

OPRFHS SELF-DEFENSE LESSON SUMMARIES

Self Defense Orientation

The goals of this lesson are to peak student interest and to allow students time to get organized before the more concentrated coursework begins. Students will have an opportunity to organize their workbooks. This course is designed to promote awareness, recognition, reduction, and avoidance of aggressive behavior and actions directed toward us and others. Skills and understanding for defense against an aggressor with emphasis on avoiding and escaping an attack are taught. This class is about empowering YOU (the student) to take control of YOUR DECISIONS AND BODY!

Building Classroom Trust/Getting to Know You

Daily Thought: "If you really knew me..." (Created by Challenge Day)

This is an icebreaker designed to elicit student participation and conversation with one another. The purpose of this lesson is to create a safe space by allowing students to realize they have more in common than they believe.

Internal Voice – It's Power & Message

Daily Thought: "How I feel about myself directly relates to the level to which I will defend myself." Linda Carlson

In this lesson, students will examine the power of internal and external validation. The instructor's goal is to raise student's self-awareness and the importance of valuing yourself.

Peer Relationships – Respect/Disrespect

Daily Thought: "In the end, we will remember not the words of our enemies but the silence of our friends." - Martin Luther King Jr.

This lesson will also allow young women to understand the impact of respect for self, friends, romantic partners and acquaintances. This will be accomplished by allowing students to come up with examples of respect and disrespect by themselves. Discussing disrespect will be a great way to lead into female bullying.

Bullying – Types, Coping & Interventions

Daily Thought: "Be kind. Everyone is struggling"

The purpose of this lesson is to help young women understand types of bullying with a focus on female bullying. Students will learn why females bully each other, how they bully and how to deal with it. Coping strategies and interventions will be discussed and strategized.

Where do I Stand? Gender Role Icebreaker

Daily Thought: "The voyage of discovery is not in seeking new landscapes but in having new eyes." (Marcel Proust)

This is an icebreaker designed to elicit student participation and conversation with one another. The purpose of this lesson is not to change student attitudes but to give students an opportunity to realize that others do not necessarily agree with all of their opinions. It should also raise student interest in addressing gender role questions.

Gender Roles – Male/Female Stereotypes Box Activity

Daily Thought: "To be nobody-but-yourself-in a world which is doing its best night and day, to make you everybody else - means to fight the hardest battle which any human being can fight; and never stop fighting." (E. E. Cummings)

The purpose of this lesson is to help young women understand that they are bombarded with messages about how to act from the (American) culture in which they live. This will be accomplished by allowing students to come up with those messages by themselves. The lesson will also address the consequences with which women may have to cope if they choose, or are unable, to live up to popular female gender stereotypes. The lesson will also address the consequences of those stereotypes for men.

Sexual Harassment

Daily Thought: How would you define sexual harassment?

The purpose in this lesson is to define sexual harassment. Clear examples will be given to students for understanding. The difference between flirting and sexual harassment will be discussed. Students will know the school sexual harassment policy, where to report it and how to help self & others.

Healthy Relationships

Daily Thought: "Don't smother each other. No one can grow in the shade." ~Leo Buscaglia

The purpose of this lesson is to define healthy relationship characteristics and unhealthy relationship characteristics. Students will discuss what they see in healthy relationships and give examples. They will do the same with unhealthy relationships. Students will also explore why people choose to stay in unhealthy relationships.

Dating Abuse

Daily Thought: *"When you 'settle' for something it means you get 'less' than what you deserve."* - Marie Schmidt Herman

In this lesson, students will learn about the warning signs of an abusive relationship and the cycle of abuse. Physical, emotional, mental & sexual abuse will be defined and discussed. Coping and intervention strategies will also be discussed. Students will understand that violence is a choice, not a feeling.

Rape/Sexual Assault

Daily Thought: *Rape is about power, not about sex – agree or disagree.*

In this lesson, students will learn the Illinois definition of rape and sexual assault. Scenarios will be discussed so that students are clear about what is rape. For example, if the aggressor was drunk, he will still be held accountable for the rape. Plans of Action will be discussed in regards to "after the rape" and how to help a friend.

Consent

Daily Thought: "I shall assume that your silence gives consent."

The purpose of this lesson is to be implicit about the power of consent during sexual activity. Verbal and non-verbal consent will be discussed. Students will discuss examples of how it is communicated.

Victim Blaming

Daily Thought: If a woman wears overly sexy clothes, she is asking to be raped. Why or why not?

The purpose of this lesson is to define victim blaming and the damaging consequences to a victim of sexual violence and/or harassment. Victim blaming will be explained in relationship to rape. The words *ask* and *deserve* (she was asking for it) will be discussed.

Teen Coping Strategies – Positive/Negative

Daily Thought: *Complete the following prompts, "When I'm angry, I..." "When I'm sad, I..." "When I'm lonely, I..."*

In this lesson, students will explore teen coping strategies and the effects they have on one's body and mind. Students will understand the difference of a positive and negative coping strategy.