-Belly Sneetches and so they exclude all Plain-Bellies from fun activities. Sylvester McMonkey McBean is a character who arrives with a machine that can either add or remove stars from Sneetches’ bellies and makes a profit from each group. After a lot of confusion and the Sneetches have spent all of their money, Sylvester leaves and the Sneetches decide that it’s ok to have stars or not.

Discussion: What was this story about? How did the plain bellied sneetches feel before they got starts on their bellies? (left out, ignored) What did the plain bellied sneetches want? (to belong) Why do you think the star bellied sneetches thought they were better than the plain bellied sneetches? (They learned this from their parents). Explain that we learn a lot of different things from other people. Sometimes we like someone or something just because on of our friends likes that particular thing. So how do we know whether we do or do not like something or someone if we do not try to get to know them? It is ok to try a new food or talk to someone new and not like it. We don't all like the same things (that is what makes us different). **But if we don't like someone, it is also important to not pick on that person or make fun of them. What can you do if you see someone being mean to someone else because they are different?** (tell the teacher, help them, be their friend) We need to remember that just because we look at something and it looks ugly, bad or different than us doesn't mean that it really is bad or not special. Sometimes good things come in not so pretty packages. We need to remember that no one has the right to hurt anyone else, even if they think they are different.

Activity Three

Pass out "I am a Star" coloring sheets and instruct students to draw a picture of themselves inside of the star. Discuss how everyone is special because they are unique.

Review

What is the instructor's name? Where does s/he work? What did we talk about today? Is it ok or not ok to be different? Should people ever be teased for being different?

Bullying

Audience

First Grade

Objectives

- To recognize bullying behavior
- To learn strategies for dealing with bullying behavior
- To build self esteem

SOL Compatibility

Health Education Standards of Learning (First Grade):

- Students will exhibit respect for self, others, and the environment, and understand the differences between positive and negative emotions
- Students will demonstrate healthy mental and emotional development, including the expression of ideas and thoughts to create positive relationships
- Students will identify health care providers and trusted adults that influence personal health

Duration

30-45 minutes

Materials

Buddy Learns About Bullying Video
Stop the Bullying Coloring Sheet

Introduction

Explain that Project Horizon is an organization that helps people who have been abused. Define abuse as a class. *Abuse is when someone hurts another person on purpose.* Identify different ways someone can be abusive. (Examples: hitting someone, name calling, etc.) If this is the first visit, tell students about some of the services we offer.

Activity One

Discussion: Let the students know that today we are going to talk about bullying. Let the students know that it is important not to name people as bullies or victims. As a group, define what a bully is and brainstorm how a bully acts. Definition of bullying: Bullying is when someone picks on another person. What are some ways that people pick on other people? They could do it with their **words**. They might call someone names, whisper

about them, or make fun of them. Sometimes bullies might **punch**, hit, or threaten to hurt them. Sometimes bullies might hurt someone's feelings by **leaving them out** of activities or making fun of them because of a weakness that they might have or that the bullies think they have. Sometimes bullies might **take** someone's lunch money or something that belongs to them. What kind of bullying do you see most often?

Who could be a bully – boys or girls? Anyone could be a bully. Can someone be a bully without meaning to be? Why do you think that bullies bully others? Sometimes they don't feel good about themselves, they might be jealous, they might have been bullied, they just want to make people feel rotten, they have seen bullying done by other people, and they want attention. Stress that children are not born bullies. Bullying is a learned behavior. What does this mean? That means that we learn how to bully from others. We see people being bullied on television, in movies, at school, maybe at home. What are some things that we can do when we notice a person who is being a bully? What can all do to prevent people from becoming bullies?

If a bully picked on you, what could you do? Be sure to emphasize non-violent strategies. (Walk away, tell an adult, stick with friends, ignore it, tell the person to stop, use I messages) Is telling an adult about bullying the same as tattling? No, bullying can be very dangerous. No one deserves to be bullied. If someone is hurting you or threatening to hurt you or another person, you should tell a grown up right away.

Activity Two

Show video:

Part One: Buddy Learns About Bullying (6 minutes)

Part Two: Bully Beware Exercise (7 minutes) – Have students answer the questions out loud as a group.

Review Questions:

Why did Jake pick on Buddy? Because he looked scared and tried to hide.

Why did the bully stop picking on Tommy? Because he followed the four step plan: Stop and calm down, think about what to do, try something that might work, ask an adult for help if nothing else works.

Why did Buddy decide to get help from an adult? Because nothing he tried worked and other people were getting hurt. Is it ok to go to an adult for help?

