

LESSON PLAN

PART I

Lesson 5: Avoiding and Preventing Violence

Instructor: Academic Instructor

Teaching Method: Informal Lecture

Visual Aids (VA): PowerPoint Presentation

Student Preparation:

Reading Assignment: Leadership Education I: Citizenship, Character and Air Force Tradition, Chapter 2, Lesson 5

Homework Assignment: Instructors may use any or all Student Workbook questions for this lesson as homework or in-class assignment.

Date of Lesson Development/Last Major Revision: 2003/July 2005

PART IA

Lesson Objectives:

1. Know how to predict and prevent violence.
2. Know how to protect yourself from violence.

Samples of Behavior/Main Points

1. Identify factors that contribute to teen violence.
2. Identify policies to prevent violence in schools.
3. Describe ways to protect yourself from violence.

PART IB

Strategy: Cadets need to know how to reduce the risk of becoming a victim of violence.

PowerPoint Presentation: Information points will appear on mouse clicks.

Lesson Outline:

1. Quick Write/Motivation (5 min.)
2. Topics (35 min.)
 - a. What is violence?
 - b. How are teens involved in violence?
 - c. How are gangs involved in violence?
 - d. How are weapons involved in violence?

- e. How are drugs involved in violence?
 - f. How has violence affected schools?
 - g. How can you protect yourself from violence?
 - h. How can people help prevent violence?
3. Health Skills Activity (5 minutes or else use this activity for homework)
- a. Help Prevent School Violence
4. Wrap-up (5 min.)

PART II

INTRODUCTION

ATTENTION

Violence has a profound effect on our society. One-third of all victims of violent crime are between the ages of 12 and 19. Each year, more than 120,000 youths are arrested for committing violent crimes.

MOTIVATION

No one can ensure that he or she will never be a victim of violence. However, people can reduce their risk of becoming victims. In this chapter, you'll learn about what you can do to keep yourself safe.

LESSON OVERVIEW


Today, we'll cover the following topics:

1. What is violence?
2. How are teens involved in violence?
3. How are gangs involved in violence?
4. How are weapons involved in violence?
5. How are drugs involved in violence?
6. How has violence affected schools?
7. How can you protect yourself from violence?
8. How can people help to prevent violence?

QUICK WRITE

Write a short paragraph explaining why you think some young people resort to violence to settle differences.


Have several students read their paragraphs aloud. List the reasons that are stated on the board. Then, ask the class to add to the list of reasons.



Avoiding and Preventing Violence


Personal Behavior Lesson 5, Chapter 2

1




Motivation

- There is no guarantee against violence.
- Take steps to stay safe.



Personal Behavior Lesson 5, Chapter 2, Avoiding and Preventing Violence

2




Lesson overview

- What is violence?
- How are teens involved in violence?
- How are gangs involved in violence?
- How are weapons involved in violence?
- How are drugs involved in violence?
- How has violence affected schools?
- How can you protect yourself from violence?
- How can people help to prevent violence?


Personal Behavior Lesson 5, Chapter 2, Avoiding and Preventing Violence

3



Quick Write

Write a short paragraph explaining why you think some young people resort to violence to settle differences.



Personal Behavior Lesson 5, Chapter 2, Avoiding and Preventing Violence

4

BODY
PRESENTATION

1. What is violence?

- a. Violence is any act that causes physical or psychological harm to a person or damage to property.**
- b. Homicide is the killing of one human being by another.**

- c. In recent years, the numbers of homicides and violent acts have declined.**

(1) The rates are still too high.

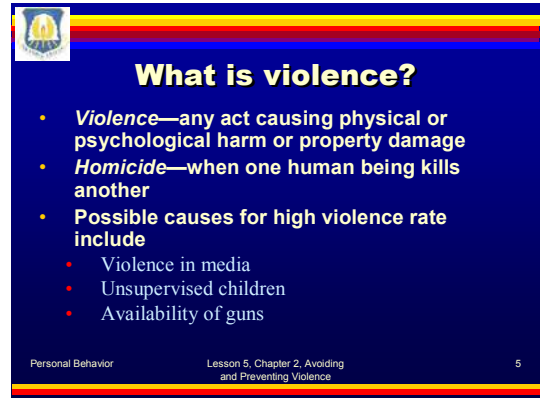
(2) Homicide is a leading cause of death for teens.

