

# How to Use This Presentation



- To View the presentation as a slideshow with effects select “**View**” on the menu bar and click on “**Slide Show.**”
- To advance through the presentation, click the right arrow key or the space bar.
- From the resources slide, click on any resource to see a presentation for that resource.
- From the Chapter menu screen click on any lesson to go directly to that lesson’s presentation.
- You may exit the slide show at any time by pressing the **Esc** key.



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# Resources



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# Quotes About Character



**“No change of circumstances can repair a defect of character .”**

**—Ralph Waldo Emerson**



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### What's Your Health IQ?

#### BEHAVIOR

Indicate how frequently you engage in each of the following behaviors (1 = never; 2 = occasionally; 3 = most of the time; 4 = all of the time). Total your points, and then turn to p. 642.

- 1.** I calm down before telling someone that what he or she said or did upset me.
- 2.** I respect others even if they are different from me.
- 3.** I don't pick on or tease others.
- 4.** I don't carry weapons.
- 5.** I don't solve arguments with fights.
- 6.** I am assertive and communicate directly and respectfully, not aggressively.



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- **Section 1** Conflict Resolution and Violence Prevention
- **Section 2** Recognizing and Preventing Abuse
- **Section 3** Sexual Abuse and Violence



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# Chapter 5

## Section 1 Conflict Resolution and Violence Prevention



### Bellringer

- Think about the last time you felt angry. What caused the anger, and how did you handle it?



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# Chapter 5

## Section 1 Conflict Resolution and Violence Prevention



### Objectives

- **Describe** how people are affected by the violence around us.
- **Identify** five factors that lead to a conflict between teens.
- **Describe** three ways to resolve a conflict without violence.
- **State** four ways you can avoid dangerous situations.
- **Develop** a personal plan of how to handle a situation in which you or a friend is bullied.



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### Violence Around Us

- **Violence** is any physical force that is used to harm people or damage property.
- We see violence on TV, in movies, in the newspaper, in video games, in our schools, and in our homes.
- Seeing and experiencing violence can make you insensitive to others who are in trouble.
- It can also make you more violent toward others.





# Chapter 5

## Section 1 Conflict Resolution and Violence Prevention



### Factors That Lead to Conflicts Between Teens

- **Feeling Threatened** The stress from being threatened can lead to violence.
- **Unmanaged Anger** Fatigue or poor living conditions can make one irritable and more prone to act out with anger.
- **Lack of Respect** Violent acts against people just because they are of a different race, religion, or culture are called *hate crimes*. **Tolerance** is the ability to overlook differences and see people for who they are.



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### Factors That Lead to Conflicts Between Teens

- **Bullying** Scaring or controlling another person using threats or physical force is called *bullying*.
- If you are being bullied or see someone else being bullied:
  - Be tolerant of others.
  - Don't be embarrassed to ask for help.
  - Be assertive, not aggressive.
  - Try to avoid the bullies.
  - Respect yourself.





### Factors That Lead to Conflicts Between Teens

- **Gangs** A gang is a group of peers who claim a territory.
- Many gangs are violent and destructive to the community.
- People may join gangs to feel safe or powerful, to get respect, or to feel like they belong.
- There are many alternatives to joining a gang.





### Avoiding Dangerous Situations

- It is best to completely avoid dangerous people and situations.
- If you do find yourself in a dangerous situation:
  - Recognize the signs.
  - Calm things down.
  - Leave the situation.
  - Offer alternatives.





### Avoiding Dangerous Situations

<b>Do</b>	<b>Don't</b>
Treat all people with respect, regardless of their race, gender, religion, or ethnicity.	Don't make fun of people who are different from you.
Join a sports team, act in a theater group, volunteer at a hospital, or get a job.	Don't join a gang.
Take a self-defense class.	Don't buy or carry a weapon.
Learn to control your anger.	Don't fight someone to solve an argument.





### Resolving Conflict Without Violence

- **Conflict resolution** is a nonviolent way to deal with arguments.
- A **negotiation** is a bargain or compromise for a peaceful solution to a conflict.
- **Peer mediation** is a technique in which a trained outsider who is your peer helps with a negotiation.







### Resolving Conflict Without Violence

- In peer mediation, each person tells his or her side of the conflict, then they discuss solutions together.
- The mediator supervises the negotiation and makes sure things are worked out fairly.





### Resolving Conflict Without Violence

- Communication skills you can use in conflict resolution include:
  - Be respectful, yet assertive.
  - Use the Making GREAT Decisions model.
  - Don't raise your voice or call names.
  - Allow the other person time to speak.
  - Don't make assumptions.
  - Focus on the real issue.
  - Be open to change.
  - Use "I" messages, not "you" messages.





