Kid’s Alert
Lessons Every Child Needs To Know
LEARNER’S WORKBOOK

ARISE KIDS ALERT:
LESSONS EVERY CHILD NEEDS TO KNOW TODAY

“Life-skills are not hereditary, they must be taught.”
Susan and Edmund F. Benson, ARISE Founders

www.ariselife-skills.org
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# Table of Contents

**SECTION ONE: HANDLING ABUSE**  
Worksheets ................................................................. 2-7  
Quiz................................................................. 8

**SECTION TWO: PERSONAL SAFETY**  
Worksheets ................................................................. 9-34  
Quiz................................................................. 35

**SECTION THREE: BEWARE OF BULLIES AND GANGS (KNOW HOW TO CHOOSE GREAT FRIENDS)**  
Worksheets ................................................................. 36-57  
Quiz................................................................. 58

**SECTION FOUR: DRUGS AND ALCOHOL ARE DANGEROUS!**  
Worksheets ................................................................. 59-65  
Quiz................................................................. 66

**SECTION FIVE: DOMESTIC VIOLENCE AND ABUSE**  
Worksheets ................................................................. 67-71  
Quiz................................................................. 72

**SECTION SIX: NEGLECT**  
Worksheets ................................................................. 73-80  
Quiz................................................................. 81

**SECTION SEVEN: WHAT IS ANGER?**  
Worksheets ................................................................. 82-88  
Quiz................................................................. 89

**SECTION EIGHT: CONTROL YOUR TEMPER**  
Worksheets ................................................................. 90-98  
Quiz................................................................. 99

**SECTION NINE: PEACEFUL CONFLICT RESOLUTION**  
Worksheets ................................................................. 100-105  
Quiz................................................................. 106
TYPES OF ABUSE

Write the type of abuse each situation is:

Verbal Abuse   Physical Abuse   Sexual Abuse   Neglect

1. Kicking a cat for no reason. ________________

2. A man is touching a boy on his private parts (the parts covered by your bathing suit). ________________

3. A mother punches her son. ________________

4. A boyfriend yells bad words at his girlfriend. ________________

5. A stranger gets a child in the car and starts hugging him.

____________________

6. A mom leaves a three-month-old baby sleeping in the car while she goes to the grocery store. ______________________

7. A person does not feed his dog for three days. ________________

8. A girl is sitting on her dad’s lap. The dad touches her on her private parts. ________________
TIPS FOR DEALING WITH ABUSE

Read the following tips and discuss as a group.

1. Tell if someone touches you, talks dirty language to you, or exposes themselves.

2. If you see your parents hurting each other in a fight, tell a trusted adult.

3. Talk to someone — don’t keep it inside — if you’re troubled. Physical, sexual, and emotional abuse are so common — at least one of your friends is probably a victim, whether you know it or not. Most protect their abuser out of fear, shame, and helplessness.


5. Don’t be confused or blame yourself. You are the victim.

6. Trust your instincts; if you feel a situation is out of control, get help.
**Parent-Child Communication Role-Play**

Act out the following situations:

1. A child telling his mother that her boyfriend has been touching him in uncomfortable ways.

2. A kid saying to his father that his grandfather has been calling him really bad names and cursing at him all the time.

3. A youngster telling his aunt that a neighbor hit him really hard and left a bruise on his leg.

4. A child explaining to his parents that his babysitter left him alone while she went to the movies for three hours.
HANDS OFF!

THIS IS MY BODY!

1-800-96 ABUSE

The Best Thing We Can Teach Children is to be Responsible for Themselves

Order Toll Free: 1-888-680-6100

www.ariselife-skills.org
SECRET CODE

Use the clues below to crack the secret code. For instance, ⚔️ stands for A, 🤜️ stands for B. 🤙️ mano represents the word “day.”

CLUES

A B C D E F G H I J K L

M N O P Q R S T U V W

X Y Z

SOLVE THE SECRET CODE USING THESE CLUES

/go/❓❓❓❓❓

/go/❓❓❓

/go/❓❓❓

/go/❓❓❓

/go/❓❓❓

/go/❓❓❓
HANDLING ABUSE

Family Activity

Dear Parents:

Today in class, we learned that there are many victims of abuse. There are also different types of abuse: verbal, physical and sexual. We know that if someone touches us in a private place, we MUST tell someone immediately. We have to know that it’s not our fault and this person has to be stopped and punished. Please read the following information on child abuse out loud with your child:

1. Tell if someone touches you, talks dirty language to you, or exposes themselves.
2. If you see your parents hurting each other in a fight, tell a trusted adult.
3. Talk to someone — don’t keep it inside — if you’re troubled. Physical, sexual, and emotional abuse are so common — at least one of your friends is probably a victim, whether you know it or not. Most protect their abuser out of fear, shame, and helplessness.
4. Stay in control. Say: **NO! Don’t do that!** and leave.
5. Don’t be confused or blame yourself. You are the victim.
6. Trust your instincts; if you feel a situation is out of control, get help.

Talk with your children about what they should do if they are ever the victim of abuse. Explain that they can come to you and tell you if they are ever made to feel uncomfortable by someone else.

_________________________              ______________________
Parent’s Signature                  Date
HANDLING ABUSE QUIZ

Name: ___________________________ Date: __________________

1. Which of the following is a situation of abuse?
   a. A parent telling a child to clean his room.
   b. A mother leaving a baby home alone.
   c. A dad telling his daughter to do her homework.
   d. None of the above

2. Abuse victims should:
   a. get help right away
   b. take the abuse
   c. pretend it’s not happening
   d. All of the above

3. Abuse can be:
   a. Verbal
   b. Physical
   c. Sexual
   d. All of the above

4. If a mother leaves her 4-year-old home alone while she goes to the store, what type of abuse is it?
   a. Sexual
   b. Neglect
   c. Verbal
   d. None of the above

5. Child molesters can be:
   a. Women
   b. Men
   c. Rich
   d. All of the above
HANDS OFF!

Hands off! Don’t touch!
This is MY BODY
And I love it very much.

Back off! Stand clear!
These are my feelings
You’re hurting here.

Sure, I’m just a little kid,
But my body is a private place —
From the toes on my feet
To the smile on my face.

I know about fondling, rape, and assault,
When you get to court
Saying “it’s not my fault.”

Shame on you,
Those who touch and then lie,
While I’m left to carry
The scars ’til I die.