- d. Possible causes for the high rate of violence may include**

(1) Violent acts on television and in movies

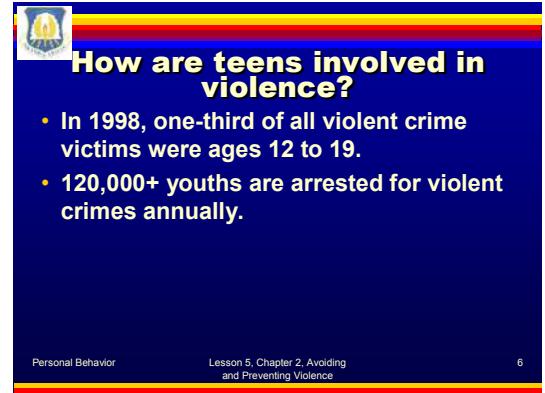
(2) Changes in family structure that leave children unsupervised

(3) Availability of guns



2. How are teens involved in violence?

- a. In 1998, about one-third of all victims of violent crime were ages 12–19.
- b. Each year, more than 120,000 youths are arrested for violent crimes.



How are teens involved in violence?

- In 1998, one-third of all violent crime victims were ages 12 to 19.
- 120,000+ youths are arrested for violent crimes annually.

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3. How are gangs involved in violence?

- a. A gang is a group of people who associate with one another to take part in criminal activity.
- b. Typical gang activities include

(1) Vandalism

(2) Graffiti

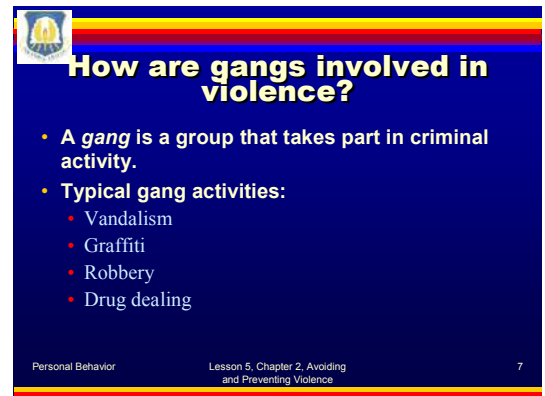
(3) Robbery

(4) Drug dealing

- c. Gangs make areas unsafe for everyone.

(1) Gang members often carry weapons.

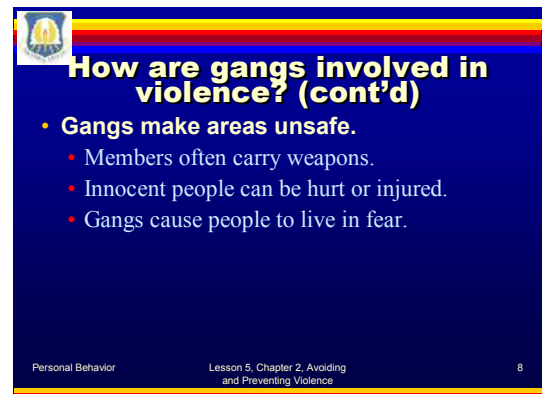
(2) Gang members' violent actions can be unpredictable. Innocent people can be hurt or injured.



How are gangs involved in violence?

- A *gang* is a group that takes part in criminal activity.
- Typical gang activities:
 - Vandalism
 - Graffiti
 - Robbery
 - Drug dealing

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How are gangs involved in violence? (cont'd)

- Gangs make areas unsafe.
 - Members often carry weapons.
 - Innocent people can be hurt or injured.
 - Gangs cause people to live in fear.

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- (3) Gangs cause people to live in fear instead of safety.

4. How are weapons involved in violence?

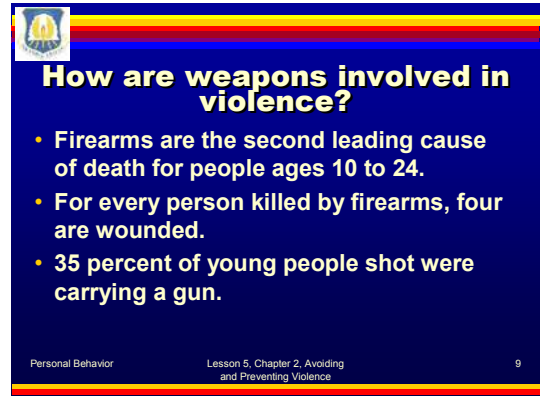
- a. **Firearms are the second leading cause of death for young people ages 10 to 24.**
- b. **For every person killed by a firearm, four are wounded.**
- c. **Thirty-five percent of young people who have been shot were carrying a gun at the time.**

d. Strategies to prevent firearm accidents include

- (1) Controlling gun ownership
- (2) Installing safety devices on guns
- (3) Keeping firearms unloaded
- (4) Storing ammunition in a separate locked place