### Bellringer

- Think about a time that you witnessed verbal abuse, either in real life or in the media. Describe how the abuser was acting and how the victim reacted. How did you feel as you witnessed the abusive behavior?



# Chapter 5

## Section 2 Recognizing and Preventing Abuse



### Objectives

- **Identify** abusive behavior.
- **Describe** four types of abuse.
- **Summarize** the effects of abuse.
- **Identify** help that is available for those in abusive relationships.
- **List** actions you can take to protect yourself from abuse.



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### What Is Abuse?

- **Abuse** is physical or emotional harm to someone.
- The most common forms of abuse come from people one should be able to trust.
- Abusers are often people who were once abused themselves
- Learning to recognize inconsiderate and disrespectful behavior will help you avoid abusive people.





### Types of Abuse

- **Child Abuse** As many as 3 million cases of child abuse are reported every year in the U.S.
- Child abuse can be physical abuse, emotional abuse, sexual abuse, or neglect.
- **Neglect** is when a caretaker fails to provide basic needs.







### Types of Abuse

- **Domestic violence** is the use of force to control and maintain power over a spouse in the home.
- Abusive relationships often go through three stages:
  1. Tension-building phase
  2. Violent episode phase
  3. Honeymoon phase



# Chapter 5

## Section 2 Recognizing and Preventing Abuse

### The Cycle of Violence

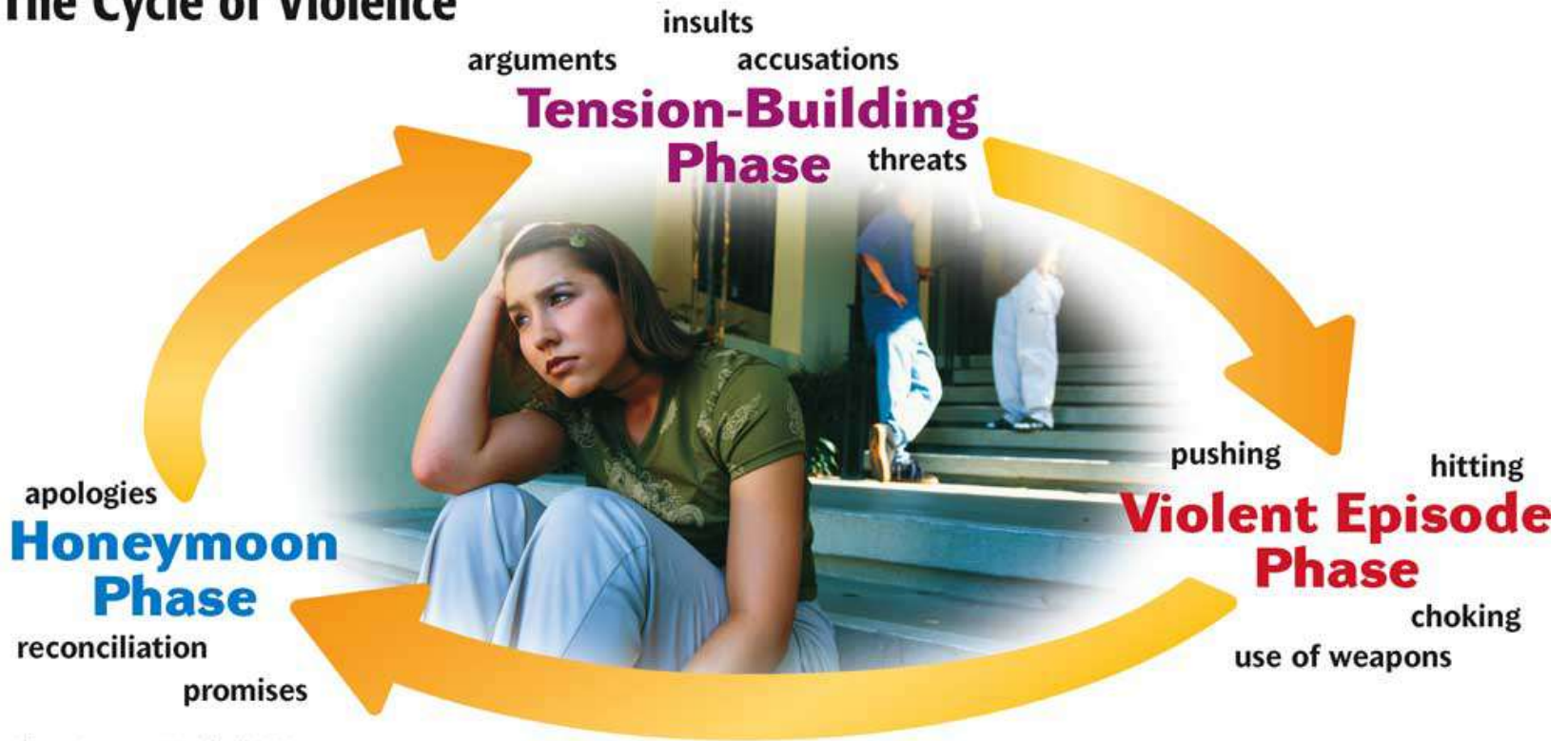


Photo – ©Lawrence Manning/CORBIS

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### Types of Abuse

- **Elder Abuse** Elders are sometimes abused in nursing homes or in their own homes.
- Elder abuse can be physical abuse, emotional abuse, or neglect.
- **Hazing** is harassing newcomers to a group in an abusive and humiliating way.
- Hazing may occur in gangs, sports teams, fraternities, or sororities.





