



The Seven Project is a multimedia, speaker-driven school assembly. The Seven Project Assemblies entertain and captivate audiences all across the United States. Seven addresses real-life issues and situations students face every day. The Seven Project Discussion Guides culminate the Seven Project experience by creating intensified discussions about student life.

The activities and discussions in these guides are designed for use in single classroom settings or as entire school or community-wide campaigns. The Seven Project offers these guides as tools for use at the discretion of local school educators and administrators in part or entirety. The Seven Project and your school: *building students' hope...one issue at a time.*

ANTI-VIOLENCE

For Grades 6-12. Students will learn how to control their own anger and resolve conflict with others.

Objectives:

- Enable students to describe anger and its impact on them.
- Enable students with ability to deal with the anger emotion and respond with appropriate behavior.
- Equip students with skills to resolve differences and conflicts with others.

Materials Needed:

- Copies of the *Did You Know? And Solving Conflicts Without Violence* for every student.

Discussion:

- 1) What did you like best about The Seven Project School Assembly today?
- 2) What issues/messages from The Seven Project School Assembly stood out to you the most? Why?
 - *Transition: *"In our classroom time today, (principal's name) and I felt it was important that we follow-up on one of the topics: anti-violence, since this is something we deal with at our school."*
- 3) Is violence an issue at our school? Why?
 - *If possible, share a situation that has occurred recently. Distribute **Did You Know?** sheet.
- 4) What statistic stands out to you the most? Why?
- 5) Do any of these statistics represent what is happening in our school? How?
- 6) What are some of the reasons or causes for the violent acts that occur in our school and between students?
 - *List on board.
- 7) How could some of these be prevented?
- 8) What, if any, programs has our school implemented to help prevent violence?
 - *If your school has programs, ask: *How effective are they? Why? Can you think of any incidents that were affected by these programs?*
 - *If your school has no programs, ask: *What types of programs or ideas could we do to help our school in this area?*
- 9) Anger is part of the root to many of the violent incidents in and out of school. How do you define anger? Is it wrong to feel angry?
- 10) What makes you angry? What is one specific situation in which you became angry? What did you do?
- 11) Do guys deal with anger differently than girls? If so, how?
- 12) Is it easier to get angry with your family or your friends?
 - *Close with some tips on helping students avoid violence, anger, and resolve conflict. Use the **Solving Conflicts Without Violence Sheet**.



Extensions and Adaptations:

- School violence and anger management involves a longer process than one class.
In The Mix, a PBS show, has great programs and in class discussion guides on these issues that could help you go deeper on these issues.
- Have class create a video showing correct and incorrect responses and solutions to know how to communicate when angry and how to control anger and feelings.
- Invite someone who has spent time in jail or juvenile detention because of their failure to control anger or resolve conflicts correctly to speak to your class.

Online Resources:

PBS *In The Mix*

www.pbs.org/inthemix

Center for the Study and Prevention of Violence

www.colorado.edu/cspv

North Carolina Center for the Prevention of Violence

www.ncsu.edu/cpsv

Relevant National Standards

McREL establishes the following National Standards at www.mcrel.org

Health

- Knows how to maintain mental and emotional health

Thinking and Reasoning

- Applies basic trouble-shooting and problem-solving techniques
- Applies decision making techniques

Life Skills

- Working with others: Contributes to the overall effort of a group
- Working with others: Displays effective interpersonal communications skills

Language Arts – Listening and Speaking

- Demonstrates competence in speaking and listening as tools
- Students will use descriptive language that clarifies and enhances ideas



Did You Know?

33% of adolescents were in a serious physical fight in the past year – *Todd Franke, Adolescent and Family Health, 2000.*

About every 10 days, a mass random, public shooting occurs in the US – *Houston Chronicle, "Real Story Behind School Shootings Going Untold," Mike Males, 3/12/01.*

12.4 % of students have carried a weapon to school in the past month – *University of Minnesota, Division of General Pediatrics and Adolescent Health.*

Many teens do not expect to live to be a 21 year old – *USA Today, 4/11/98*

21% of high school boys (15% of middle school) took a weapon to school at least once last year – *Josephson Institute of Ethics, "The Ethics of American Youth," 2000.*

39% of middle schoolers and 36% of high schoolers feel safe at school - *Josephson Institute of Ethics, "The Ethics of American Youth," 2000.*

Nationwide, there were 11,000 public school fights in which weapons were used, 4,000 rapes and other sexual assaults, and 7,000 robberies – *AP News Service, March 2002.*

70% of middle schoolers and 68% of high schoolers say they hit a person in the past year because they were angry - *Josephson Institute of Ethics, "The Ethics of American Youth," 2000.*

27% of middle schoolers and 31% of high schoolers say it is OK to hit or threaten a person who makes them angry - *Josephson Institute of Ethics, "The Ethics of American Youth," 2000.*

43% of public schools reported zero crimes.

"Violence is the last refuge of the incompetent."

- Isaac Asimov



Solving Conflicts Without Violence

Resolving a Conflict:

- 1) *What is happening in the situation at the moment to cause the conflict and/or anger?*
- 2) *What is the actual problem?* Don't deal with symptoms but the actual problem.
Ask the person with the source of conflict how you may have wronged them.
- 3) *Talk calmly with the person angry with you.* Don't be afraid to come back and talk to them later when you or both have cooled emotions down a little.
- 4) *Begin to see and understand what the person is feeling and why they could feel this way.*
- 5) *Take turns talking, each one sharing opinions and views.*
- 6) *Restate what you think you just heard.* Sounds weird. Do it anyway.
- 7) *Work together to find a mutually acceptable solution.*
- 8) *If you made a mistake, own up to it.* Ask forgiveness and ask how you can make things right.
- 9) *Take advantage of adults around you.* Talk to them and let them be a support, an encourager and a source of advice for you.

Anger Management Ideas:

- Go into your bedroom and listen to music.
- Separate yourself to a quiet place.
- Is your anger related to lack of sleep, or lack of food?
- Talk to friend or adult.
- Go for a walk.
- Play some type of sport.
- Talk to your pet.
- Talk in a calm way to the person we are frustrated and angry with.

**You can't accomplish much when the other person feels on the defensive.
Communicate with them; don't accuse.**