Well, listen up, pay attention!
Your name will receive
Dishonorarble mention.

You attack — I’ll report —
No matter who you may be.
Don’t force yourself
On a little kid like me...

HANDS OFF!
SAFETY STORY

Write a short story about a child who gets into a dangerous situation and how he gets out of it.
PERSONAL SAFETY

This is a coded message. Replace the letters given with the letters coming just before them in the alphabet.


BSJTF - CDCT - MFBSO - UIFJS - BEESFTTFT -

BOE - QIPOF - OVNCFST. UIFZ - LOPX - IPX - UP

SFBDI - UIFJS - QBSFOUT - BU - XPSL.

JO - DBTF - UIFJS - NPUIFS - PS - GBUIFS - JT

IBSE - UP - GJOE, UIFZ - TIPVME - LOPX - UIF

OBNF - BOE - QIPOF - OVNCFS - PG - B - USVTUFE

GSJFOE, OFJHICPS, PS - SFMBUJWF.
10 RULES FOR INTERNET SAFETY

Read these rules for using the Internet out loud with your class.

1. Ask your parents for permission before getting online.

2. Tell your parents to spend time with you while online.

3. NEVER give out your address, phone number, school name or any other personal information.

4. NEVER agree to meet someone you’ve met online. If someone asks you to meet them, tell your parents immediately.

5. Don’t send pictures of yourself or your family unless you have your parent’s approval first.

6. Stop right away if you read something on a website that is mean, scary, or upsetting to you.

7. Don’t respond to messages that are mean or make you feel uncomfortable.

8. Never give out your Internet password to anyone except your parents.

9. Always behave yourself while online. Don’t do anything that is mean or hurtful to someone else, or against the law.

10. Talk with your parents to set up safety guidelines to use when online.
WATCH OUT FOR THESE CHARACTERS!

Read about the characters you MUST watch out for when using the Internet.

Rude Rudy:
Rude Rudy uses bad language on the Internet. If he tries to talk to you, you should turn off the monitor and tell your parents right away!

Meet-Me Monty:
Meet-Me Monty wants you to meet him somewhere after talking to you on the Internet. Never give him personal information, like your name, address, or phone number. Don’t forget to report this to your parents.

Lots-to-Look-At Larry:
Lots-to-Look-At Larry sends pictures of things that kids don’t want to see. If he sends you pictures, turn off your monitor and tell your parents immediately!

Feed-Me-Info Frank:
Feed-Me-Info Frank wants to know lots of information about your family. He will ask questions about you and your parents and may use this information to hurt your family. NEVER give out your personal information and ALWAYS tell an adult!
LOOK OUT FOR ME!

Draw what your character looks like. On the lines below it, write what you should do if you meet him while using the Internet.

If you meet me on the Internet, you should:

_______________________________

_______________________________

_______________________________

_______________________________
PERSONAL SAFETY

Family Activity

Dear Parents:

Today in class, we learned that we are safety smart. We learned to say no when someone wants us to do something that makes us uncomfortable and how to be safe walking to school, in the mall, or outside. We also learned about how to be safe when using the Internet. Our assignment today is to take a quick quiz together to make sure we know how to protect ourselves.

1. The telephone number to call if there is an emergency is ____________________.
2. If a stranger offers you a ride, even if he says your parent told him to pick you up, what should you do?
   ____________________________________________
3. If you are home alone when someone calls on the phone and asks for your mother, what should you say?
   ____________________________________________
4. When should you answer the door for a stranger? ____________________________
5. If you get lost in a store, who can help you? ____________________________
6. When walking to and from school, you should? ____________________________
7. If someone wants to touch private parts of your body, you should say ________.
8. Never keep a ________________ an adult asks you to keep.
9. Whenever you are frightened and need help, you should yell ________________!
10. Never give out personal ________________ to someone you meet online.

Word Bank

walk with friends    NO    911    secret    Cashier
I Need Help!        Never!  information
Say: She can’t come to the phone right now.
Don’t get in and then tell an adult.
THOMAS,
THE WORLD IS FULL OF MANY DIFFERENT PEOPLE...
There are grown-ups and youngsters.

Most people work, go to school or are retired.

I'm a mechanic! I'm a teacher! I'm going to college! I'm a housekeeper! I'm a doctor! I'm retired!
ADULTS AND KIDS MAKE UP THE FAMILY. SOME HAVE GRANDMAS, GRANDPAS, MOTHERS, FATHERS, BROTHERS AND SISTERS.
Most people are good.

Can I help?

Thanks!

Thanks, man!

No problem!

Now I understand!

I'm glad I could help!
But some people are not nice and you can’t tell by looking at them.

So kids need to be very careful.

Really?
YES! THAT’S WHY IT’S SO IMPORTANT NEVER TO TALK TO STRANGERS!

THOMAS, I’M HAPPY YOU WALK TO AND FROM SCHOOL WITH YOUR FRIENDS! REMEMBER, STRANGERS CAN MEAN DANGER!

YOU BET!
Hey kids, can you help me find my dog?

Thomas, we don’t go with strangers!

C’mon kids! Get in my car and I’ll give you some candy if you help me find my dog!

Run Thomas, run!!
Good morning children... is something wrong?

Mrs. Martinez! That man tried to get us to go with him...

He wanted us to help find his dog!

But we ran away!

Good for you! Never talk to strangers. Run away as fast as you can!
Our Moms are gonna be so proud of us.

Yeah, wait till we tell them what happened.

Bus

Hi there! Want some candy?

Bus
LET’S GO TO MY HOUSE AND WE’LL HAVE A PARTY.
THOMAS, WE DON'T TALK TO STRANGERS.

COME WITH ME NOW!!

NO WAY!
Theresa, Scream For Help!!

Run Thomas! Wave Your Arms!

Let's Run To The Market. My Neighbor, Mrs. Taylor, Works There!
Mrs. Taylor!

What's wrong Theresa?

That man tried to take us to his house!

Here, I'll call the police!
ARE YOU KIDS O.K.?

YES, THIS NICE LADY CALLED YOU!

YOU DID THE RIGHT THING. WHEN A STRANGER STOPS YOU, RUN!

WE KNOW, WE’RE SMART!

NEVER TALK TO OR GO WITH STRANGERS...

OR TAKE THINGS FROM THEM EITHER!
Good work kids!

