

VIOLENCE PREVENTION UNIT

Grades 9-12

Essential Learning 1	
<i>Students will recognize different types of abuse and learn about reporting procedures and resources.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none"> • Understand the cycles of abuse and violence. • Understand How to recognize situations that may lead to violence between individuals, in groups, and in communities. 	<ul style="list-style-type: none"> • Practice strategies for setting and respecting boundaries for self and others. • Demonstrate understanding of local, state and national resources to report abuse.
Example activities or lesson topics: -	

Essential Learning 2	
<i>Students will understand different types of violence and how to protect yourself self or others from harm.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none"> • Learn about the most frequent types of violence (e.g., bullying, cyberbullying, hazing, intimate partner violence, sexual violence, and suicide) and their negative consequences for survivors, perpetrators, bystanders, and communities. 	<ul style="list-style-type: none"> • Demonstrate effective resistance, negotiation, and collaboration skills to avoid engaging in mentally and emotionally unhealthy behaviors.
Example activities or lesson topics: -	

Essential Learning 3	
<i>Students will understand safe and healthy relationships.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none"> • Understand healthy ways to express affection, friendship, empathy, and sympathy. • Understand the difference between healthy and unhealthy relationships. • Understand the relationship between risky behaviors and unhealthy relationships. • Learn warning signs of unhealthy relationships. <p>**Found in MEH unit, too.**</p>	<ul style="list-style-type: none"> • Demonstrate relationship skills that promote social, emotional, physical, and mental health. • Recognize warning signs that lead to unhealthy relationships. • Explain characteristics of someone who has self-respect and self-control. • Analyze characteristics of healthy relationships. (e.g. family, peers, dating)
Example activities or lesson topics: -	

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Essential Learning 4	
<i>Students will identify dating violence and how to get help.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none">• Explain why individuals have the right to refuse any sexual contact or activity.• Explain that rape and sexual assault are illegal and should be reported to a trusted adult.• Explain why it is everyone's responsibility to verify that all sexual contact is consensual.• Understand the consequences of sexting and cyberbullying.	<ul style="list-style-type: none">• Identify the signs of dating violence.• Describe characteristics of healthy dating relationships.•
Example activities or lesson topics: <ul style="list-style-type: none">- Alaska Safe Children's Act	

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