5. How are drugs involved in violence?

- a. **Drug users who are desperate for money to support their drug habit often turn to illegal and violent behavior.**
- b. **Drugs affect a user's judgment and ability to think.**



How are weapons involved in violence?

- Firearms are the second leading cause of death for people ages 10 to 24.
- For every person killed by firearms, four are wounded.
- 35 percent of young people shot were carrying a gun.

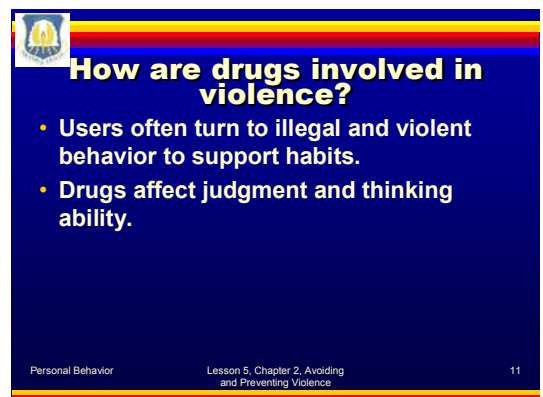
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How are weapons involved in violence? (cont'd)

- **Strategies to prevent firearm accidents**
 - Control gun ownership.
 - Put safety devices on guns.
 - Keep firearms unloaded.
 - Store ammunition separately.

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How are drugs involved in violence?

- Users often turn to illegal and violent behavior to support habits.
- Drugs affect judgment and thinking ability.

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6. How has violence affected schools?

a. Incidents of violence in schools have led to increased security measures.

- (1) Many schools now keep all or most doors to the school locked.
- (2) In some schools, students must pass through metal detectors to enter the school.
- (3) School officials may search students' lockers and belongings.

b. Many schools have adopted zero tolerance policies.

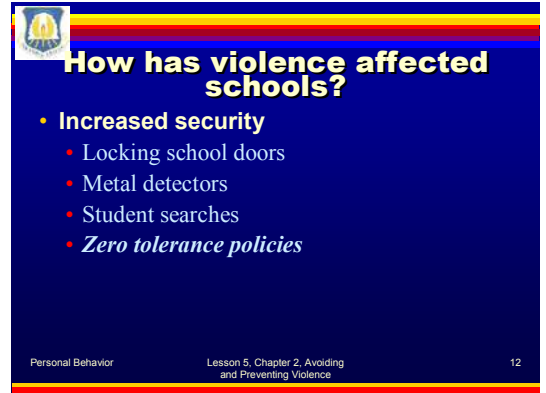
- (1) A zero tolerance policy is a policy that makes no exceptions for anybody for any reason.
- (2) Students who behave violently or who bring weapons, weapon look-alikes, or drugs to school are automatically expelled.

7. How can you protect yourself from violence?

a. Avoid unsafe situations

b. Be alert.

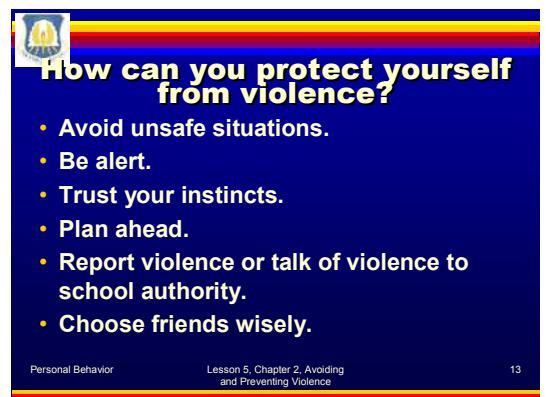
c. Trust your instincts. If a situation feels dangerous, it probably is.



How has violence affected schools?

- Increased security
 - Locking school doors
 - Metal detectors
 - Student searches
 - *Zero tolerance policies*

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How can you protect yourself from violence?

