



YouthAlert (YA!) Violence & Bullying Prevention/Health Program Student Worksheet One

Name _____ Date _____ Class _____

A. What is Violence?

Before Presentation

A. What is Violence?

After Presentation

B. How can I avoid being a victim of violence?

Before Presentation

B. How can I avoid being a victim of violence?

After Presentation

C. How can I get out of a dangerous situation?

Before Presentation

C. How can I get out of a dangerous situation?

After Presentation

D. What is Bullying?

Before Presentation

D. What is Bullying?

After Presentation

E. How can I help stop teen suicide?

Before Presentation

E. How can I help stop teen suicide?

After Presentation

YouthAlert (YA!) Violence & Bullying Prevention/Health Program

Student Worksheet Two – For Student to Keep

Presentation Chapters - YouthAlert! (YA!) Violence & Bullying Prevention/Health Program

Who Are We? Why Are We Here? What Is Violence? Shadow Violence, Believing in Peace, World Violence, Why do People Do Violence? Who Does Violence? Who Are the Victims of Violence? What Is Consent? Identity Stations, The High Five Principals, Family/Close Unit, Anger, Media, What Is Bullying? Hitting/Stealing, Gossip, Ridicule, Shunning, Cyber-Bullying, #1 Rule of Violence, Justice, Youth Power, Weapons, What Is A Man? How Did We Get Here? Your Independence, Attitude, Kindness, Principle Sharpening Test, Justified Violence, Self Defense, How Not to be a Victim of Violence, Worst Case Scenario, Dreams, Inner City, Suicide Prevention, Research, The Next Leader, USA, Religion, Summary, Free Help! Contacts, Continuing Education.

YA! Vocabulary Words: Volunteerism, Equality, Minority, Stray Bullets, Maiming, Harassment, Stalking, Consent.

Word Associations – Review - YouthAlert! (YA!) VBPHP

- YouthAlert! (YA!)/Peace Activists
- Peace/Survival (Individual and Collective)
- Youths Job/Survive Your Youth
- Adults Job/Families (Protect Children/Help Youth Survive)
- Human/True Choice (Not False Choice)
- Fact of Life/Everyone's Got Feelings
- Best Solution/The Belief in Peace
- You/Live in the Right Now
- Violence/Very, Very Bad Pain
- Peace and Fun/SuperFun
- Identity/Meaning (All Identities are Good and Equal)
- Uniqueness/SuperPowers
- Identity Recognition/What You Like and Don't Like
- Guarantee/You Can Overcome
- Happiness/Making others like yourself happy
- Media/We Trust You
- Bullying/Forever
- Guns/Power Demagnetizers
- Independence/Juggle
- Kindness/Respect
- Principal Sharpeners/Truth, Fairness, and Honesty
- Self Defense/Justified and Mandatory
- Dreams/Courage
- Suicide-Self Harm/Pain Explosion
- Promise/You Will Feel Better
- Destiny/To Live and Long and Healthy Life

-----FREE HELP NOW! SEVEN CONTACTS-----

1-800-273-8255 National Suicide Prevention Lifeline <http://www.suicidepreventionlifeline.org/>

1-800-784-2433 National Hopeline Network <http://www.hopeline.com/>

1-800-422-4453 Childhelp National Child Abuse Hotline <http://www.childhelp.org/pages/hotline>

1-800-799-7233 National Domestic Violence Hotline <http://www.thehotline.org/>

1-800-656-4673 National Sexual Assault Hotline <http://apps.rainn.org/ohl-bridge/>

1-800-786-2929 National Runaway Switchboard <http://www.1800runaway.org/>

1-800-366-8288 Self Abuse Information Line S.A.F.E. Alternatives <http://www.selfinjury.com/>

Word Puzzle 17 Words - YouthAlert! (YA!) VBPHP

W W J X U L T R C E X L M G I I J A S R C H Y E Y Q L M B S A K U K U U R J R I
 H Z T P L A H A D F B C H Z D L A O F E R Q T T C R E Z F N F K F B H D U L H Y
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 U T N L K B I B Q I X G K G N K F Y F I R G Q D C Q X S T X P E Y S H W P T G G

BULLYING
 CONSENT
 CYBERBULLYING
 DEFENSE
 DREAMS
 FAMILY
 HIGHFIVE
 IDENTITYSTATIONS
 JUSTICE
 JUSTIFIED
 TEAM
 WEAPONS
 MEDIA
 PRINCIPLES
 RIDICULE
 SELFHARM
 SUICIDE



Child and Youth Health Education and Development

www.youthalert.us info@youthalert.us

What Do You Believe?

