Unit VI: Effective Family Communication

Session 12

**Violence Communication II**

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| Purpose  The purpose of session twelve is to expose participants to information that should be useful in efforts to raise awareness about bullying. A PowerPoint presentation will be used to provide knowledge and information regarding bullying and a discussion on attitudes and beliefs will be facilitated so that parental values and expectations regarding bullying can be communicated.  **The primary focus of this session will be on:**   * Providing information and building skills for preventing or reducing bullying   **The particular emphasis will be on:**   * Building positive communication skills within families * Encouraging safe forms of bystander intervention and ways to seek help * Increasing paternal efficacy in talking with sons about violence |
| **Knowledge – Attitudes – Skills Expected**  At the end of session twelve participants will be able to:   1. Discuss the effects of bullying 2. Become more comfortable discussing issues and family values and expectations related to bullying 3. Recognize the important part that fathers play as role models of positive health behaviors for their sons |
| Activities   * Affirmation & Meditation * Sharing Black Family Pledge Against Violence * PowerPoint Presentation: Bullying * Bullying Scenarios and Discussion * Sharing Bullying Experiences |
| Homework Due   * Black Family Pledge Against Violence |
| Homework Assigned   * No homework assigned |
| Materials Needed   * Facilitator script for PowerPoint slides (Bullying) * Chalkboard or flip chart |

# Session Outline

**(Total Session Time: 2 hours)**

Quick Preview of Today’s Session (5 minutes)

Check-In (10 minutes)

Activities (90 minutes)

* Affirmation & Meditation (10 minutes)
* Sharing Black Family Pledge Against Violence (20 minutes)
* PowerPoint Presentation: Bullying (20 minutes)
* Bullying Scenarios and Discussion (25 minutes)
* Sharing Bullying Experiences (15 minutes)

Closing Summary (5 minutes)

Check Out (10 minutes)

Quick Preview of Today’s Session

In today’s session you will learn more about a particular form of violence—domestic bullying—and its effects. You will have the opportunity to share some of your experiences and discuss the consequences of bullying. We will also build on past sessions where we talked about positive communication skills and discuss how we can use these skills to avoid risky behaviors.

Check-In

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| ***Facilitator begins the check-in procedure and determines the level of engagement to make sure that all questions and concerns are addressed before moving to the day’s activities. Be sure to encourage the sons to share experiences, feelings and thoughts that they have written in their journal. Ask fathers and sons if they would like to share any experiences they had while writing their Black Family Pledges.*** |

Activities

“Affirmation & Meditation”

Description

The Affirmation & Meditation is designed to allow participants to relax and get into a good mood for the session. The Affirmation & Meditation promotes self-respect, and helps participants reflect, and get ready to focus.

***This particular affirmation leads into a 5 minute (can be varied in time duration) meditation, or it can stand alone. It is to be repeated 5 times in unison following the session facilitator before closing eyes for the meditation.***

Please stand and form a circle, holding hands. All together:

I Know Me

I Accept Me

I Love Me

I Forgive Me

A Higher Power Lives Within Me

Please close your eyes for silent meditation.

***Participants will now close their eyes and meditate silently. Coming out of the meditation, with eyes still closed, facilitator will begin to recite the following. Participants will join in. Repeat the following 3 times. On the third repetition, participants will open their eyes, and make eye contact with everyone in the circle.***

I am a unique and precious human being,

always doing the best I can,

always growing in wisdom and love.

Sharing Black Family Pledge Against Violence

Before we begin today’s session on bullying we are going to review part of last week’s homework assignment by listening to three families share their Black Family Pledge Against Violence to the group.

***Facilitator asks three families to share their Black Family Pledge Against Violence. If there are not three volunteers, the facilitator will randomly pick three families to share their pledge.***

***Facilitator collects pledges and have project staff use a word processor to type out their pledges. Also, try adding some artwork to pledges. Examples of pledges are included in the resource section at the end of this session. Fathers and sons and also work on creating a piece together to present at the closing ceremony if they choose.***

PowerPoint Presentation: Bullying

Description

This presentation focuses on different forms of bullying and its effects. Participants are encouraged to express their reactions to the information and any relevant experiences that might benefit the group.

***The PowerPoint slide show is presented following the guidelines in the facilitator script. Throughout the presentation, participants should be encouraged to share their thoughts, feelings and experiences.***

Bullying Scenarios and Discussion Guide

***Facilitator distributes scenario handout and instructs participants to role play each scenario. After families have time to respond to each situation, the facilitator will ask participants to answer the following questions for each scenario.***

Let’s talk about how you responded to the different scenarios.

* What form of bullying was involved in the scenario?
* How did you respond to the situation?
* What additional support or resources could you utilize in these situations?

Sharing Bullying Experiences

# Description

This activity is designed to give participants a chance to talk about their bullying experiences. Sons will recognize that their fathers were impacted by some form of bullying. The activity encourages positive communications skills, sharing, and learning from past experiences.

***Facilitator asks fathers to share a childhood story of initiating, experiencing, or witnessing bullying with their son(s). Fathers should explain how it made them feel then and how they feel about it now. Facilitator then asks sons to share their own experiences with bullying with their father. Fathers and sons will then discuss ways they can prevent bullying in the future.***

**Homework Assignment**

There is no homework assignment.

Closing-Summary

***Facilitator should provide a brief summary of what was covered in the session. Make sure to list all of the headings in the beginning outline and give a brief description of each activity. Also, make sure to include a brief discussion of what participants can expect for the next session on risky behaviors on social media. Be sure to remind participants about the date, time, and location of the next session.***

**Check-Out**

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| ***Facilitator leads check-out discussion. End on a positive note!*** |

**References**

1. City of Chicago: Bullying Prevention. <https://www.cityofchicago.org/city/en/depts/cdph/supp_info/violence_prevention/bullying_prevention.html>
2. No Place for Bullies. <http://learning.blogs.nytimes.com/2007/12/18/no-place-for-bullies/>