

# **Teenage Health Teaching Module: Aggressor, Victims and Bystanders Thinking and Acting to Prevent Violence**

<b>INSTRUCTOR INFORMATION</b>	
Rachael Austin, M.S.	Prevention Facilitator and Coordinator
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## **AGGRESSORS, VICTIMS, AND BYSTANDERS:**

This curriculum is designed to prevent violence and inappropriate aggression among middle school youth. The curriculum deals with building healthy relationships and is aimed at teaching our students about the importance of respect for one another through healthy communication and learning the importance of making responsible choices. The core objectives of this program are to help students develop and practice problem-solving skills, raise awareness of what constitutes healthy relationships, give students an opportunity to build and strengthen coping skills, and practice conflict management and positive decision making skills.

The backbone of AVB is the four-step Think-First Model of Conflict Resolution. The Think-First Model provides students with a framework for dealing with and changing the habits of thought that can result in violence. Through engaging classroom activities, students explore the model in depth and practice the skills needed to carry out each step effectively in real-world conflict situations.

## **Overview of Aggressors, Victims, and Bystanders Lessons:**

- Session 1: Looking at Conflict in Our Lives
- Session 2: When Conflicts Become Violent
- Session 3: Examining Beliefs About Conflict and Violence
- Session 4: The Fight in Your Head
- Session 5: Keeping Cool
- Session 6: Sizing Up the Situation
- Session 7: Sizing Up the Situation Again
- Session 8: Thinking It Through
- Session 9: Thinking It Through Again
- Session 10: Doing the Right Thing
- Session 11: Delivering the Message
- Session 12: Visions of a Nonviolent World

# Transylvania County Schools

225 Rosenwald Lane  
Brevard, NC 28712  
Phone: 828 885-7337  
FAX: 828 884-4188

September 27, 2011

Dear Parent or Guardian,

I am writing to inform you that we will be teaching a program focusing on building healthy relationships to our sixth grade Health and Physical Education classes this semester. This program is part of the Teenage Health Teaching Module (THTM) called Aggressors, Victims, and Bystanders: Thinking and Acting to Prevent Violence (AVB). The curriculum is aligned with our state curriculum standards and has been recognized on several best practice lists such as Safe Schools, Safe Students, and SAMHSA (Substance Abuse and Mental Health Services Administration) Model Programs.

AVB is designed to prevent violence and inappropriate aggression among middle school youth. The curriculum deals with building healthy relationships and is aimed at teaching our students about the importance of respect for one another through positive communication as well as the importance of making responsible choices. The goals of this curriculum are met through direct instruction, classroom discussion, and fun, interactive exercises throughout the class. The program is presented during Health class in twelve classroom sessions conducted once a week for forty-five minutes.

Rachael Austin, a trained prevention facilitator with SAFE, Inc will work with your child's teachers to deliver this program beginning the week of November 1, 2011. SAFE, Inc, a Brevard-based non-profit organization which provides shelter, programs and services to people impacted by abusive relationships and/or violence, is working with Transylvania County Schools to provide evidence-based prevention programs to our students.

We believe that this health education program is very helpful to our students and invite you to review the attached sheet for further information on the program goals and overview of topics. Rachael Austin has been working in our schools for the past 6 years providing quality preventative education classes and we have found these programs to be very effective. If you have any questions, feel free to contact me at 828.884.6173, Coach Carrington, your child's teacher, or your child's principal, Mr. Carter, at RMS at 828.862.4286 for more information. You may also contact Ms. Austin directly at [livehealthy@citcom.net](mailto:livehealthy@citcom.net).

Sincerely,

Dr. Kimberly Elliott  
Director, Elementary and  
Middle Grades Education  
Transylvania County Schools  
225 Rosenwald Lane  
Brevard, NC 28712  
828-884-6173

**Teenage Health Teaching Modules:  
Aggressors, Victims, and Bystanders  
Thinking and Acting to Prevent Violence**

**PRE  
POST**

**COUNTY:** Transylvania

**SCHOOL:**

**CLASS/PERIOD:**

**SEMESTER / YEAR:**

**DATE:** \_\_\_\_\_

Dear Student,

You are invited to participate in a survey designed to evaluate the AVB program. You will be asked to answer a variety of questions about handling different types of situations. The information you give will be used to improve health education programs for young people like yourself.

DO NOT write your name on this survey. This is an anonymous survey. Your answers will be counted along with the answers of other students to help us understand more about the experiences and feelings of students your age.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank. This is not a test. The right answer is the one that best tells who you are, what you think or what you believe.

We appreciate your honesty and helpfulness.

**DIRECTIONS:**

- Use a #2 pencil only.
- Do not write your name on this survey.
- Make dark marks and fill in the ovals completely.
- If you change your answer, erase your old answer completely.

## MY BELIEFS ABOUT VIOLENCE

What do you believe?

Circle one number that best describes what you believe.

1	2	3	4	5	6
Disagree Completely	Disagree A Lot	Disagree A Little	Agree A Little	Agree A Lot	Agree Completely

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**To what extent do you agree that:**

- |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| 1. It's OK to hit someone if you just go crazy with anger.              | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. If you push others around, people will look up to you.               | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. If you back down from a fight, everyone will think you're a coward.  | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. People who get beaten up usually deserve it.                         | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. It's OK to hit someone if they hit you first.                        | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. It's important to show everyone how tough you are by picking fights. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. If you're afraid to fight, you won't have any friends.               | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. Some people are just asking to be picked on.                         | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. It's OK to hit someone if you just "go crazy" with anger.            | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. To be popular, you have to like to fight.                           | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. Anyone who's not a good fighter is really just a loser.             | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. When someone gets beaten up, it's usually their own fault.          | 1 | 2 | 3 | 4 | 5 | 6 |
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## MY BEHAVIOR

How do you behave in each situation?

*Circle one number that best describes your response.*

1	2	3	4	5	6
Never	Almost Never	Sometimes	Often	Almost Always	Always

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### **How OFTEN do you:**

1. Call other people names or say mean things?	1	2	3	4	5	6
2. Get made fun of by others?	1	2	3	4	5	6
3. Let a fight start without doing trying to stop it?	1	2	3	4	5	6
4. Stick up for yourself without fighting?	1	2	3	4	5	6
5. Threaten to beat up others?	1	2	3	4	5	6
6. Get picked on by others?	1	2	3	4	5	6
7. Stand by and watch while others are fighting?	1	2	3	4	5	6
8. Defend yourself without fighting back?	1	2	3	4	5	6
9. Hit or push others?	1	2	3	4	5	6
10. Get hit or pushed by others?	1	2	3	4	5	6
11. Encourage others to fight?	1	2	3	4	5	6
12. Try to keep others from fighting?	1	2	3	4	5	6
13. Pick fights with others?	1	2	3	4	5	6
14. Get beaten up?	1	2	3	4	5	6
15. Cheer when others fight?	1	2	3	4	5	6
16. Try to break up a fight?	1	2	3	4	5	6

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