Our organization, YouthAlert! (YA!), wishes to partner with youth. The goal is for a reduction in violence, bullying and abuse which includes the threat of violence, bullying, and abuse. This is a fifty-fifty partnership between adults and youth. No one is left out. We want to share with you some of our core beliefs, please give us your opinion on each one. You can agree, disagree, or say whatever you want. You can even add your own beliefs or questions. There are no wrong answers or wrong questions. All people and opinions are equal. You do not have to tell us what you believe but we would *very honored* to hear your opinions and beliefs. This is about teamwork, but we would like to know what you are thinking and feeling now. We would like to know what the starting point is for each of you *individually*. Looking forward to working with you. 10 Questions:

1. YA! believes only in five things, Peace, Life, Love, Freedom, and Equality.

What do you believe?

2. YA! believes each person has an individual internal identity (iii). That is your soul, spirit, essence, being, and that is what a person really is. A person's real identity is on the inside not the outside.

What do you believe?

3. YA! believes each person's individual internal identity (iii) is unique, one-of-a-kind and equal to every other person's identity.

What do you believe?

4. YA! believes violence, bullying and abuse, which includes the threat of violence, bullying and abuse, is the worst human problem in the world. It is the head of the snake. The number one root cause of all other human problems.

What do you believe?

5. YA! believes that violence is only justified in cases of self-defense and that bullying, and abuse, is never justified.

What do you believe?

6. YA! believes that ninety-ninety percent of the world's violence is un-justified, not real self-defense.

What do you believe?

7. YA! believes most people and most youth are peaceful.

What do you believe?

8. YA! believes violence is a primal instinct in humans and that people do violence to feel better. To feel good, better than they feel now, or because they think it's fun.

What do you believe?

9. YA! believes that threat of violence, whether it is verbal, physical, emotions, electronic, or any other way, is a form of violence.

What do you believe?

10. YA! believes being peaceful must first be voluntary, and when adults teach kids, and when kids teach adults, with kindness and equality, that this is the best way to reduce all forms of violence.

What do you believe?

Interpersonal Violence

The intentional use of physical force or power, threatened or actual, against another person or against a group or community (CDC)

Youth Violence

Violence typically involving persons between the age of 10 and 24 (CDC)

Types of Child Abuse

Physical Abuse, Sexual Abuse, Emotional Abuse, Neglect (CDC)

Child Abuse

Maltreatment including all types of abuse and neglect of a child under 18 by a parent, caregiver or another person in a custodial role (CDC)

Intimate Partner Violence

Physical, sexual, or physical harm by a current or former partner or spouse. Does not require sexual intimacy. (CDC)

Suicide

Death caused by self-directed injurious behavior with an intent to die as a result of the behavior (CDC)

Suicide Attempt

A non-fatal, self-directed, potentially injurious behaviors with an intent to die as a result of the behavior; might not result in injury. (CDC)

Suicide Ideation

Thinking, about , considering, or planning suicide (CDC)

Elder Abuse

An intentional act, or failure to act, by caregiver or another person that causes or creates a risk of harm to an older adults (someone age 60 or older) (CDC)

Types of Elder Abuse

Physical abuse, abusive sexual contact, emotional or psychological abuse, neglect, financial abuse or exploitation (CDC)

Sexual Violence

Sexual violence is sexual activity when consent is not obtained or not given freely. (CDC)

Consent

Words or overt actions by a person who is legal or functionally competent to give informed approval, indicating a freely given agreement to have sexual contact. (CDC)

Intimate Partner

A person with whom one has a close personal relationship with. (CDC)

Types of Intimate Partnerships

Emotional connectedness, regular contact, ongoing physical contact, sexual behavior, identity as a couple, familiarity and knowledge about each other's life. (CDC)

Disability

A physical or mental impairment that substantially limits one or more major life activities. (CDC)

Physical Violence

The intentional use of physical force with the potential for causing death, disability, injury or harm. Incl. scratching , pushing , shoving, throwing , grabbing, biting, choking (CDC)

Physical Injury

Any physical harm, including death interacting with a body that exceeds the threshold of physiological tolerance. (CDC)

Illness

An abnormal process in which aspects of the social, physical, emotional or intellectual condition and function of a person are diminished or impaired. (CDC)

Sexual Trafficking

The recruitment, harboring, transportation, provision, or obtaining a person for the purpose of a commercial sex act. (CDC)

Substance Abuse

Abuse of alcohol or other drugs. This also includes alcohol or other drug dependence. (CDC)

Substance Abuse Treatment

Any treatment related to alcohol or other drug use, abuse, or dependence. (CDC)

