

Attachment X:

Student Program Fidelity 6th Grade Session 5

Dating Matters: Strategies to Promote Healthy Teen Relationships™ Initiative

Division of Violence Prevention
National Center for Injury Prevention and Control
Centers for Disease Control and Prevention

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Student Curriculum – 6th Grade, Session 5

School name: _____	Teacher/Implementer: _____
Class period: _____	Time lesson began: _____
Date: _____	Time lesson ended: _____

Please indicate if you completed the following activities:

Activity	Yes	Yes w/ changes	No
1. Briefly review Session 4 Healthy coping strategies to help us deal with feelings (deep breathing, muscle relaxation, changing the channel in your mind)	☐	☐	☐
2. Review Session 4 homework by asking students what coping strategies they tried and whether they worked or not	☐	☐	☐
3. Explain that Session 5 will cover how to deal with problems or conflict	☐	☐	☐
4. Emphasize that good communication is important to <u>all</u> of our relationships---dating, family, friends, etc.	☐	☐	☐
5. Pass out the Four SAFE Skills for Effective Communication handout	☐	☐	☐
6. Have students read through the bullet points in Activity 1 aloud	☐	☐	☐
7. Work through Scenario 1 in Activity 1 with the class	☐	☐	☐
8. Work through Scenario 2 in Activity 1 with the class	☐	☐	☐
9. Introduce and explain two types of communication: passive and aggressive	☐	☐	☐
10. Pass out communication styles handout	☐	☐	☐

11. Give instructions for Activity 2			
12. Point out that in relationships that are already abusive, using these communication skills may not be enough	☐	☐	☐
13. Review what was covered in Session 5 • Effective communication • SAFE skills	☐	☐	☐
14. Instruct the class that their homework is to practice making “I” statements when they face conflict	☐	☐	☐
15. Highlight that Session 6 will cover how to help others when they are in bad situations	☐	☐	☐

(Optional) **Describe any changes you made to the session activities.**

(Optional) **Describe any barriers (difficulties) to the implementation of this session.**

(Optional) **Describe any facilitators (what helped) of the implementation of the session.**

(Optional) **Other comments?**