

SAFEHOME's 8 Lesson High School Curriculum Guide

Lesson 1

Primary prevention best practice emphasizes the importance of establishing trust between the facilitator and students. Students will get to know the SAFEHOME facilitator and learn about the prevalence of domestic violence and dating violence, SAFEHOME, and services provided. Students will also complete pre-survey to measure baseline knowledge on issues of dating and sexual violence.

Lesson 2

All unhealthy relationships are based on one person trying to have power and control over another person. In this lesson, students will connect the different forms of power and control to examples from their own environment. Unhealthy and abusive relationships often follow a cyclical pattern of tension building, explosions, and then overt apologies. This lesson will also explore how to break this cycle. S1.B1, S1.B3, S2.B2

Lesson 3

From the Washington State Coalition Against Domestic Violence comes "In Their Shoes", an interactive tool that uses real life scenarios to educate audiences about teen dating violence. Through a diverse cast of characters, students encounter a number of situations designed to illustrate different forms of abuse, system barriers to receiving help, helpful responses, and warning signs of violence. This lesson helps students explore decision-making, empathy, and bystander intervention. S1.B1, S1. B4, S2.B2, S6.B1

Lesson 4

Gender stereotypes, largely perpetuated through the media, can create a power and control imbalance within our relationships. During this lesson, the students will explore their own perceptions of gender through an activity addressing stereotypes and dissect advertisements to analyze the media's messaging. Through the socioecological model, students will learn how the larger society influences violence and relationships. S1.B1, S1.B3, S4.B1

Lesson 5

Healthy relationships are fulfilling and encourage self-worth. They also promote positive school and community environments. These relationships are fundamentally based on two people interacting as equals and respecting one another. Students will discuss the foundation of healthy relationships and complete activities to reinforce healthy boundaries, communication, and respect. S1.B1, 1.B3, S5.B1

Lesson 6

Understanding consent is the first step to addressing sexual harassment and sexual assault. Students will explore the importance of nonverbal and verbal communication, as well as the steps to follow if a person is being sexually harassed (including the individual school's reporting policies). Furthermore, this lesson includes a discussion of the definition and cause of sexual violence, the legal and practical meaning of consent, and common myths. The students will also discuss the prevalence and impact of victim-blaming attitudes. S1.B1, S1.B3, S1.B4, S3.B1, S5.B1, S5.B2

Lesson 7

One out of every three students reports knowing someone who is in an unhealthy or abusive relationship. The students will explore specific tips and resources to assist a friend (or themselves) and identify strategies for safety. Furthermore, students will practice becoming empowered bystanders through a role-play activity as they create and perform various responses to disrespectful behaviors. S1.B4, S5.B1, S7.B1, S7.B2

Lesson 8

Students will explore available resources for dating and sexual violence. This lesson will include a review of previous lessons and student will have an opportunity to ask any questions and discuss impact. To wrap up the SAFEHOME curriculum, students will complete a post-survey to measure progress.