

**DO THE RIGHT THING**

**USING OUR VOICE TO  
PREVENT VIOLENCE**





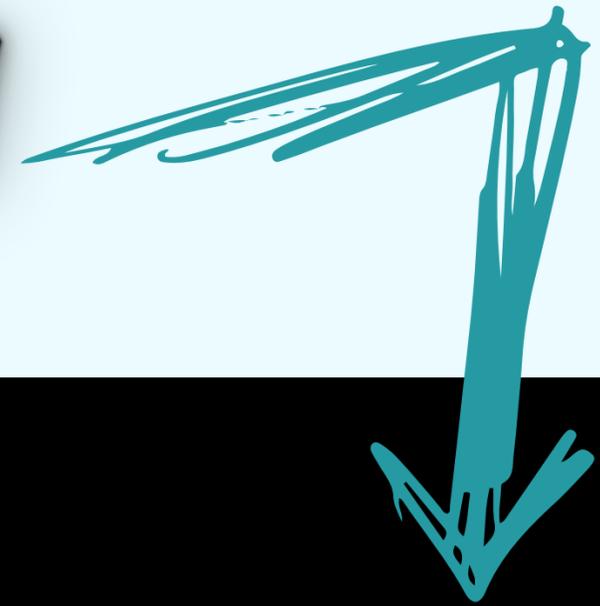
# INTRODUCTION

Today, we will:

- \* Watch a performance related to raising awareness about violence prevention and analyze the artistic elements and messages conveyed.
- \* Learn strategies to de-escalate conflicts.
- \* Collaborate to act out a skit about using positive resolution strategies to solve a conflict.



# SEL CONNECTION



Today, we will practice **social-awareness** and **responsible decision making** as we think about how to raise awareness related to violence prevention.



# DISCUSSION NORMS

- \* Make comments using “I” statements. (“I disagree with what you said. Here’s what I think.”)
- \* Offer evidence to support your opinions.
- \* If someone says something that hurts or offends you, do not attack the person. Acknowledge that the comment—not the person—hurt your feelings and explain why.
- \* If you don’t understand something, ask a question.





# ICEBREAKER

# PICK A SIDE



# ICEBREAKER



WATCH A VIDEO

## PICK A SIDE

- 1) Watch rapper and advocate Joey Bada\$\$ discuss his mentorship program.
- 2) While watching the video, identify which SEL competencies are present in Joey's conversation. Make sure to provide evidence in the graphic organizer.



# ICEBREAKER

>>> GET MOVING!

## PICK A SIDE

There are 5 areas of the classroom designated to the five SEL competencies.

- Self-awareness
- Social-awareness
- Self-Management
- Responsible Decision Making
- Relationship Skills

Move to the area of the classroom designated to the SEL competency present in Joey's conversation that resonated with you. Take your note catcher with you.





### PICK A SIDE

#### WHOLE CLASS SHARE

- What connection did you make between what Joey said in the interview and the competency you chose?
- Why did that resonate with you?





# LESSON PART ONE

# HEADS HIGH





## HEADS HIGH

### JOEY BADA\$\$

- Joey Bada\$\$ is a rapper and songwriter from Brooklyn, NY known for his introspective lyrics and unique style.
- Joey's music often explores personal experiences and social issues.
- Joey Bada\$\$ is also known for his advocacy on mental health awareness and social justice issues, using his platform to inspire positive change among young people.



