

**Out of Harm's Way (OHW) Lesson Plans – Grade 7
Pre- and Post-Program Assessment – Grades 7 and 8**

Complete these statements:	Choose from:
1. A _____ is physical or verbal intimidation, coercion, or terrorization.	A. abduct
2. _____ are the physical and interpersonal limits you set with others to maintain healthy and safe relationship.	B. abuse
3. Someone who exerts power over others to get their way is _____.	C. aggressive
4. A _____ is an adult who fantasizes about or engages in sexual activity with children.	D. assertive
5. _____ means persecuting, threatening, or harming someone else.	E. bribe
6. Forced sexual contact is called _____.	F. bullying
7. A popular way of communicating online is using _____.	G. flaming
8. _____ is unwanted sexual touches or exposure.	H. grooming
9. There are four kinds of _____: physical, sexual, mental, and emotional.	I. harassment
10. An abductor uses _____ to exert unhealthy influence or control over another person for his/her own benefit.	J. instant messaging
11. Someone who preys on others for sex is a _____.	K. lure
12. _____ means writing offensive online messages.	L. manipulation
13. _____ is the term used to describe someone who is at risk for harm.	M. molestation
14. Sexual predators manipulate potential victims through a calculated process called _____.	N. online sexual solicitation
15. You should never accept a _____ in exchange for doing something you don't want to do.	O. pedophile
16. A _____ is a trick or lie used by sexual predators or abductors to victimize children/teens.	P. personal boundaries
17. Someone who has been hurt, assaulted, or molested is called a _____.	Q. rape
18. Someone who expresses their needs and limits firmly, clearly, and respectfully is _____.	R. sexual predator
19. To _____ means to kidnap.	S. threat
20. _____ means annoying, stalking, pestering, or aggravating someone else.	T. victim
21. An unwelcome request to participate in sexual conversations online is known as _____.	U. vulnerable

Pre- and Post-Program Assessment – Grades 7 and 8
Answers

Complete these statements:	Choose from:
1. A <u>S</u> is physical or verbal intimidation, coercion, or terrorization.	A. abduct
2. <u>P</u> are the physical and interpersonal limits you set with others to maintain healthy and safe relationship.	B. abuse
3. Someone who exerts power over others to get their way is <u>C</u> .	C. aggressive
4. A <u>O</u> is an adult who fantasizes about or engages in sexual activity with children.	D. assertive
5. <u>F</u> means persecuting, threatening, or harming someone else.	E. bribe
6. Forced sexual contact is called <u>Q</u> .	F. bullying
7. A popular way of communicating online is using <u>J</u> .	G. flaming
8. <u>M</u> is unwanted sexual touches or exposure.	H. grooming
9. There are four kinds of <u>B</u> : physical, sexual, mental, and emotional.	I. harassment
10. An abductor uses <u>L</u> to exert unhealthy influence or control over another person for his/her own benefit.	J. instant messaging
11. Someone who preys on others for sex is a <u>R</u> .	K. lure
12. <u>G</u> means writing offensive online messages.	L. manipulation
13. <u>U</u> is the term used to describe someone who is at risk for harm.	M. molestation
14. Sexual predators manipulate potential victims through a calculated process called <u>H</u> .	N. online sexual solicitation
15. You should never accept a <u>E</u> in exchange for doing something you don't want to do.	O. pedophile
16. A <u>K</u> is a trick or lie used by sexual predators or abductors to victimize children/teens.	P. personal boundaries
17. Someone who has been hurt, assaulted, or molested is called a <u>T</u> .	Q. rape
18. Someone who expresses their needs and limits firmly, clearly, and respectfully is <u>D</u> .	R. sexual predator
19. To <u>A</u> means to kidnap.	S. threat
20. <u>I</u> means annoying, stalking, pestering, or aggravating someone else.	T. victim
21. An unwelcome request to participate in sexual conversations online is known as <u>N</u> .	U. vulnerable

GRADE 7 – LESSON 1 – Blog Safety – The Right to Know

Key Message

Personal safety is presented in terms of teens' rights.
Students learn to distinguish between safe and unsafe personal disclosures online.
Students use critical thinking skills to spot and analyze manipulative online communication.