Friend/ Acquaintance

Someone who is known to you but not related by blood or marriage and in not an intimate partner. (CDC)

Names of Imitate Partners

Spouse, husband, wife, boyfriend, girlfriend, dating partners, domestic partners , ongoing sexual partners (CDC)

Bullying

Unwanted aggressive behavior which is repeated multiple times, or is highly likely to be repeated. (CDC)

Cyber-Bullying

The use of electronic media to embarrass, harass or threaten a person. (CDC)

Gang Youth

More likely to, engage in substance abuse, engage in violence and serious offenses, drop out of school, have family problems, and have unstable employment (CDC)

Dating Violence

The physical, sexual, psychological, or emotional violence within a dating relationship, including staking, between a current or former dating partner. (CDC)

Self-Directed Violence

Behavior that is self-directed and results in injury, or the potential for injury, to oneself. (CDC)

Depression

A common by serious mood disorder. It causes severe symptoms that affect how you feel, think and handles daily activities. The symptoms must be present for a least t 2 weeks. (NIMH)

Anxiety Disorder

Feelings of worry or fear that does not go away or gets worse over time. Feelings that interfere with daily activities such as job performance, school work, and relationships. (NIMH)

Panic Attack

Sudden periods of intense fear that may include, pounding heart, sweating, shaking, shortness of breath, and feeling of impending doom. (NIMH)

Rape

The penetration, no matter how slight, by the sex organ of another person without the consent of their victim. (Justice.Gov)

Eating Disorder

Extreme emotions, attitudes, and behaviors involving weight and food. (MH.Gov)

Types of Eating Disorders

Anorexia Nervosa, Binge Eating, Bulimia. (MH.Gov)

Assault

A threat or attempt to inflict offensive physical contact or bodily harm on a person that puts a person in immediate danger. (MW.Com)

Behavioral Disorder

A pattern of disruptive behavior that last for at least 6 months and cause problems in school, at home and in social situations. (MH.GOV)

Types of Behavioral Disorders

Inattention (ADHD), hyperactivity, impulsivity, defiant behavior, drug use, criminal activity (MH.Gov)

Homicide

The deliberate and unlawful killing on one person by another. Murder.

Human Trafficking

The illegal movement of people, typically for the purposes of forced labor or commercial sexual exploitation.

The Number of violent deaths Worldwide Every Year

1.6 Million

Abuse

The Number of Child Abuse and Neglect Victims reported in the U.S. Every Year

700,000

A pattern of behavior used to gain and maintain power and control. (LIR.Org)

What Does LGBTQ Mean

Lesbian, gay, bisexual, transgender and queer

How Fast is the Fastest Bullet

Sexual Coercion

The act of using pressure, alcohol or drugs, or force to have sexual contact with someone against their will or persistent attempts to have sexual contact with someone who has already refused (LIR.Org)

3,000 Miles Per Hour



Plan A – LEAVE

**After you are Threatened or Someone Say
Something Bad to you..... Wait till I Say
Something Bad**

**First Time – Walk Away (Normal
Speed)**

Second Time – Walk Away Faster

Third Time – RUN!



Plan B – MAKE SOME NOISE

**After you are Threatened or Someone Say
Something Bad to you..... Wait till I Say
Something Bad**

**First Time - Say.... “Leave Me Alone Please”
(Normal Voice)**

**Second Time - Say.... “I Said Stop it” (Louder
Voice)**

Third Time - Say.... “LEAVE ME ALONE” (Yell)



Plan C – DO NOTHING ALL THREE TIMES

**After you are Threatened or Someone Say Something Bad
to you..... Wait till I Say Something Bad**

Don't Smile

Don't Frown

Don't Laugh

Don't Say Anything

Don't Make a Sound

Don't Move, Don't Turn Away

Keep your Eyes Looking Straight Ahead

Boy

Girl

Male

**Gender
Specific**

**Gender
Neutral**

Female

Us

Them

Black

Me

You

White

My Religion

Your Religion

My Appearance

My Dreams

Your Dreams

Your Appearance

A Religion

No Religion

**My Internal
Identity**

My Worth

Your Worth

**Your Internal
Identity**

My Life

Your Life

My Future

Man

Women

Your Future



Circle One Name _____ (Optional)

1. Did you Learn Anything New about Violence in this Presentation?

Yes A Little No

2. Did this Presentation make you More Aware about the Dangers of Violence?

Yes A Little No

3. Will this Presentation Help You Avoid Being a Victim of Violence in the Future?

Yes A Little No

4. Will this Presentation Help Prevent You from Doing an Act of Violence?

Yes A Little No

5. Could this Presentation Help Stop Someone Else from Doing an Act of Violence?

Yes A Little No

Comment on the Presentation:



