

Verona Public School District

Curriculum Overview

VHS Peer Leadership



Curriculum Committee Members:

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Curriculum Developed:

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Verona Public Schools
121 Fairview Ave., Verona, NJ 07044
www.veronaschools.org

September - Session #1

Targeted Prevention Theme

- Freshman Orientation Day

Established Goal

- To ease the transition from 8th to 9th grade.

Ice Breaker - Meet in cafeteria for breakfast an informal Q & A.

- Peer Leaders will circulate to introduce themselves and answer questions.

Main Activity

- Homeroom
- Lockers
- Tour

DeBrief

- Post Q & A - Leaders will help 9th graders with any last minute questions.

September- Session #2

Targeted Prevention Theme

- Academic Pressure and Emotional Health

Established Goal

- To provide 9th graders with tools to deal with the academic rigor of high school and how to balance school, extra-curriculars and social activities.

Ice Breaker - Getting to know you

- Introduction of peer leaders
 - Each 9th grader say their name and an adjective that describes them beginning with the same letter. For example, Joyous John.

Main Activity

- Cup stacking game - timed activity - emphasize teamwork
 - Simulates pressure to get it done in a limited amount of time because if one falls you must start over.

DeBrief

- “How do you handle stress?”, “Does working with others help?”
- Discuss how to utilize the network at VHS to help you navigate. Stress the role of patience as well.

October- Session #1

Targeted Prevention Theme

- Week of Respect

Established Goal

- To understand the outcomes and effects of simple respect within the school community as well as the relationship to the outside world.

Main Activity

- **Puzzle Madness**

1. Get group to sit in a circle.
 2. Distribute one puzzle piece to each group member. Have member identify one trait that they bring to the group. "What about you contributes to the success of this group?" Write this trait on the puzzle piece (masking tape) Share pieces if not enough for each member. Put extra pieces in the middle of the group.
 3. Give the group the following instructions:
 - a. Your task is to complete the puzzle with the following rules
 - b. All members must have their eyes shut
 - c. All members must stay with their piece
 - d. The group can ask the leaders only three questions
 - e. If members open their eyes, they can no longer direct the group
 - f. The group may open their eyes only when they all decide that they are done
- ***Encourage groups to plan and organize or let them work and see how much they can accomplish. Notice levels of frustration to discuss during debrief period

Challenge:

- A. Now give them the puzzle to complete but put extra pieces in the puzzle or leave some out.
- B. Time them (timed activity).
- C. one hand
- D. group adds rules and challenges
- E. compete against other groups

DeBrief: Connecting to the Theme of Respect:

- Are we influenced by what others tell us?
- Do we put too much confidence in some people and not enough in others?
- Tell a time when you feel your suggestions/input/contributions were not respected?
- Discuss the importance of respect on various levels in order to coexist as a community.
- Encourage the group to think about how they worked together

November- Session #1

Targeted Prevention Theme

- Violence Awareness

Established Goal

- “What is violence? What are the causes and effects of violence? How can we practice being nonviolent towards ourselves and others? How can we keep ourselves safe?”

Main Activity

- “This or That” game
 - Students will take a position on which is better and move to the designated side of the room.
 - Discuss/explain why.
 - Come up with group answers as to why one way is better than another.
- Discuss different types of violence and the level of each type. Choose from the list below:
 - *Agree, Disagree or Not Sure*
 - Partner has your passcode
 - Partner has your email password
 - Partner checks your texts without you knowing
 - Partner tells you not to have friends of opposite sex
 - Partner tells you what you can or cannot wear
 - Partner tells you he/she missed you and you spend too much time w/ your sport/club
 - Partner asks you to not go out with friends because he/she can't be there
 - Partner tells you what you should eat
 - Choose your own- have kids choose

Debrief

Discussion should surround how easy it is to get caught up in an abusive relationship. Leaders should share a story about “someone they know” who was in this situation.

Explain that there are many different types of violence.

- Physical violence occurs when someone uses their body or a weapon to hurt your body.
- Verbal or emotional abuse occurs when someone uses words (written or said out loud) to hurt your feelings or scare you.
- Sexual violence occurs when someone makes you do some kind of sexual activity when you don't want to.

- Neglect is when someone who is supposed to be taking care of you does not take care of you.
- Institutional violence occurs when organizations or institutions discriminate against a group of people because of their skin color, gender, or how much money they have.
- All of these kinds of violence affect our health in many ways.
 - Explain that participants will make a poster showing different kinds of violence, the consequences of the violence, and how to challenge the violence.

November- Session #2

Targeted Prevention Theme

- Being thankful

Established Goal

- To express appreciation for those around you.

Ice Breaker

- Discuss what it means to be thankful and why it is important to show appreciation.

Main Activity

- Create thank you cards for teachers and support staff to be distributed the day before Thanksgiving break.

DeBrief

- Discuss, "Why is it important to express thanks?"

November- Session #2

Targeted Prevention Theme

- Bullying

Established Goal

- To understand the various levels of bullying, the impact of both the victim and the bully with a focus on cyberbullying.

Ice Breaker

- Two Truths & a Lie
 - Sit in a circle. Each person thinks of three statements about him/herself. Two must be true; one must be a lie. The first student shares the three statements. The group guesses which are truths and which is a lie. Once the votes are in the student reveals the lie. Continue until all students have shared.

Main Activity

- Students will create cyberbullying scenarios that they have either experienced or they have heard about.
 - Analyze scenarios and make judgments on them
 - Consider and discuss factors that affect whether online actions are, in fact, cyberbullying
 - Demonstrate knowledge of legal terms and definitions related to cyberbullying
 - Demonstrate knowledge of responsible citizenship and ethical behaviour online
 - Argue and support an opinion

DeBrief

- "What are the ramifications of online bullying?"
- "What are the steps to take if you are cyberbullied?"
- How to avoid situations.

December- Session #1

Targeted Prevention Theme

- Dating Violence

Established Goal

- To understand the definition of dating violence, the signs and how to get help.

Ice Breaker

- Heads-Up game

Main Activity

- Love is.....
 - Define and describe.
- Love is not.....
 - Define and describe

DeBrief

- Discuss what to do if this is happening not just to the individual, but also to a friend.
- Outline resources, fears and reasons why it is not acceptable and why a person needs assistance.