Objectives – Students will be able to

Discuss the 4 Personal Safety Rights
Remember the safety rules for hosting or responding to a Blog
Use critical thinking skills to identify information that is safe to share online

Lesson

Give your child the Pre-Program Assessment handout and complete the matching exercise. Tell your child their answers will help you identify what terms and concepts they already know and on what areas you need to spend more time.

Personal Safety Rights Discussion

Ask your child – Did you know that in our country your rights are protected by laws?

Review and discuss definitions of

Bill of Rights – states your rights and privileges, such as freedom of speech

United Nations/UNICEF Children's Protection Rights – states that governments have a responsibility to make sure children's rights are respected, protected, and fulfilled, including your right to be protected from all forms of violence or abuse.

The right to be safe from abuse is an important part of "personal safety". Have you heard that term before? Often, people hear "personal safety" and think of fire safety or street safety. Review the additional types of safety.

Harmful tricks, deception, and manipulation – includes your right to be loved without anything being taken from you and your right to get your needs met without any trade-offs or return favors.

Bullying – being singled out, discriminated against, persecuted

Harassment – being annoyed, stalked, pestered, aggravated

Threatened – being physically or verbally intimidated, coerced, or terrorized

Discuss Personal Power

Knowing and communicating your wants and needs
Creating healthy boundaries in relationships
Resisting being manipulated/bullied/pressured to do something

Review Your Child's Personal Safety Rights

Your right to know – to gain knowledge or information about personal safety
Your right to tell – to ask for help and not keep secrets that can harm you
Your right to say no – to be assertive, to respect yourself, to understand and use your Personal Power
Your right to decide – to follow rules, show good judgment, and be trustworthy

Which of the rights above are especially important to you and your family?
What rights did your parents have when they were children?
How have things changed now that they are parents?
What is one thing you and your family want to discuss more the next time you sit down together?

Web Sites to Check Out

www.BlogSafety.com
www.safekids.com
www.wiredkids.org

Blog Safety Quiz – Answers at the very end of the lesson plans

1. _____ of what you post cannot only be seen by others but can easily be copied and stored.
 - a. 50%
 - b. 10%
 - c. 100%

2. More than half of all Blogs are maintained by people ages _____.
 - a. 12-21
 - b. 13-19
 - c. 15-23

3. Federal law enforcement people confirm that online predators are _____ in teen blogging.
 - a. not interested
 - b. somewhat interested
 - c. very interested

4. Check with your _____ to find out what types of restrictions and privacy features to use to give you control over who can access your blog.
 - a. parents and friends
 - b. friends and website service
 - c. parents and website service

5. In most cases, it is _____ to communicate with your friends or your friends' friends without having to open yourself up to the entire internet.
 - a. possible
 - b. difficult
 - c. impossible

6. Sexual predators read your Blog to find out what kind of person you are looking for and then pretend to be that person. Once the predator establishes a connection with you, he or she _____ you so that you will agree to sexually explicit conversations and ultimately a face-to-face meeting.
 - a. grooms
 - b. shows an interest in you
 - c. says you are the only one he loves

7. What you post online can be _____ when you send around applications for schools or jobs.
 - a. advantageous
 - b. informative
 - c. held against you

8. When you post suggestive photos on your Web page, you may attract _____ who want to engage in inappropriate or sexually graphic conversations.
 - a. law enforcement officers
 - b. exciting new friends
 - c. sexual predators

9. The best person to talk to if you receive upsetting or sexually explicit messages online is a _____.
 - a. your best friend
 - b. a trusted adult
 - c. your brother or sister

10. It's a good idea to give your parents _____ and _____.
 - a. a list of visitors to your Blog each week
 - b. the Web address of your Blog
 - c. copies of any messages that are creepy or confusing
 - d. a and c
 - e. b and c
 - f. all of the above

11. According to a Georgetown study, about _____ of online kids receive unwanted sexual solicitations.
 - a. 20%
 - b. 40%
 - c. 60%

GRADE 7 – LESSON 2 – Boundary Building – The Right to Say No

Key Message

Assertive behavior is acceptable and effective. Aggressive behavior is not.
Acting assertively and creating clear boundaries is necessary to deter bullies, predators, or anyone else who wants to harm you
You always have Personal Power, no matter what situation you are in.