And we always scream “I need help” if there’s trouble!!
Now, I'll get you home safely. What are your names and addresses?

I'm Theresa Milton and I live at 123 South Street. My phone number is (305) 686-1442.

I'm Thomas Sanchez and I live at 456 West Drive. My phone number is (305) 515-6122.
SMART KIDS KNOW THEIR NAMES, ADDRESSES, PHONE NUMBERS AND AREA CODES!

THAT’S GREAT! I WISH EVERY KID KNEW THESE THINGS TOO!
Then we’d be able to call their parents if there’s trouble!
REMEMBER KIDS: A STRANGER IS SOMEONE YOU DON'T KNOW. NEVER, EVER SPEAK TO OR GO WITH STRANGERS!
**PERSONAL SAFETY QUIZ**

Name: ___________________________  Date: ___________________________

1. If a stranger stops to ask you for directions, you should:
   a. help him out
   b. say “No!” and run the other way
   c. give him directions
   d. None of the above.

2. If something bad happens to you, like an adult touches you in a private place:
   a. you should tell someone right away
   b. know that it’s not your fault
   c. stay away from the person
   d. All of the above

3. You have the right to say ______ when you feel uncomfortable.
   a. Yes
   b. Maybe
   c. No
   d. None of the above

4. When using the Internet, which is true?
   a. It is okay to meet people in person after talking online even if you don’t tell your parents.
   b. You should never send pictures of yourself unless you have permission from your parents to do so.
   c. You should always give out your address when someone asks for it.
   d. All of the above

5. If you are home alone and someone knocks on the door, you should:
   a. open the door
   b. tell the person through the window that your parents are not home
   c. not answer the door
   d. None of the above
WHAT WOULD YOU DO?

Read the following scenarios and tell how you could end the confrontation on a positive note. With a partner, act out what you would do.

Situation #1: Fred has been bullying you for several days. He calls you names and has threatened to beat you up after school if you don’t give him your lunch money. What would you do?

Situation #2: You overheard members of a gang saying they were going to graffiti the school over the weekend. What would you do?

Situation #3: Your friend asked you to steal candy from the store to prove you are cool. You really like him and don’t want to let him down. What would you do?

Situation #4: You have seen a bully picking on a new, shy boy in the class for several days. What would you do?

Situation #5: All of your friends are joining a gang that has been responsible for several crimes in the neighborhood. You really don’t want to be left out; after all, they are your friends. What would you do?
Write a caption for the bully cartoon below.
# Make The Right Choice

Sort the words into two columns to show the characteristics of a good and bad friend choice.

<table>
<thead>
<tr>
<th>Good choice</th>
<th>Bad choice</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Choices:**

- lies
- keeps curfew
- is honest
- stays out after hours
- follows the rules
- drives without a license
- does graffiti
- sells drugs
- pays attention in class
- drinks alcohol
- steals
- helps others
- respects property
- listens to your problems
- is truthful
- says no to drugs
- is mean to others
- carries weapons
The ARISE Bully Book scratches the surface in an attempt to alert the reader of the effects of bullying, and strategies for avoiding bullying put-downs.

“It has been said that bullying often consists of the least competent, most aggressive youth, parent, employee, or boss projecting their incompetence onto the least aggressive, most competent child, spouse, or employee, and winning.”

—The Bensons
HOW PEOPLE REACT TO BULLYING usually depends on how they interpret what is being said. Here are some ways you can help yourself and others recognize the differences between simple, good-natured teasing and the potentially dangerous result of bullying.

BULLYPROOFING: You can help others feel better about themselves by recognizing their special abilities, talents, and interests. This will help them take pride in who they are and their accomplishments. Always build up; never, never put down.
Victims of chronic teasing or bullying are more likely to achieve lower grades in school, be absent more often, and suffer from depression. Some bullying targets also think about dropping out because they feel it’s their only escape from being harassed and feeling stupid.

About 1 in 10 people are targets of chronic bullying. Some reasons include:

- Different physical appearances
- Racial, ethnic or religious differences
- Odd mannerisms
- New to the neighborhood

Some victims are chosen for no apparent reason other than they look like a prime candidate for harassment.
Everyone has been bullied and teased at least once. It's a part of growing up. Bullying usually begins innocently, but even small episodes of just joking around tend to mark one person as the victim, making them feel as if they don't fit in.

The best advice for bully behavior is the cold shoulder. Ignore it, turn away, change your space, find a good friend. Don't just stand and take it. Move on! Move up!

Sometimes this kind of teasing increases and escalates. By middle school, it can become cruel and mean-spirited. When teasing becomes intentionally nasty or is done to humiliate, threaten, or hurt someone it is bullying at its worst.
Sometimes it’s not what they say, but how they say it. If you are being teased, to give you a hint, listen to the beat of the teaser’s voice. That can tell you whether the teasing is meant to be funny or hurtful?

When it’s meant to be funny, go along with it and laugh.

When it’s hostile and mean-spirited, just tell them to stop, walk away, or get help from a trusted teacher or faithful friend.
STAND TALL, NOT TOE TO TOE. Some people think standing up to a bully means being tough and bully-like. This doesn’t solve the problem; it might make the situation worse. Too many times, these confrontations can lead to rage and violent outbursts.

One brainy way to handle an aggressive person is to use a firm, but nonviolent response. Look at them and say...

I DON’T LIKE THE WAY YOU ARE TREATING ME.

...then turn and walk away.

It’s also true that crying or running scared makes the bully feel like he has power over you. Each of us must learn when to back down and walk away and when it’s better to hold our ground.

Adults should remember that when kids observe appropriate behavior, they are more likely to use it themselves. Don’t be a bully! Set a good example.
**How can you tell if someone is being bullied?**
Often, children will hide their bully trouble because they think they should be able to face it alone; they could feel things will get worse if they bring an adult into a stressful situation.

**Warning signs**
Parents should especially watch out for physical signs of bullying, such as:

- **Torn clothing**
- **Lost belongings**
- **Unexplained injuries**

It’s so important for parents and other caring adults to keep open communication with children. Let them know there’s always someone who will listen and act in their defense.

**Bully awareness signs to watch for.**

- **Being late for classes** (to avoid bullies in the hallway).
- **Not hanging out with friends as much as they did before.**
- ** Skipping out on things they like to do — such as going to the movies, or a mall, or carnival — without any explanation.**
BULLYING IS NOT JUST KID STUFF.
There are bullies and victims of all ages, in all areas of life, in many different ethnic and social groups — not just kids in school.