- Avoid unsafe situations.
- Be alert.
- Trust your instincts.
- Plan ahead.
- Report violence or talk of violence to school authority.
- Choose friends wisely.

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d. Plan ahead.

- (1) Work with the adults in your family to identify possible dangerous situations.
- (2) Figure out what you could do to get out of these situations.

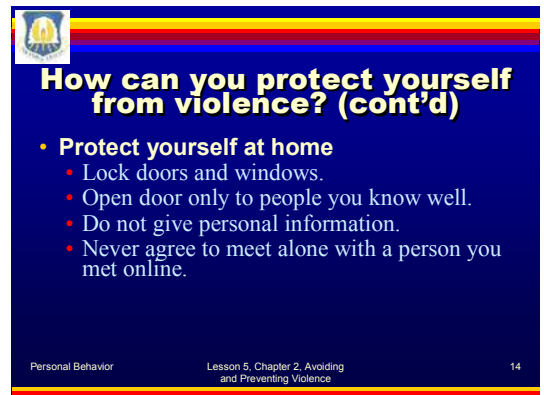
e. If you think that a student might be violent or if you hear students talking about being violent, report it to school authorities.

f. Choose your friends wisely. Avoid people who

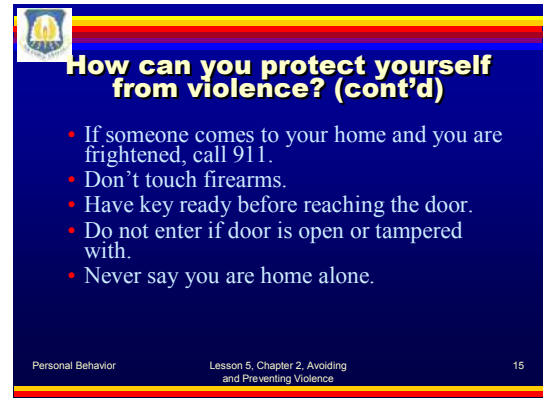
- (1) Have a low commitment to school
- (2) Participate in illegal activities
- (3) Use alcohol or drugs

g. Protecting yourself at home

- (1) Lock doors and windows when you are home alone.
- (2) Open the door only to people you know well.
- (3) Do not give personal information over the telephone or computer.
- (4) Never agree to meet alone with a person you met online.



- (5) If someone comes to the door or window and you are frightened, call 911 or the police.
- (6) Never shoot firearms or pick them up, even if they are unloaded.
- (7) When you come home, have your key ready before you reach the door.
- (8) Do not enter if the door is open or if it appears to have been tampered with.
- (9) Never tell a stranger that you are home alone. Instead, say that your parents are busy and can't come to the door or phone.



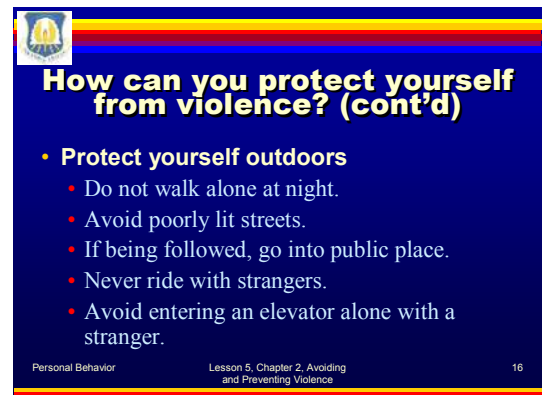
How can you protect yourself from violence? (cont'd)

- If someone comes to your home and you are frightened, call 911.
- Don't touch firearms.
- Have key ready before reaching the door.
- Do not enter if door is open or tampered with.
- Never say you are home alone.

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h. Protecting yourself outdoors

- (1) Do not walk alone at night.
- (2) Avoid poorly lit streets.
- (3) If you think someone is following you, go into a store or another public place.
- (4) Never hitchhike or accept a ride from strangers.
- (5) Avoid entering an elevator alone with a stranger.



