

# Grade 9 – The Fourth R - Personal Safety and Injury Prevention (Unit 1)

## Active Listening Skills

**Eye Contact** – look at / pay attention to speaker

**Avoid Distractions** – turn away from (or off) devices, put down pens, books, etc

**Ask for More Information / Clarifying questions** – to ensure understanding and show interest

**Summarize** – restate what has been so speaker can be certain you understood

## Health vs. Unhealthy Relationships

Healthy	Looks like.... - smiling - fun - independent -equality - respectful - have own interests / have other friends	Sounds like.... - laughter - positive, supportive comments - encouraging - close friends	Feels like.... - content - trusted / trustworthy - respected - interests / needs being met
Unhealthy	- scared - depressed - fighting / arguing - jealousy - no other friends - unhappy - controlling	- fights - anger - pain - complaints	- empty - scared - sad - hopelessness - controlled - isolated - hurt

## Rights and Responsibilities of a Friendship / Relationship

In a friendship / relationship I have the RIGHT to:	In a friendship / relationship I have the RESPONSIBILITY to:
State my opinion Set boundaries Be heard Say “no” Have other friends	Accept the opinion of others (even if I don’t agree) Respect boundaries / limits Listen Give my partner / friend time to spend with other people who are important to them

**Violence** - Any action by a person or group of people that directly or indirectly causes physical and / or emotional harm to another person. Violence can include (but is not limited to) the following types of abuse:

### **Psychological / Emotional Abuse**

Direct:	Indirect:
Verbal/emotional threats or abuse directed towards another	Excluding someone from a group
Can include intimidation and harassment	Rumour spreading
Controlling behaviour in a relationship	Cyber harassment/bullying

### **Physical Abuse**

Threatened or actual use of force to injure or hurt another

### **Financial Abuse**

- extortion (threat of violence so that an individual has to pay to avoid violence or unpleasant consequences)
- blackmailing
- continuously borrowing money (the lender does not feel like s/he has a choice)

### **Sexual Abuse**

- Rape, incest, unwanted sexual touching, date rape, harassment

### **Bullying**

- Repeated and intentional attacks on others that can be perpetrated by individuals or groups
- The perpetrator often has more power than the target
- Bullying can take the form of psychological abuse, physical abuse, financial abuse or sexual abuse

\* Although psychological abuse is its own category, ALL forms of violence have a psychological impact on victims.

## **Roles People Can Play in Potentially Violent Situations**

### **Perpetrator**

- Person or persons acting in a violent or aggressive way

### **Victim**

- Person being targeted by perpetrator(s) in that particular situation

### **Passive Bystander**

- People who watch the events unfolding and do not intervene

- The presence of bystanders can increase the intensity of the violence because it creates an audience effect
- Examples: 1) People who look the other way when someone is yelling at their girlfriend in a parking lot; 2) A group of students gathering around a fight that is taking place and yelling

### **Instigator**

- Someone who helps to start a conflict, or encourages a peer to be violent, but may not be directly involved in the conflict themselves
- Example: Someone who spreads rumours or encourages someone to pick a fight with another person

### **Defender of Victim**

- Someone who tries to stand up for somebody being bullied, harassed or targeted by someone else
- This can include direct defending (such as telling a bully to stop) or indirect defending (such as inviting a targeted victim to join a different group)

### **Help Seeker**

- Someone who tries to get help from an adult or other peers
- Examples: 1) a student who tells a teacher that a fight is going to happen after school; 2) a student talking to a guidance counsellor because he or she is worried that a friend is being abused by a dating partner

### **Mediator / Peace Maker**

- Someone who tries to help problem solve a conflict or situation, typically before it becomes violent
- Example: two students who are usually friends have got into an argument and rumours are starting that there is going to be a fight - a third friend talks to both of the friends separately and finds out what each is most upset about, and then helps the two friends talk things out in a calm manner

### Contributors to (Causes of) Violence

- violence at home / impact on child witnesses
- violence in media
- desensitization to violence
- examples of gender inequality (gender, economic, race, etc)
- lack of non-violent, pro-social values and skills (communication, anger / impulse control skills)
- imbalances of power in relationships
- social tolerance for violence
- cultural values

- denial
- insecurity
- low self-esteem

**Violence also continues to be fostered by society in the following ways:**

Community

- limited resources for victims
- family / friends excuse, tolerate violent behaviour
- lack of protection for women who leave partners

Culture / Society

- social acceptance to use physical force
- reinforcement of violence in media
- lack of support for visible minorities

Individual

- ignorance of laws
- lack of knowledge / access to community resources
- fear of losing family / friends
- low self esteem
- tendency to blame victim

**What is Conflict?**

1. What is the difference between conflict and violence?
2. Identify situations that trigger conflicts between a teenager and their parents.
3. Identify situations that trigger conflicts between friends.
4. Identify positive methods of handling conflict.
5. Identify situations that trigger conflicts between dating partners.
6. What causes conflicts to occur?

**Communication Styles**

**1. Passive**

- lose-win situation
- soft, uncertain voice
- “I guess, maybe”
- nervous, uncertain
- doesn’t feel comfortable talking about how s/he feels
- does not stand up for what he/she believes in

**2. Assertive**

- win-win outcomes
- calm voice

- “I” statements
- confident
- respects other person’s rights
- stands up for what s/he believes in, clearly states what they want and why
- uses eye contact

### **3. Aggressive**

- win-lose outcomes
- loud and explosive voice
- “You better...” “If you don’t, then look out”
- demanding
- insensitive (doesn’t care about other’s feelings)
- stands up for what s/he believes in, but does it in a threatening way

## **Conflict Resolution Checklist:**

1. Use a calm voice
2. Make eye-contact
3. Explain what you want
4. Explain why it is a problem
5. Explain what you need to happen to resolve the problem
6. Respect the rights of the other person
7. Be realistic