There are bully husbands and wives.

Bully teachers.

Bully parents and siblings.

Bully bosses and coworkers.

Bully doctors and nurses.
WHAT CAUSES BULLYING? We can't pin it down to just one cause of bullying. There are a number of factors that increase the risk of someone becoming a bully. In trying to better understand what makes a child bully or put others down, consider the following factors:

1. The home is the most violent place in the United States. (Perry, 1996)

2. Children from violent homes are three times more likely to become bullies. Contrary to popular belief, the majority of violence directed at young children in the home comes from the mother and older siblings. (Perry, 1996)

3. There are three major predictive family factors:
   a) Modeling of aggressive or bullying behaviors by parents or older siblings.
   b) Poor supervision and neglect of the child's needs and a child's feelings of nonacceptance, which translates into rejection of self.
   c) A lack of solid bonding/attachment with the young child.
   (Weinhold & Weinhold, 1999)
CHECKLIST OF BULLYING

Check off some of the things a person could say or do that would be considered bullying.

___ Wow, you’re busting out of those pants. Better lay off the chocolate cake.

___ You’re dumb.

___ You look cool today.

___ I told the teacher that Joe was teasing me, and the teacher laughed and told me to take it like a man.

___ The guy pushed past me to get a seat on the bus.

___ Hey, why don’t you come to the movies with us?

___ One boy stabs another in the leg with a pencil.

___ Why don’t you join in the game?
A DIFFERENT VIEW

Write down a situation where someone is being bullied. Then, rewrite the same situation, but this time, there is no bullying because the situation will be handled differently.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Create a Poster

Create a poster below with a “No Bullying” slogan. Put it up where you are and encourage others to stop bullying because it hurts people.
**Fill in the Blanks**

Fill in the blanks with the words from the word bank.

1. Victims of chronic teasing and bullying are more likely to ________ out of school.

2. About one in _____ people are a victim of chronic bullying.

3. Some good advice for bully behavior is to _____________.

4. Bullying that is nasty or done to threaten needs to be _____________.

5. Sometimes it is not what a bully says, but _____ they say it.

6. One step to handling an aggressive person is to use a firm but ____________ response.

7. A warning sign that someone is being bullied could be unexplained _____________.

**Word Bank**

<table>
<thead>
<tr>
<th>ten</th>
<th>how</th>
<th>nonviolent</th>
</tr>
</thead>
<tbody>
<tr>
<td>drop</td>
<td>injuries</td>
<td>stopped</td>
</tr>
<tr>
<td>turn away</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
WORD SEARCH

Circle the words from the word bank.

Word Bank
bullying victims
ignore nonviolence
name calling zero-tolerance
teasing
Effects of Bullying (Feelings)

Match the words from the word bank to the pictures below. Write the word on the line next to the picture. These are how a bully can make you feel. If more than one word fits for each, pick the best answer and use each word only once.

Word Bank
angry
confused
fearful
depressed
full of hate
sad
ready to fight

Arise Kids Alert: Lessons Every Child Needs to Know Today, Learner’s Workbook, Page 53
School is **NO** place for BULLYING or THREATS!

We’re here to learn, not to be picked on.
Words Can Hurt!
Say Something Nice

Order Toll Free: 1-888-680-6100
www.ariselifeskills.org
TEMPER

LOSE IT AND
YOU BECOME THE
VICTIM TOO!

Arise

Order Toll Free: 1-888-680-6100
www.ariselife-skills.org
BEWARE OF BULLIES AND GANGS

Family Activity

Dear Parents,

Today, we learned about how to choose good friends as well as characteristics in people that would make them bad candidates for friends. We also talked about some things students could do if they were being bullied or harassed by other children. Some of those suggestions include:

1. Tell a teacher or other trusted adult.
2. Talk to a friend.
3. Avoid areas where these individuals might gather.
4. Surround yourself with friends who are positive role models, who follow the rules and care for others.
5. Tell a police officer.

Communication is a very important aspect of keeping kids safe. Please fill in the information below, so you will have a better understanding of who your child is “hanging out” with.

The three friends I spend the most time with are:

<table>
<thead>
<tr>
<th>NAME</th>
<th>ADDRESS</th>
<th>PHONE</th>
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</table>

Parent’s Signature ___________________________ Date ___________________________
Beware of Bullies and Gangs Quiz

Name: __________________________ Date: ____________________

1. A friend is:
   a. someone who you can trust to be honest with you
   b. someone who shares the same interests as you
   c. someone you enjoy being around
   d. All of the above

2. Someone who does not treat others fairly or with respect is a:
   a. friend
   b. bully
   c. neighbor
   d. None of the above

3. Some gangs:
   a. commit crimes
   b. hurt people
   c. are made up of people from the same neighborhood
   d. All of the above

4. If you feel threatened by a gang member or bully, you should:
   a. become friends with that person
   b. tell a teacher or an adult you trust
   c. stay away from the places that person hangs out at
   d. B and C only

5. About one in ________ people is a victim of bullying.
   a. 20
   b. 10
   c. 80
   d. 100
JUST SAY “NO” COMIC STRIP

Think of a way a person could strongly say NO to drugs. Draw a comic strip that shows you saying NO loud and clear. Remember to give your comic strip a title. Write four additional ways to say no under your comic strip.

1. __________________________________________
   __________________________________________
   __________________________________________

2. __________________________________________
   __________________________________________
   __________________________________________

3. __________________________________________
   __________________________________________
   __________________________________________

4. __________________________________________
   __________________________________________
LETTER ABOUT DRUGS

As a leader in your school, you have been asked to teach younger children to say no to drugs. What things would you tell them? Remember to include how drugs can harm you and why you should stay away from them. Write a letter to a younger child telling him why he should stay away from drugs.
No! No! No!

Use the words below to fill in the blanks and complete each statement.

Our brains are _ _ J _ _ _ _ by the use of

_ _ U _ _. Children know drugs

make people S _ _ _ _ and cause

_ _ _ _ _ _ T _ _ _ habits.

Some drug users S _ _ _ _ to get money

to _ A _ for drugs.

Never _ _ Y _ a pill or powder

A _ _ _ _ N _ offers you.

If you know where drugs are _ O _ _, tell an adult.