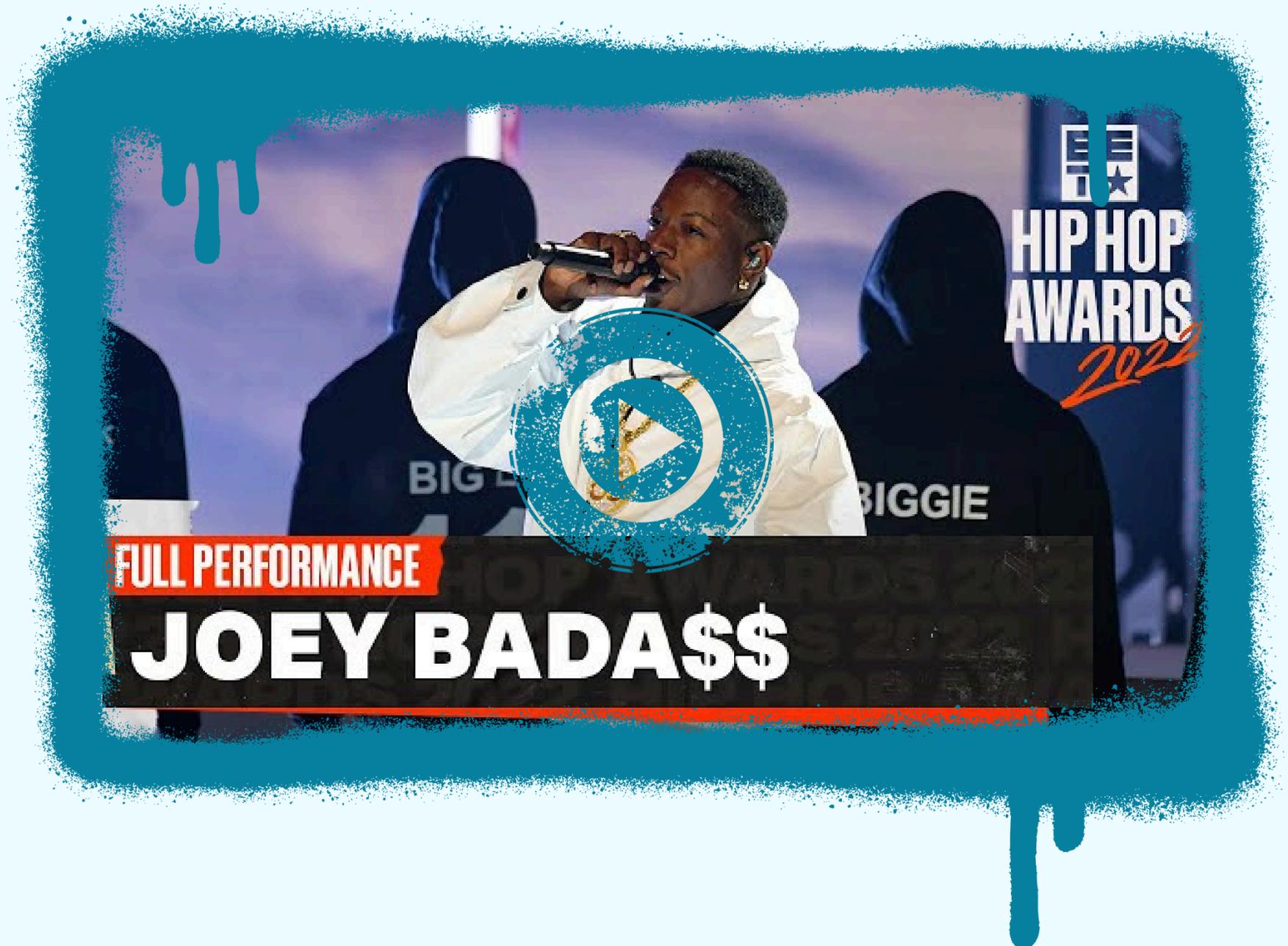
# ICEBREAKER



WATCH A VIDEO

## HEADS HIGH

- 1) Watch Joey Bada\$\$ perform “Head High,” where he paid tribute to the legacies of rappers, honoring their memories in the order of their passing due to gun violence from 1987 to 2023.
- 2) As you watch the video, use your graphic organizer to observe the visual elements, lyrics, and overall storytelling.





### HEADS HIGH

#### WHOLE GROUP CYPHER

- How is Joey Bada\$\$ practicing responsible decision making through this performance?
- Would you say that Joey Bada\$\$ is a self-aware individual that practices reflection based on this track “Head High”? Why or why not?