### Protecting Yourself from Abuse

- Create a supportive network of friends and family.
- Avoid disrespectful people.
- Be assertive when dealing with potential abusers.
- Show disapproval if a person does not treat you in an acceptable way.





### Help for The Abused

- Tell someone.
- Go somewhere safe.
- Consider counseling.







### Bellringer

- Sexual abuse is illegal. Explain why you think any and all forms of sexual abuse should be reported to the police.







### Objectives

- **Define** sexual abuse
- **Describe** sexual harassment.
- **Describe** facts about sexual assault and rape.
- **Name** five things a person can do if he or she has been sexually assaulted.
- **List** three ways you can protect yourself from sexual abuse and violence.





### Sexual Abuse

- **Sexual abuse** is any sexual act without consent.
- **Incest** is sexual activity between family members who are not husband and wife.
- When a child is sexually abused by someone he or she knows and trusts, the child may not recognize he or she is being abused.
- The child may also be too ashamed to tell someone about the abuse.





### Sexual Harassment

- **Sexual harassment** is any unwanted remark, behavior, or touch that has sexual content.
- Sexual harassment is most dangerous when the harasser holds a position of power.
- If you are being sexually harassed:
  1. Tell the harasser to stop
  2. Report the harassment





### Examples of Sexual Harassment

- ▶ Telling unwanted sexual stories or jokes
- ▶ Making sexual remarks about a person's clothing and the way it fits on the person's body
- ▶ Staring at a person's body or body parts
- ▶ Continuously asking a person out or sending gifts, e-mails, or love notes after he or she asked you to stop
- ▶ Touching, patting, or pinching a person in a sexual way
- ▶ Standing too close to or brushing up against a person's body
- ▶ Making sexual gestures
- ▶ Offering the person something he or she needs in return for sex



### Sexual Assault and Rape

- **Sexual assault** is any sexual activity in which force or the threat of force is used.
- **Date rape** is sexual intercourse that is forced on the victim by someone the victim knows.
- Most people who rape do so to gain power and control, not because they want sex.
- Alcohol and drugs can make you more vulnerable to sexual assault and rape.







### Sexual Assault and Rape

- **Victims of rape and sexual assault may suffer the following effects:**
  - **Physical injuries**
  - **Emotional trauma**
  - **Pregnancy or sexually transmitted diseases**
  - **Guilt and shame**
  - **Trouble sleeping and eating**
  - **Post-traumatic stress disorder**







### Protecting Yourself from Sexual Abuse and Violence

- **At Home** Keep doors and windows locked. Don't open the door to strangers. Know your neighbors and how to contact others for help.
- **On the Street** Don't go out alone, especially at night. Walk purposefully. Call for help if you feel threatened.
- **By People You Know** Use the skills you have learned for recognizing and preventing abuse.





### Protecting Yourself from Date Rape

- ▶ **When going on a date, know who the person is, where you are going, and what you will be doing. Make sure friends and family know this information too.**
- ▶ **Don't be alone with your date. Go on dates in public places.**
- ▶ **Go on double dates or group dates.**
- ▶ **Do not accept drugs or alcohol.**
- ▶ **Do not allow anyone to have an opportunity to put drugs in your beverage.**
- ▶ **Be wary of meeting anyone on the Internet.**
- ▶ **Know where a phone is at all times.**
- ▶ **Set limits, and communicate these limits clearly and firmly ahead of time.**



### Help After a Sexual Assault

- If you have been raped or assaulted:
  - Make sure you are away from further harm.
  - Call for help.
  - Don't change anything about yourself or your environment.
  - Ask someone to take you to the hospital.
  - Seek therapy or counseling.



# Brain Food Video Quiz



Click below to watch the Brain Food Video Quiz that accompanies this chapter.

[Brain Food Video Quiz](#)

You may stop the video at any time by pressing the **Esc** key.