Word Bank

<table>
<thead>
<tr>
<th>DRUGS</th>
<th>INJURED</th>
<th>SICK</th>
<th>PAY</th>
<th>UNHEALTHY</th>
</tr>
</thead>
<tbody>
<tr>
<td>STEAL</td>
<td>SOLD</td>
<td>FRIEND</td>
<td>TRY</td>
<td></td>
</tr>
</tbody>
</table>
CREATE A COMMERCIAL

Think about some of the commercials you have seen on TV trying to sell a particular product. Write a commercial that warns of the dangers of alcohol.
ALCOHOL

LET'S PARTY

HERE, HAVE A DRINK!

WE DON'T WANT TO!

AW, GO AHEAD AND TAKE ONE!

NO, THANKS, I HAVE BETTER THINGS TO DO!

YOU'RE MISSING OUT... IT'S REALLY GOOD!

THAT'S O.K. I KNOW DRINKING ISN'T GOOD FOR ME!

WE KNOW OTHER WAYS TO HAVE FUN!

ARISE Kids Alert: Lessons Every Child Needs to Know Today, Learner's Workbook, Page 64
DRUGS AND ALCOHOL ARE DANGEROUS

Family Activity

Dear Parents:

Today in our lesson, we talked about the dangers of drugs and alcohol. We learned how drugs harm the mind and body, and we talked about ways to say “No” to drugs. Our assignment is to write down what we would say in reply to the following statements.

1. A pusher says, “Hey! Try this. I’ll give you a free sample.”

2. Your friend says, “Everyone’s doing it. Why don’t you?”

3. An older kid says, “If you were really cool, you’d have a beer.”

4. Your best friend asks, “But aren’t you even curious? Let’s give it a try together.”

5. A drug dealer says, “Come on, it’ll make you feel good. Getting drunk is great!”

Please help your child finish this family activity and return it with your signature to the next class.

Parent’s Signature ___________________________ Date _________________
DRUGS AND ALCOHOL ARE DANGEROUS QUIZ

Name: ___________________________ Date: _______________________

1. If someone offers you drugs, what should you say?
   a. No thanks, I’m not interested.
   b. Not now, maybe later.
   c. Not me, but my friend might want to.
   d. None of the above

2. If a person takes drugs or drinks alcohol, they can:
   a. get addicted
   b. get sick
   c. get injured
   d. All of the above

3. People who do drugs often:
   a. are very happy
   b. can become criminals
   c. do well in school
   d. All of the above

4. Drugs:
   a. are chemicals that change the way our bodies and minds work
   b. can kill
   c. are illegal
   d. All of the above

5. Alcohol can NOT make you:
   a. healthy
   b. forget about bad things in your life
   c. get better grades
   d. All of the above
FEELINGS OF ABUSE

Choose a word from the word bank below that describes how a child feels when involved in an abusive situation.

1. Dad throws a plate of food at mom. ____________

2. Mom looks at her boyfriend with angry eyes. ____________

3. Mom didn’t clean the house properly, so dad hits her across the face. ____________

4. Dad has had too much to drink and yells at the kids for no reason. ____________

5. A mother is walking to the store holding her baby. The baby is crying, so the mother hits him really hard. ____________

6. John is at his friend Mario’s house playing video games. Mario’s dad comes into the room and starts screaming at him and using curse words. ____________

7. Luis is arguing with his sister Cristina. Cristina gets mad so she kicks his leg really hard two times. ____________

Word Bank

guilty helpless angry fearful confused
low self-esteem stressed unhappy
FAMILY VIOLENCE

Copy the words written on the board under each column. Then, try to think of more examples of each type of abuse and fill in the blanks with your answers.

VIOLENCE AND ABUSE

Physical

Verbal

Neglect

________________________

________________________

________________________

________________________

________________________

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SAFE WAYS TO HANDLE DOMESTIC ABUSE

Choose one of the role-plays and act it out. Make sure you handle the situation in a safe way.

1. Your brother doesn’t make the cut for the football team. He comes home and starts screaming and throwing things at you. What do you do?

2. You fouled out three times during your softball game. In the car on the way home, your mom tells you that you are worthless, you never do anything right and she can’t believe you lost. What do you do?

3. Dad came home from work and is tired. Mom is cooking dinner, but is running late. He yells at her about being too slow and tells her she should have dinner ready for him. He raises his hand and slaps her. What do you do?

4. You are sleeping in your room. You hear your parents in their bedroom yelling at each other. You hear your mom say they have no money to pay bills. It sounds like someone got hit. What do you do?
WHAT ABUSE LOOKS LIKE

Draw a picture or design showing what abuse looks like to you.
END THE CYCLE OF ABUSE

Family Activity

Dear Parents:

Today we learned about domestic violence and abuse. This is a pattern of violent behavior in a relationship. We learned that violence within a family makes us feel helpless, angry, fearful, stressed, unhappy and scared. If domestic abuse occurs at home, we can keep safe by talking to people such as a teacher, counselor or other trusted adult.

The following is a list of organizations that provide services to individuals who have been exposed to child abuse or domestic violence.

The National Child Abuse Hotline 1-800-4-A-CHILD
National Domestic Violence Hotline 1-800-799-SAFE
National Sexual Assault Hotline 1-800-656-HOPE
National Center for Missing and Exploited Children 1-800-843-5678
Prevent Child Abuse 1-800-CHILDREN

Please help your child finish this family activity and return it with your signature to the next class.

_________________________  ______________________
Parent’s Signature          Date
DOMESTIC VIOLENCE AND ABUSE QUIZ

Name: ___________________________  Date: ________________

1. If mom and dad are fighting, it is:
   a. probably your fault
   b. not your fault
   c. okay if dad hits mom sometimes
   d. None of the above

2. If there is an abusive situation in your home, you should:
   a. ignore it
   b. hope it will go away
   c. tell a trusted adult
   d. None of the above

3. If a mother curses and yells at her daughter all the time, it is what kind of abuse?
   a. verbal
   b. physical
   c. neglect
   d. it is not abuse

4. Domestic abuse usually happens:
   a. at school
   b. at home
   c. at work
   d. None of the above

5. When a child is involved in an abusive situation, he or she can feel:
   a. scared
   b. sad
   c. confused
   d. All of the above
PREPARING TO BE HOME ALONE

Read each statement below. Put a check in the box next to it if it is true for you. This will let parents know if you are ready to be home alone.