How can you protect yourself from violence? (cont'd)

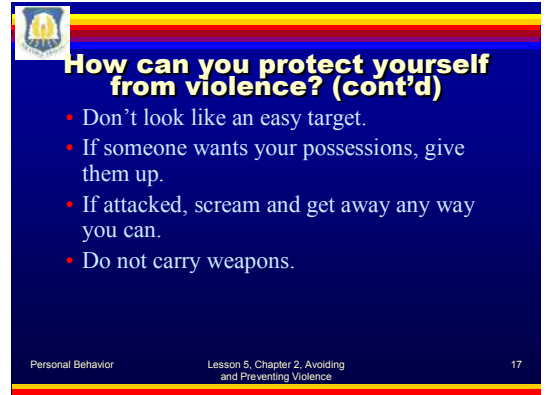
- **Protect yourself outdoors**
 - Do not walk alone at night.
 - Avoid poorly lit streets.
 - If being followed, go into public place.
 - Never ride with strangers.
 - Avoid entering an elevator alone with a stranger.

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- (6) Don't look like an easy target. Stand tall and walk with confidence.
- (7) If someone wants your money or possessions, give them up.
- (8) If you are attacked, scream and get away any way you can.
- (9) Do not carry a firearm or other weapon.

i. Protecting yourself from rape

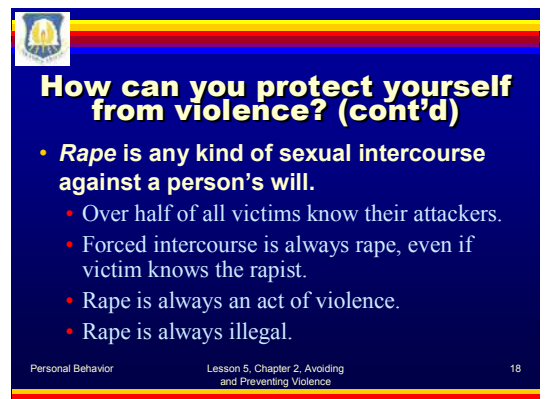
- (1) Rape is any kind of sexual intercourse against a person's will.
- (2) Over half of all rape victims know their attackers.
 - (a) Forced sexual intercourse is always rape, even if the person knows the rapist.
- (3) Rape is always an act of violence.
- (4) Rape is always illegal.
- (5) Suggestions for protecting yourself from rape
 - (a) If you go out alone with someone, make it clear that you are not interested in sexual activity.



How can you protect yourself from violence? (cont'd)

- Don't look like an easy target.
- If someone wants your possessions, give them up.
- If attacked, scream and get away any way you can.
- Do not carry weapons.

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How can you protect yourself from violence? (cont'd)

- **Rape is any kind of sexual intercourse against a person's will.**
 - Over half of all victims know their attackers.
 - Forced intercourse is always rape, even if victim knows the rapist.
 - Rape is always an act of violence.
 - Rape is always illegal.

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How can you protect yourself from violence? (cont'd)

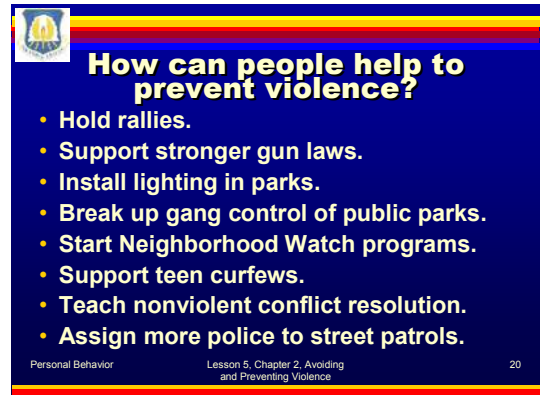
- **Suggestions for protecting yourself from rape**
 - Be clear that you are not interested in sexual activity.
 - Avoid secluded places.
 - Don't drink alcohol or use drugs or date people who do.
 - Always carry money to get home.

Personal Behavior Lesson 5, Chapter 2, Avoiding and Preventing Violence 19

- (b) Avoid secluded places.
- (c) Don't drink alcohol or use drugs or date people who do.
- (d) Always carry money so you can call a cab or take a bus if you feel unsafe.

8. How can people help prevent violence?

- a. Hold stop-the-violence rallies.
- b. Support stronger gun laws.
- c. Install lighting in parks and playgrounds.
- d. Break up gang control of public parks.
- e. Start Neighborhood Watch programs.
- f. Support teen curfews.
- g. Teach nonviolent conflict resolution.
- h. Assign more police to street patrols.



