

SAFE ENVIRONMENT LESSON PLAN ~ "ABUSE"

OBJECTIVES

The High School student will

1. Define abuse (physical, emotional, sexual).
2. Recite NO, GO, TELL as action plan if being abused.
3. List warning signs of a possible predator.
4. Explain how to avoid potential dangerous situations.

OVERVIEW OF CONTENT

PART ONE ~ UNHEALTHY RELATIONSHIPS AND ABUSE

This section of the lesson addresses ideas such as:

- Defining the word abuse and what it looks like
- Describing the different forms of abuse: physical, emotional, and sexual
- Reiterating that abuse of any kind of never ok

PART TWO ~ NO, GO, TELL SAFETY RULES

This section of the lesson addresses ideas such as:

- Outing the action steps of NO, GO, TELL to help take action if abuse is occurring
- Making it clear that abuse is NEVER the fault of the victim

PART THREE ~ WARNING SIGNS OF POTENTIAL PREDATORS

This section of the lesson addresses ideas such as:

- Discussing the list of potential warning signs of a predator
- Reinforcing that it's good to be knowledgeable at all times of your surroundings and any potential pitfalls

PART FOUR ~ MYTHS AND FACTS ABOUT ABUSE

This section of the lesson addresses ideas such as:

- Going over the myths of abuse and presenting the true facts
- Facts include:
 - Most abusers are someone that you know, are familiar with, trust, or have seen many times before.
 - Most abuse goes unreported and hidden for many reasons.
 - There is no "typical" stereotype for a sex offender.
 - Most abuse in from someone you know, not a snatch and grab situation.
 - Abuse is NEVER your fault!

PART FIVE ~ WHAT CAN WE DO – TURNING BACK TO AUTHENTIC MAN AND WOMAN

This section of the lesson addresses ideas such as:

- Discussing how turning back to authentic manhood and womanhood can combat the problem of abuse
- Outlining what authentic manhood looks like
- Outlining what authentic womanhood looks like

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ASSESSMENT

Ask student to complete

- Warning Signs of Predators (Resource A)
- True and False: Abuse (Resource B)