☐ 1. I feel comfortable being home alone.

☐ 2. I complete household chores.

☐ 3. I can complete my homework on my own.

☐ 4. I tell my family where I am going and when I will be back.

☐ 5. I feel safe in my neighborhood.

☐ 6. There is an adult or neighbor near by who I can call for help.

☐ 7. I know all emergency numbers for my parents or guardians.

☐ 8. I know never to open the door when I am home alone.

☐ 9. If I am home alone, I know not to use the stove, oven or other dangerous appliances.

☐ 10. If I am home alone, I know I should never leave the house.
TRUE OR FALSE

Write “T” for true or “F” for false for the following statements.

____ 1. Parents should never leave a baby home alone, whether he is sleeping or awake, even for few minutes.

____ 2. Parents should leave an emergency telephone number for their children when they are left home alone.

____ 3. If you are home alone, you should always open the door when someone knocks.

____ 4. It is okay for a child who is left home alone to use the stove to cook food.

____ 5. Parents should talk to their children about how to keep safe when staying home alone.

____ 6. It is important to have a list of people and phone numbers to contact in case of an emergency.

____ 7. When you are home alone, it is fine for you to go out and play with your friends.

____ 8. Medicines and poisons should always be put away and out of reach of children.
**HOUSE KEY SAFETY**

Read the tips below on how to keep your house key safe. Remember: your key to the house is your key to responsibility. Take good care of it!

- Keep your key inside your pocket, your wallet, your shoe or your bookbag.
- Always keep your key hidden.
- Never put your home address on your key chain in case it gets lost.
- Don’t let anyone borrow your key.
- Make sure you remove the key from the door when going into the house.
- Discuss with your parent(s) what to do if your key does get lost and follow their instructions.
- If you lose your key, don’t panic. It can happen to anyone. Try to remember when you last had it and retrace your steps.
- Don’t tell anyone except your parents that you’ve lost your key.
BEING HOME ALONE

Circle yes or no for the following questions under each picture.

Do you immediately lock the door behind you?
Yes  No

Do you put your house key in a safe place?
Yes  No

Do you have a list of emergency phone numbers?
Yes  No

Do you call a parent when you get home to let them know you are safe?
Yes  No

Do you use the stove to make snacks?
Yes  No

Do you leave the house to go out and play with friends?
Yes  No
ARE YOU SICK?

Draw a picture below of what you feel like when you are sick. Answer the questions at the bottom of the page when you finish.

List some of the symptoms you feel when you are sick:

__________________________________________________________________________

Where should you go if you are sick with a fever, have aches and pains, and you are throwing up?

__________________________________________________________________________
CARE VS. NEGLECT

Act out each role-play and then answer the questions under each picture.

Role-Play 1
Mom is ready to go out and leave her 12-year-old son home alone. She says to the boy: I will be back in one-and-a-half hours and sets the following rules:
- Do not open the door for anyone.
- I will be at the supermarket. The phone number is 555-5555 if you need me.
- Do not go out of the house.
- You can do your homework and then watch TV.

Is mom neglecting her child? ________________________________

Role-Play 2
A father wants to pick up a new CD at the store. He doesn’t want to bring his two-year-old daughter into the store with him, so he leaves her in the car with the windows down.

Is dad neglecting his child? ________________________________

Role-Play 3
You wake up in the morning with a stomach ache but no fever. Your parent or guardian gives you tea and tells you not to eat too much. You go to school and a few hours later, your teacher notices you have a fever. She sends you to the office to call your parent or guardian to pick you up. Your parent or guardian calls a neighbor to get you because they can’t leave work. Your neighbor comes to get you and takes you to her house. When your parent or guardian comes home from work, your fever is even worse. They call the doctor and then take you to the emergency room.

Is the parent or guardian neglecting the child? ________________________________
PREVENTING NEGLECT

Family Activity

Dear Parents:

Today we learned that most parents take good care of their children. However, sometimes parents and guardians are so busy with work and family obligations, they neglect some things that are necessary. If a parent or caregiver fails to meet a child’s basic needs such as food, clothing or constantly leaves a child alone, this is known as neglect.

Parents should remember the following important things:

In Florida, there is no single set age when a child is old enough to be left home alone for short periods of time, however the following are guidelines for families to follow:

1. Babies should never be left at alone.
2. The child being left home alone should be at least 12 years old.
3. The child should feel comfortable and willing to stay alone.
4. The child should feel safe. (Is there a neighbor or friend who lives nearby?)
5. The child must understand the importance of all safety rules.

(Guidelines excerpted from: http://www.211bigbend.org)

Children who come home by themselves should know the following:

♦ Immediately lock the door behind them.
♦ Call to let parents or guardians know they got home safely.
♦ Keep the house key in a safe place and make sure to take it out of the door when entering the house.
♦ Never use the stove, oven or other dangerous appliances.
♦ Don’t leave the house to play outside or visit friends.
♦ Never open the door for anyone who knocks.

If your child is sick with a fever or injured, it isn’t a good idea to send him or her to school. Make sure to take them to a doctor or hospital to receive medical care immediately. You don’t want to wait for them to get more sick.

Please help your child finish complete the emergency information sheet on the next page and place it on the refrigerator or on another visible spot in the house.
# Emergency Contact Numbers

<table>
<thead>
<tr>
<th>Name</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent/Guardian Cell:</td>
<td></td>
</tr>
<tr>
<td>Parent/Guardian Work:</td>
<td></td>
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<tr>
<td>Parent/Guardian Other:</td>
<td></td>
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<tr>
<td>Family Member:</td>
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<td>Family Friend:</td>
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<td>Neighbor:</td>
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<tr>
<td>Doctor:</td>
<td></td>
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<tr>
<td>Hospital:</td>
<td></td>
</tr>
<tr>
<td>Fire:</td>
<td>911</td>
</tr>
<tr>
<td>Police:</td>
<td>911</td>
</tr>
</tbody>
</table>
NEGLIGENCE QUIZ

Name: ____________________________ Date: ____________________

1. If a five-year-old is left home alone while his father goes to the store, it is:
   a. okay
   b. sometimes okay, but only if it is for less than two hours
   c. never okay
   d. None of the above

2. If a parent does not take their child to the doctor when he is injured or very sick:
   a. it is not really a problem
   b. it is wrong
   c. it is usually okay, the child will get better
   d. None of the above

3. Neglect is:
   a. when a parent or guardian doesn’t meet the basic needs of a child
   b. if a baby is left home alone
   c. when a baby is not riding in a car seat when in the car
   d. all of the above

4. If you are left home alone after school, remember to:
   a. Cook something on the stove to eat.
   b. Call your parent or guardian when you get home.
   c. Open the door when someone knocks.
   d. None of the above

5. If you have a key to your house, you should:
   a. always keep it safe and hidden.
   b. let your friends hold it
   c. put your address on it
   d. All of the above
Anger Masks

Draw your own anger mask below.
**Steps for Handling Anger**

1. Stop and examine your angry thought. Will angry actions such as insults, protests, sulking, frowning, punching, or slamming doors hurt others?