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# Quotes About Character



**“If you stand straight, do not fear a crooked shadow.”**

**—Chinese Proverb**



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# Quotes About Character



**“One falsehood spoils a thousand truths.”**

**—African Proverb**



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# Quotes About Character



**“A man cannot be comfortable without his own approval.”**

**—Mark Twain**



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# Quotes About Character

**“Our reverence is good for nothing if it does not begin with self-respect.”**

**—Oliver Wendell Holmes**



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# Quotes About Character



**“When the character of a man is not clear to you,  
look at his friends.”**

**—Japanese Proverb**



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# Quotes About Character



**“What lies behind us and what lies before us are small matters compared to what lies within us.”**

**—Ralph Waldo Emerson**



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# Quotes About Character



**“A good name, like good will, is got by many actions and lost by one.”**

**—Lord Jeffrey**



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# Quotes About Character



**“To enjoy the things we ought and to hate the things we ought has the greatest bearing on excellence of character.”**

**—Aristotle**



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# Quotes About Character



**“He that respects himself is safe from others; He wears a coat of mail that none can pierce.”**

**—Henry Wadsworth Longfellow**



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# Quotes About Character



**“The reputation of a thousand years may be determined by the conduct of one hour.”**

**—Japanese Proverb**



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# Quotes About Character



**“Dreams are the touchstones of our character.”**

**—Henry David Thoreau**



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# Quotes About Character



**“A man’s character is his fate.”**

**—Heraclitus**



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# Quotes About Character



**“Character is that which reveals moral purpose, exposing the class of things a man chooses and avoids.”**

**—Aristotle**



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# Quotes About Character



**“What you do speaks so loud that I cannot hear what you say.”**

**—Ralph Waldo Emerson**



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# Quotes About Character



**“Abstinence is the surety of temperance.”**

**—Plato**



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# Quotes About Character



**“This above all, to thine own self be true/And it must follow, as the night the day/ Thou canst not then be false to any man.”**

**—William Shakespeare**



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# Quotes About Character



**“No change of circumstances can repair a defect of character .”**

**—Ralph Waldo Emerson**



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# Quotes About Character



**“Men acquire a particular quality by constantly acting a particular way . . . you become just by performing just actions, temperate by performing temperate actions, brave by performing brave actions.”**

**—Aristotle**



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# Quotes About Character



**“The way to gain a good reputation is to endeavor to be what you desire to appear.”**

**—Socrates**



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# Quotes About Character



**“Do what you know and perception is converted into character.”**

**—Ralph Waldo Emerson**



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# Quotes About Character



**“Rather fail with honor than succeed by fraud.”**

**—Sophocles**



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# Quotes About Character



**“Character is higher than intellect.”**

**—Ralph Waldo Emerson**



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# Quotes About Character



**“To know what is right and not do it is the worst cowardice.”**

**—Confucius**



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# Quotes About Character



**“It takes less time to do a thing right, than it does to explain why you did it wrong.”**

**—Henry Wadsworth Longfellow**



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# Quotes About Character



**“Nature magically suits a man to his fortunes, by making them the fruit of his character.”**

**—Ralph Waldo Emerson**



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# Quotes About Character



**“That soul that can be honest is the only perfect man.”**

**—John Fletcher**



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# Quotes About Character



**“One does evil enough when one does nothing good.”**

**—German Proverb**



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# Quotes About Character



**“There is no pillow so soft as a clear conscience.”**

**—French Proverb**



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# Quotes About Character



**“Don't forget to love yourself.”**

**—Soren Kierkegaard**



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# Quotes About Character



**“Character is the indelible mark that determines the only true value of all people and all their work.”**

**—Orison Swett Marden**



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# Quotes About Character



**“What we think or what we believe is, in the end, of little consequence. The only thing of consequence is what we do.”**

**—John Ruskin**



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# Quotes About Character



**“Fame is vapor, popularity an accident, riches take wing, and only character endures.”**

**—Horace Greeley**



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# Quotes About Character



**“You can easily judge the character of a man by how he treats those who can do nothing for him.”**

**—James D. Miles**



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# Quotes About Character



**“Right is right, even if everyone is against it; and wrong is wrong, even if everyone is for it.”**

**—William Penn**



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# Quotes About Character



**“Our deeds determine us, as much as we determine our deeds.”**

**—George Eliot**



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# Quotes About Character



**“Character is the result of two things: mental attitude and the way we spend our time.”**

**—Elbert Hubbard**



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# Quotes About Character



**“A man without character is like a ship without a rudder.”**

**—Karl G. Maeser**



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# Quotes About Character



**“Character is much easier kept than recovered.”**

**—Thomas Paine**



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# Quotes About Character



**“Character is power.”**

**—Booker T. Washington**



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# Quotes About Character



**“An individual step in character training is to put responsibility on the individual.”**

**—Robert Baden-Powell**



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# Quotes About Character



**“Character is a by-product; it is produced in the great manufacture of daily duty.”**

**—Woodrow T. Wilson**



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