# LESSON PART TWO

# POSITIVE CONFLICT RESOLUTION STRATEGIES





### POSITIVE CONFLICT RESOLUTION

We can all agree that violence does not solve anything. In fact, it often leads to greater problems such as injury, imprisonment, death, etc.

**WHAT ARE SOME POSITIVE WAYS TO SOLVE CONFLICT BEFORE IT CAN BECOME VIOLENT?**

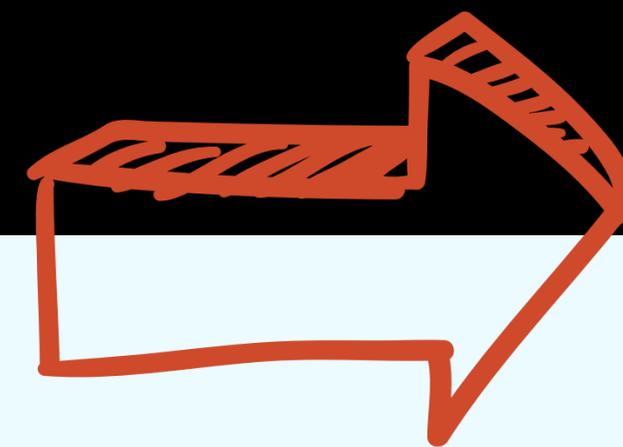




## POSITIVE CONFLICT RESOLUTION

Let's discuss 4 strategies.

For each strategy, can you think of a time when you have used that strategy and it worked?





# 1

## TALK IT OUT

If you see something shady going on, like someone being bullied or threats being thrown around, don't keep it to yourself. Talk to your friends or find an adult you trust—like a favorite teacher, counselor, or even a family member.

Talking about what's going down can stop things from getting worse. Remember, it's strong to speak up, not weak.





# 2

## KEEP YOUR COOL

Everyone gets heated or ticked off at times, but you must know how to chill before things get out of hand. Notice when you're starting to feel mad or stressed, and try stuff like deep breathing, counting to ten, or just stepping away for a bit.

This helps you avoid doing something in the moment that could bring real trouble later.





# 3

## LEARN TO NEGOTIATE

When you're caught up in a conflict, finding a middle ground can keep things from escalating. Learn how to listen to the other side and figure out a compromise. It might mean giving a little to get a little, but resolving a conflict peacefully shows real maturity and leadership.

Remember, negotiation isn't about winning or losing, it's about finding a solution that works for everyone involved.





# 4

## BUILD EACH OTHER UP

Having each other's backs makes everyone stronger. Push to have good vibes with others around you. Look out for one another, especially if someone's being picked on.

Make it your business to help everyone feel like they're part of the group. When folks feel included and cared about, there's less chance things will get violent.



## POSITIVE CONFLICT RESOLUTION

We are going to divide into groups. Each group will receive a scenario and create a skit to present to the class.

Based on your group's scenario, choose one or more of the 4 strategies we discussed to act out a positive resolution. Positive may not mean you will always agree. Sometimes, positive simply means SAFE.

*Note: Sometimes you may have to try several of the 4 options we discussed because it takes more perseverance to solve an issue when anger or other strong emotions are at the center of the conflict.*



## POSITIVE CONFLICT RESOLUTION

### GROUP 1

Situation: An ex-friend spreads a rumor about you online and now everyone at school is talking about it.

### GROUP 2

Situation: Your group disagrees on the direction of a project, causing tension and delays in completing the assignment.

### GROUP 3

Situation: Your best friend had a problem with someone that you do not. They think you should not like them just because they do not. You disagree.

### GROUP 4

Situation: Someone is clowning (talking badly about) your new fit. You really like the way you look but they will not let up after you asked them to stop.





### POSITIVE CONFLICT RESOLUTION

- What are some of your takeaways from today's discussion?
- Why do you think these positive strategies are not used as often as conflict is happening?
- What role does breathing play in calming down?
- Which one or more of the strategies discussed today works best for you when you are in conflict and why?