2. Say: *When you ________, I feel ________.*

3. Remove yourself from the situation.

4. Take deep breaths and count to 10 slowly.

5. Write what you were angry about. *What were some of the feelings behind the anger? What do you want to do about the situation that made you angry?*
ANGRY ENVIRONMENT

Select a cartoon character, and in the first two squares draw him in an angry situation. In the last two squares, show how he could react more positively.
ANGER BLASTERS

1. Ride your bike or rollerblade.
2. Talk to a friend you can trust.
3. Count to 10.
4. Punch a pillow (because the pillow can’t get hurt).
5. Be artistic. Paint, color, or take pictures.
6. Play a video game.
7. Go for a run around the house.
8. Draw a picture of your anger.
9. Sing as loud as you can!
10. Dance to your favorite songs.
ANGER BLASTERS

Come up with five of your own ways to blast your anger!

1. _____________________________________________________________________

2. _____________________________________________________________________

3. _____________________________________________________________________

4. _____________________________________________________________________

5. _____________________________________________________________________
Anger Skit Situation Cards

Pick one card and role-play how the anger situation makes you feel. Act out the situation with a partner and think about how you can make the ending a positive one.

- You catch your sister going into your room after you told her not to.
- Your best friend talks badly about you in front of a group of strangers.
- Your dad blames you for something your brother did.
- Your younger brother takes your favorite shirt without permission.
- You don’t understand your homework.
- Your mom tells you not to go out and play because you didn’t clean your room.
WHAT IS ANGER?

Family Activity

Dear Parents:

Today we learned that everyone gets angry sometimes; it is a normal human emotion. Sometimes anger can be good (if someone uses it to stand up for himself), but many times it leads to something negative.

We must understand that anger should be expressed in a positive way. If you keep it inside and never let it go, you will eventually explode. There are ways to express your anger without it being negative.

Talk with your child about the following tips to control anger in a healthy way:

1. Stop and examine your angry thought. Will angry actions such as insults, protests, sulking, frowning, punching, or slamming doors hurt others?

2. Say: *When you ________, I feel ________.*

3. Remove yourself from the situation.

4. Take deep breaths and count to 10 slowly.

5. Write what you were angry about. *What were some of the feelings behind the anger? What do you want to do about the situation that made you angry?*

Talk with your children about how to best express their anger and encourage them to discuss their feelings with you whenever they need to.

_________________________  _______________________
Parent’s Signature            Date
WHAT IS ANGER? QUIZ

Name: _____________________________ Date: _______________________

1. Anger is a ____________ emotion to have.
   a. bad
   b. normal
   c. sad
   d. None of the above

2. When you are angry, you should:
   a. hold it in so no one knows
   b. scream at the person you are angry with
   c. count to ten to calm down first
   d. None of the above

3. One positive way to handle your anger is to:
   a. remove yourself from the situation
   b. punch the wall
   c. scream at the person until you feel better
   d. None of the above

4. It is ____________ okay to fight when you’re angry.
   a. Always
   b. Never
   c. Usually
   d. None of the above

5. You are getting bullied at school and you get so angry that you decide to stand up for yourself. You say to the person in a firm voice: Stop bullying me! and then you walk away.
   a. a bad idea
   b. not a good way to handle an angry situation
   c. a good way to handle an angry situation
   d. All of the above
TAKE CONTROL TEMPER TIPS

Remember these tips the next time you get so mad you could just explode. But don’t explode. Put a leash on that puppy with these steps:

1. Take a break. If you’re in an argument with someone, go to another part of your house. Your room or the backyard are good choices. Just say, “I want to be alone for a while so I can calm down.”

2. Cool down. Sit in a quiet place by yourself. Put your hands under the seat of the chair and pull up while you count to five. Then stretch your arms over your head. Take a nice deep breath and let it out.

3. Get the anger out. Why not do a bunch of jumping jacks or dance around your room to your favorite music? Turn it up a little. If you go outside, run around or do cartwheels across the lawn.

4. Shift the mood. Shift from a really angry mood to a more in-control mood. After you get some of the angry feelings out, you have to start thinking about other things. Sometimes, when people are angry, they’re not really thinking clearly. They’re just mad, mad, mad.

A person might even say mean things to himself or herself like “I’m such an idiot. I lost my temper again!” But you can replace those thoughts with better ones. For instance, you can say, “I lost my temper, but I’m going to get myself under control now.” Instead of thinking of the person or situation you’re angry with, think of something else. Think of something that will put you in a better mood.

What are some things that can put you in a good mood?
ANGER QUOTES

“When angry, count to 10 before you speak; if very angry, 100.”
— Thomas Jefferson

“When a man is wrong and won’t admit it, he always gets angry.”
— Richard Haliburton

“He who angers you conquers you.”
— Elizabeth Kenny
# Anger Buttons

Circle the number that shows how angry each situation makes you.

## Some kid gives you a dirty look as you pass him.

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<tr>
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<th>7</th>
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<tbody>
<tr>
<td>no anger</td>
<td>a medium amount of anger</td>
<td>the most anger</td>
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</table>

## A child cuts in front of you in line.

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## A friend of yours calls you a liar.

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## You are late for school and you drop your books all over the floor.

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## Standing in a line for a movie, someone spills soda on you.

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## Your little brother breaks your favorite video game.

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</table>
TEMPEM, TEMPEM!

10 TIPS FOR MANAGING ANGER
1. Realize that rage is like a spreading virus. Uncontrolled, it can overtake your ability to think clearly.

2. Forgive those who hurt you. Let the anger go.

3. Remember that people tend to listen more closely to those who don’t yell. When you scream at others, it only makes them angrier.
4. Learn to recognize potential problems and find more useful alternatives to anger and frustration.