What happened when Jake returned to the playground? The other kids were surprised that he was being nice them. Jake learned not to be a bully.

Activity Three

How can you make sure that you are not a bully? Think to yourself – am I taking my anger out on someone else? Am I trying to be the boss of someone? Would I want someone else to do this to me? Am I doing something to hurt someone or make them feel afraid?

Activity Four

Tell me which of the following is bullying:

Making fun of the way someone looks.

Accidentally bumping into someone in the hall..

Making the other kids play the game your way.

Teasing someone about the clothes he/she wears.

Telling someone that the hat he's wearing doesn't look good on him.

A group of kids won't let you sit with them at lunch even though there's room.

Telling someone that he or she is not being nice.

Review

What is the instructor's name? Where does s/he work? What is a bully? Is it ok to be a bully? Who are some people you could talk to if you know of bullying that is happening?

Recap Lesson

Audience

First Grade

Objectives

- To recap lessons on Conflict Resolution, Accepting Differences, and Good Touch/Bad Touch/Secret Touch

Duration

30-45 minutes

Materials

Questions and Category Cards

Introduction

Explain that Project Horizon is an organization that helps people who have been abused. Define abuse as a class. *Abuse is when someone hurts another person on purpose.* Identify different ways someone can be abusive. (Examples: hitting someone, name calling, etc.)

Activity One

Let the students know that you are going to recap everything that you have talked about throughout the year. Post the category cards up and have students select a category to receive a question from. Take candy or some other prize to reward them for a good year.

The categories are:

Conflict Resolution, Accepting Differences, and Good Touch/Bad Touch/Secret Touch. Each category is on a different color of cardstock paper. Some first graders have a difficult time reading the categories so putting them on different colors helps them to identify the category they want.

Hands Are Not For Hitting

1. What does it mean to abuse someone?
2. Name two ways that you can abuse someone.
3. Is it ok to get angry sometimes?
4. What is it never okay to do when we get angry?
5. Name something that you can do to calm down when you get angry?
6. Name two things that happen to you or your body when you get angry?
7. Name two bad ways to handle your anger.
8. Tell me what the name of the organization that I work at is and who we help there?
9. How does it feel to someone when they are called names or hit?
10. Tell one thing that makes you angry and then tell how you handle your anger when that thing happens.

Good / Bad / Secret Touch

1. Name two good touches.
2. Name two bad touches.
3. What is a secret touch?
4. Name 2 feelings that you get when someone gives you a good touch?
5. Name 2 feelings that we get when someone gives you a bad touch?
6. How would you feel if someone gave you a secret touch?
7. What is something that you can say to someone if they try to give you a bad touch or a secret touch?
8. Who can you tell if someone gives you a bad touch?
9. If someone touches you and you get a strange feeling, but you aren't sure if what they did was wrong, what should you do?
10. Are strangers the only people who could give you a bad touch?
11. If you get a bad touch, is it your fault or did you do anything wrong?
12. Do you have the right to tell someone not to touch you? What if a grown up is the one touching you?

Conflict Resolution

1. What is a conflict?
2. What story did we read when we talked about conflicts?
3. A mediator is a person that you can go to when you and a friend are having problems that are too big for you to handle. Name two people that you could go to if you had this kind of problem.
4. What is a resolution?
5. Name two good ways that you can resolve, or fix, a problem.
6. If two of your friends came to you and they were having a fight, what could you do to help them?
7. Think back to the Bernstein Bears book, what kinds of things might happen when you get into a conflict?
8. Name something that you should never do if you have a conflict.
9. Can conflicts be helpful sometimes?

Understanding Differences

1. Name two ways that people can be different.
2. Is being different good or bad?
3. What story did we read when we talked about being different?
4. How might someone who is different be treated by other people?
5. What is something that you can do if you see someone being abused because they are different?
6. What can you do if someone abuses you because you are different?
7. Sometimes when people are different they are left out of things. How do you think that person would feel?
8. Is it ok or not ok to like something that your best friend doesn't like?
9. Why do you think that it is important that we talked about people's differences?
10. Name one thing that you like about yourself or that you are good at.

Bullying

1. What is a bully?
2. What are two different things someone could do to be a bully?
3. What do you call someone who gets picked on by a bully?
4. Are bullies always boys?
5. Does anyone have to be a bully?
6. What can you do if someone picks on you?
7. How can you make sure you are not a bully?
8. Name two nice things you can do for someone who you see is being picked on?
9. What are some different places people might get bullied?
10. Who are some trusted adults you could tell if you knew someone was getting picked on?
11. Is bullying the same as a conflict?