Health Skills Activity

Help Prevent School Violence

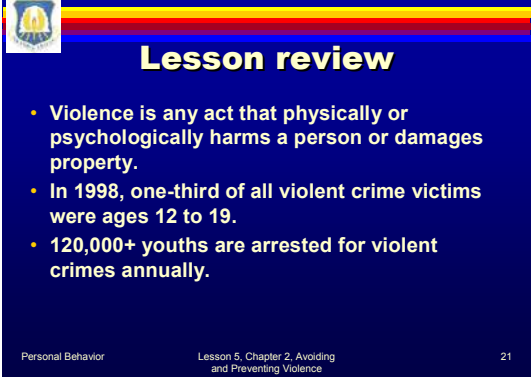
Help students read and discuss the activity introduction. Ask:

- Why is each action an important contribution to school safety?
- Which actions may be especially difficult? Why?
- How can joining with other teens make those actions easier?

Then, have students work in cooperative groups to plan, write, and illustrate their brochures.

REVIEW

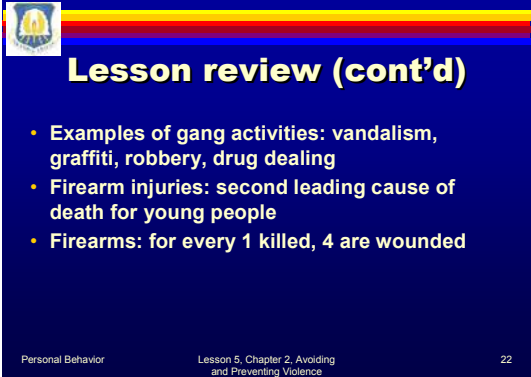
- Violence is any act that causes physical or psychological harm to a person or damage to property.
- In 1998, one-third of all victims of violent crime were ages 12 to 19.
- Each year, more than 120,000 youths are arrested for violent crimes.
- Gang activities include vandalism, graffiti, robbery, and drug dealing.
- Firearm injuries are the second leading cause of death for young people ages 10 to 24.
- For every person killed by a firearm, four are wounded.



Lesson review

- Violence is any act that physically or psychologically harms a person or damages property.
- In 1998, one-third of all violent crime victims were ages 12 to 19.
- 120,000+ youths are arrested for violent crimes annually.

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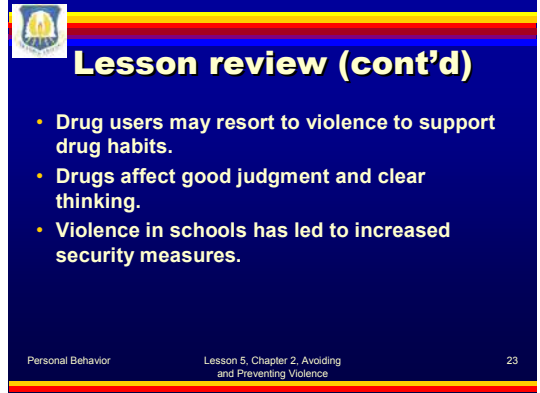


Lesson review (cont'd)

- Examples of gang activities: vandalism, graffiti, robbery, drug dealing
- Firearm injuries: second leading cause of death for young people
- Firearms: for every 1 killed, 4 are wounded

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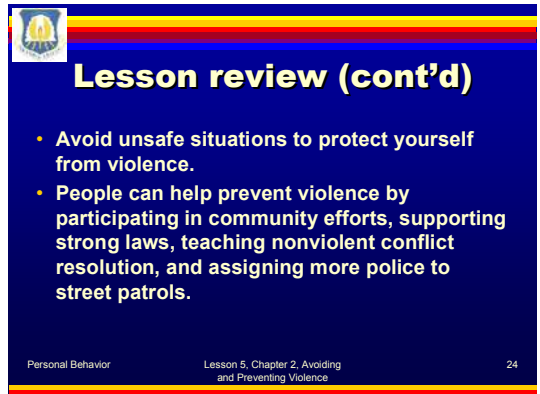
- Drug users may resort to violence to support their drug habits.
- Drugs affect a user's ability to use good judgment and to think clearly.
- Incidents of violence in schools have led to increased security measures.
- Protect yourself from violent crime by avoiding unsafe situations.
- People can help prevent violence by participating in community efforts, supporting strong laws, teaching nonviolent conflict resolution, and assigning more police to street patrols.