Objectives – Students will be able to:

Distinguish between Role Power and Personal Power
Give examples of words that build boundaries and how to use them effectively
Exhibit greater comfort and confidence using assertive language
Gain skill in asserting Respectful Personal Power with people in authority

Lesson

What is assertive behavior?

behavior that expresses your needs and limits firmly, clearly, and respectfully

What is aggressive behavior?

anything that attacks the other person's character or exerts power over him/her to get your way

Which is easier to use and why?

aggressive behavior – you don't have to consider the other person's needs or feelings, and you get to do or say anything you want

Why is assertive behavior more useful?

it taps your strongest power, your Personal Power

Review Personal Power

Knowing and communicating your wants and needs
Creating healthy boundaries in relationships
Resisting being manipulated/bullied/pressured to do something

Discuss Role Power

Power a person is given because of their title or role
Power that gives them authority
Power that gives them respect

What are some examples of people with role power?

parents, teachers, law enforcement officers, coaches, pastors, youth leaders

Is it harder to say no to people with role power? Why?

they can punish you, you are taught to believe they have more power than you do

Respectful Personal Power

This is a skill that is usually effective with someone who has role power.

Example – The coach asks you to pick up the soccer balls on the field for the fourth day in a row. You think it is unfair that you are being asked to do it so often. What could you do?

Step 1 – It would be a good idea to not interrupt the coach while he is making his request.

Step 2 – Then you could make a statement such as, I have a question. This lets the coach know you have something important to discuss.

Step 3 – If the coach does not have time for the conversation now, say something like, I have a question about bringing in the soccer balls every day. When is a better time to talk about this?

Why would this method be more effective than saying, I don't get why I have to pick up the balls again. I already did it for three days in a row.

The coach will be less defensive and less likely to interpret your behavior as disrespectful. An assertive and respectful approach is likely to get a better response.

Example – You are in a store and a security officer approaches you and tells you that the store has been having problems with shoplifting. The officer tells you to come to the back room with him so that he can go through the contents of your backpack.

How can you use Respectful Personal Power in this situation?

Step 1 – Do not interrupt the security officer while he is speaking. Listen carefully and observe the person's uniform and any identifying information.

Step 2 – Just because he is wearing a uniform and acts like he has authority, do not automatically comply with his orders. It is important that you verify that a person who approaches you wearing a uniform actually has authority before you agree to do anything he asks. Predators sometimes pose as uniformed officers to fool their victims.

Step 3 – Say something like, Could you wait just a moment while I let someone know I am going with you?

Quickly walk over to the nearest cashier or store manager. Ask if the security officer is a store employee. It is very important that you confirm that the person who approached you is an employee before you agree to cooperate.

If the security officer is a store employee, ask the cashier or manager if he is authorized to go through your backpack. If the cashier or manager's answer is yes, and you prefer to be in the main store when the officer examines your backpack, just say so.

What would be challenging about using your Respectful Personal Power in situations like this one?

Can you think of any people who behave as though they have role power but they don't?
bullies, sometimes older siblings, a person impersonating a police officer, a predator who orders you to get into his car

How important is showing respect to people like this?
It's not important. In fact, using good manners could be seen as a sign of weakness or compliance

How important is using your Personal Power with a bully?
very important

Have your student write a Personal Power response to a situation where a bully demands money from him/her.

Track how often you use your Personal Power during the next week.
What did you say or do?
What kind of responses did you get?
What did you notice about the way you felt about yourself?

Review the Pre- and Post-Assessment sheet. What changes would you make to your original answers?

Answers to Blog Safety Quiz

- | | | | |
|-------|------|------|-------|
| 1. c | 4. c | 7. c | 10. e |
| 2. b | 5. a | 8. c | 11. a |
| 3. c. | 6. a | 9. b | |

Suggested parent resource book – Raising Careful, Confident Kids in a Crazy World
Paula Statman, M.S.W.
ISBN – 0-9640042-2-4