5. Hold your temper when someone tries to harass you. Revenge is a total waste of time. It will make you feel guilty and you won’t solve anything.
6. Be aware that verbal attacks may hurt you, but they are only words.

7. Ignore those who say things to hook you into a fight. They aren’t worth the trouble.

8. Anger and hatred can blind you to the inner goodness of people. Forgiveness brings new understanding to any relationship.
9. Sometimes, it is good to vent your anger. There are lots of positive ways to do this, such as exercise, meditation, or talking with friends or relatives you trust.

10. Stop and think when you feel negative emotions rising to the surface. You do have choices.
CONTROL YOUR TEMPER

Family Activity

Dear Parents:

Today we learned that everyone has a temper, but like training a puppy, our tempers can be trained not to get out of control. Once we get angry, there are steps we can take to calm ourselves down before our temper erupts like a volcano. It is not always easy to take control like this, but the goal is to try to calm down and solve the problem.

Share some ideas with your child on how you control your own temper and discuss the following Temper Control Tips:

1. **Take a break.** If you’re in an argument with someone, go to another part of your house to be alone.

2. **Cool down.** Sit in a quiet place by yourself. Put your hands under the seat of the chair and pull up while you count to five. Then stretch your arms over your head. Take a nice deep breath and let it out.

3. **Get the anger out.** Get physical - do jumping jacks, dance around your room to your favorite music.

4. **Shift the mood.** Shift from a really angry mood to a more in-control mood. After you get some of the angry feelings out, you have to think about other things. Think of something that will put you in a better mood.

Help your child write two additional ways to control his/her temper.

________________________________________

________________________________________

________________________________________

Parent’s Signature ________________________ Date ________________________

ARISE Kids Alert: Lessons Every Child Needs to Know Today, Learner’s Workbook, Page 98
CONTROL YOUR TEMPER QUIZ

Name: ___________________________ Date: __________________

1. A good way to deal with an angry person would be to:
   a. slap him in the face
   b. scream at him
   c. walk away
   d. None of the above

2. Anger buttons are:
   a. a way to relieve anger
   b. anger triggers
   c. pinned on your shirt
   d. None of the above

3. The first step to control your anger is:
   a. take a break from the situation
   b. punch the wall
   c. get mad at yourself for losing your temper
   d. None of the above

4. Learning to control your temper takes a little:
   a. effort
   b. training
   c. hard work
   d. All of the above

5. When you feel like you’re going to lose your temper, you should:
   a. kick the dog
   b. scream at the person you’re mad at
   c. cool down and take some deep breaths
   d. None of the above
“I” Statement: A way of beginning sentences with the word “I” (instead of the word “you”) to let others know how you feel about a situation.
“I” Statement Steps

1. Call the other person by his first name in a polite way. (Example: Vincent, Maria)

2. Tell the person how you feel as a result of his actions. Use feeling words such as “I feel disappointed,” “I feel angry,” “I feel bad.” “I” Statements can also be positive. (Example: “I feel good.”)

3. Describe exactly what the problem is and why you feel the way you do. (Example: “When you call me names or poke me, I don’t like it. It’s disrespectful to me.”)

4. State very clearly what you would like the other person to do about the situation. (Examples: “Please stop now.” “Please don’t do that any more.” “Please leave me alone.”)

The “I” Statement means:

Telling the other person what your feelings are.

Talking about what’s bothering you.

Being honest about what you want and asking for it in a positive, polite manner.

NOT making the person feel bad, stupid, or angry.
SITUATIONS OF CONFLICT

1. Shouting between a child and a teacher.

2. Two friends arguing over a video game.

3. A child is angry because a person bumped into him in the lunch line.

4. Your best friend tells another child in your class a lie about you.

5. Someone cheated and copied your homework.
HOW I REACTED

Write two times when you got really angry. Write these under the column “I got angry because.” Then think of what you did when you got angry (scream, cry, ignore, count to ten). Write these under the column titled “This is what I did.”

I got angry because:

1. __________________________________________________________

2. __________________________________________________________

This is what I did:

1. __________________________________________________________

2. __________________________________________________________
**CONFLICT COMIC STRIP**

Draw a comic strip showing one conflict situation and how it could be solved. Give your main character a name. Remember a time when you were treated unfairly. Then, show how you can have a happy ending by controlling your temper instead of fighting.
PEACEFUL CONFLICT RESOLUTION

Family Activity

Dear Parents:

Today we learned that conflict is a part of everyday life, but it doesn’t have to become violent. Dealing with conflict in a peaceful way can help us focus on the more important things in life. We need to use our heads instead of our fists.

We also learned that using “I” Statements can help a bad conflict go in a more positive direction. These statements can let the other person know how we are feeling. The following are good ways to use “I” Statements. Please read them with your child and discuss examples of how they can be used:

1. Call the other person by his first name in a polite way.

2. Tell the person how you feel as a result of his actions. Use feeling words such as “I feel disappointed,” “I feel angry,” “I feel bad.” “I” Statements can also be positive. (Example: “I feel good.”)

3. Describe exactly what the problem is and why you feel the way you do. (Example: “When you call me names or poke me, I don’t like it. It’s disrespectful to me.”)

4. State very clearly what you would like the other person to do about the situation. (Examples: “Please stop now.” “Please don’t do that any more.” “Please leave me alone.”)

Answer this question together: Why is it important to resolve conflicts peacefully?

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

________________________________________________________

Parent’s Signature __________________________ Date ____________

ARISE Kids Alert: Lessons Every Child Needs to Know Today, Learner’s Workbook, Page 105
PEACEFUL CONFLICT RESOLUTION QUIZ

Name: ___________________________ Date: __________________

1. Cruel words and saying hurtful remarks:
   a. are forms of violence
   b. are meaningless
   c. are okay
   d. none of the above

2. Conflicts can usually be peacefully resolved by:
   a. yelling
   b. fighting
   c. using “I” Statements
   d. none of the above

3. Conflict and violence:
   a. are the same thing
   b. mean different things
   c. are both bad
   d. none of the above

4. “I” Statements always:
   a. make problems worse
   b. focus on the speaker’s feelings
   c. create problems
   d. none of the above

5. Telling people why you are upset:
   a. creates more tension
   b. helps solve problems
   c. is a waste of time
   d. none of the above
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