Lesson review (cont'd)

- Drug users may resort to violence to support drug habits.
- Drugs affect good judgment and clear thinking.
- Violence in schools has led to increased security measures.

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Lesson review (cont'd)

- Avoid unsafe situations to protect yourself from violence.
- People can help prevent violence by participating in community efforts, supporting strong laws, teaching nonviolent conflict resolution, and assigning more police to street patrols.

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CONCLUSION

In this lesson, we discussed the following:

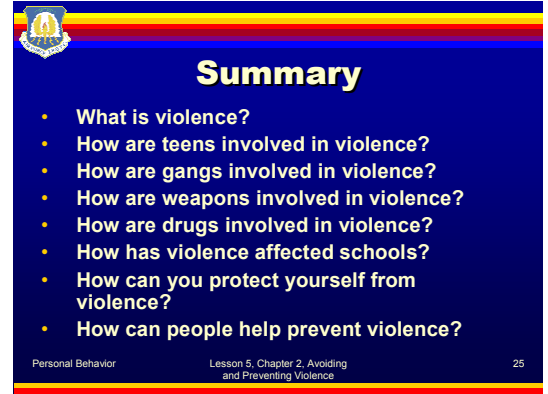
1. What is violence?
2. How are teens involved in violence?
3. How are gangs involved in violence?
4. How are weapons involved in violence?
5. How are drugs involved in violence?
6. How has violence affected schools?
7. How can you protect yourself from violence?
8. How can people help prevent violence?

REMOTIVATION

Now you know how to reduce your risk of becoming a victim of violence.

CLOSURE

We've learned about violence and how you can protect yourself. Next, we'll learn about health care.

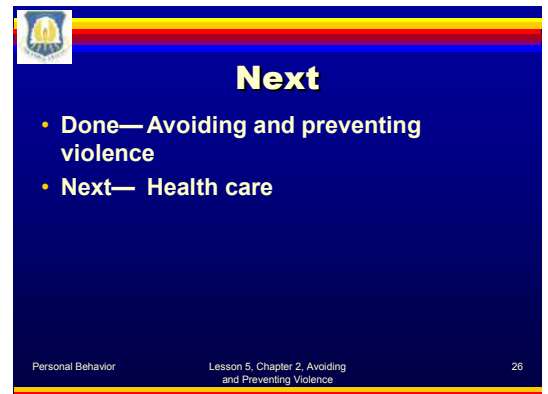


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Summary

- What is violence?
- How are teens involved in violence?
- How are gangs involved in violence?
- How are weapons involved in violence?
- How are drugs involved in violence?
- How has violence affected schools?
- How can you protect yourself from violence?
- How can people help prevent violence?

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A blue slide with a yellow and red border at the top. It features a small logo in the top left corner. The title "Next" is in yellow. Below it is a bulleted list with two items: "Done— Avoiding and preventing violence" and "Next— Health care". The footer contains the text "Personal Behavior", "Lesson 5, Chapter 2, Avoiding and Preventing Violence", and the number "26".

Next

- Done— Avoiding and preventing violence
- Next— Health care

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Checkpoints

Below are the answers to the questions at the end of Chapter 2, Lesson 5 in the student edition of Leadership Education I: Citizenship, Character and Air Force Tradition. These end-of-lesson questions **are not** assigned in the lesson plans or student workbooks. The answers are provided here in case you want to assign any of them in your classes, for homework, or if your students ask you about them. The answers are in the same order as the questions on page 143 of the student book.

1. Violence is any act that causes physical or psychological harm to a person or damage to property. Homicide is the killing of one human being by another. P 139
2. A zero tolerance policy is a security measure in schools that makes no exceptions for anybody for any reason. Any student found guilty of bringing any prohibited items to school, such as weapons, weapon look-alikes, or drugs, or of violent behavior, is automatically expelled. P 140
3. Answers may vary. Answers should include three ways to protect yourself from violence from the bulleted list on pages 141 and 142. P 141–142
4. Possible answers: violent acts shown on television and movies, changes in family structure that leave children unsupervised for hours at a time, the availability of guns could be a major cause of violence. P 139
5. Answers may vary. Students should show an awareness of things that could reasonably be done in their community to discourage teens from joining gangs. P 139–140

Applying Health Skills

6. Students should use research from the Internet to create a handout that shows an understanding of violence prevention methods. P 142–143