Circle One Name _____ (Optional)

1. Did you Learn Anything New about Violence in this Presentation?

Yes A Little No

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Yes A Little No

Comment on the Presentation:



YouthAlert (YA!) Violence & Bullying Prevention/Health Program

Quiz - 20 Multiple Choice Questions (Circle One)

Name _____ Teacher _____ Grade _____ Date _____

1. Violence is:

very, very, bad pain fun happens only to other people sometimes works

2. Attitude is Everything:

if you're tough when you ignore people if your attitude is kindness if people respect you

3. My First Purpose is:

to have fun to do well in school to make friends to survive my youth

4. All People are Equal Because:

It's what adults believe no one has a special view or angle It's what kids believe people are not equal

5. Bullying is:

necessary sometimes can't be stopped only when someone hits you forever

6. You Should Always Recognize:

a true choice that you don't always have choices that you have no choice choice is only for some people

7. Most People are Already:

violent peaceful mean happy

8. The Rule of Violence:

you get away with violence sometimes only criminals do violence

only men do violence doing violence brings violence to you

9. You are a Youth Until you:

graduate High School have a boyfriend/girlfriend are 24 years of age get into a fight

10. Violence is Only Allowed When:

they had it coming I do it someone insults me it's real self-defense

11. A Youth's Destiny is:

doomed to live a long and happy life die young win over other people

12. The Root of Evil is:

money men politics selfishness

13. Most Youth Get Hurt by:

family themselves friends strangers

14. How to Escape a Violent Situation:

walk away make some noise do nothing all three none of these three

15. One of the Best Ways to be an Upstander is to:

keep a journal keep it a secret bully them back tell someone

16. Most Victims of Violence are:

girls boys children adults

17. Adults like to:

ignore kids be the hero tease kids be the enemy

18. Youth Need to Learn How to Juggle things to:

become independent enjoy more drama in school be superior impress teachers

19. The Number One Age Group for doing Violence is:

12-18 19-24 25-30 31 or older

20. When People Disrespect you:

be sympathetic it's their flaw disrespect them back get your friends against them

YouthAlert! (YA!) Violence & Bullying Prevention/Heath Program - Student/Youth School Year-End Survey



YouthAlert! (YA!) 859.494.3677 Voice 859.233.1999 Fax

YouthAlert! (YA!) Violence & Bullying Prevention/Heath Program - Student/Youth School Year-End Survey requests your help. Please complete the following Survey based on your experince since vieiwng the YouthAlert! (YA!) Violence & Bullying Prevention/Health Program Presentation.

Student Name: School Survey Date

Age Grade Gender

1. The Presentation was a positive experience.

Strongly Agree Agree Disagree Don't Know

2. I have been more aware of bullying and violence since the Presentation.

Strongly Agree Agree Disagree Don't Know

3. I have avoided bullying and violence more since the Presentation.

Strongly Agree Agree Disagree Don't Know

4. I am leading a more peaceful life since the Presentation.

Strongly Agree Agree Disagree Don't Know

5. I have helped others who were being bullied since the Presentation.

Strongly Agree Agree Disagree Don't Know

6. I have put into practice what I learned in the Presentation.

- Strongly Agree Agree Disagree Don't Know

7. I have more self-esteem since the Presentation.

- Strongly Agree Agree Disagree Don't Know

8. I could learn more and support what I already know if I saw the Presentation again.

- Strongly Agree Agree Disagree Don't Know

9. I remember many positive things about the Presentation.

- Strongly Agree Agree Disagree Don't Know

10. I have felt and acted more equal and kind since the Presentation.

- Strongly Agree Agree Disagree Don't Know

11. I have been more focused on surviving my teen years since the Presentation.

- Strongly Agree Agree Disagree Don't Know

12. I have seen a positive change in my peers who have also seen the Presentation.

- Strongly Agree Agree Disagree Don't Know

Comments:

Thank you very much for taking the time to complete this survey. Your feedback is valued and very much appreciated!



YouthAlert (YA!) Violence & Bullying Prevention/Health Program

Follow Up Discussion Topics for Students

Follow Up Discussion Topics for Students after the YouthAlert! (YA!) VBPHP

Why is it worth surviving?

Do you think differently about violence now? If so in what way?

How do you think your fellow classmates reacted to the presentation?

Did you feel like everyone is was treated completely equal during the presentation? If so, how did that feel?

Do you think you would be more compassionate, empathetic, kind, after the presentation? Why?

Are you more likely to stand up for someone being bullied now? Why?

Are you less likely to get into a fight now? Why?

Did the presentation make you think about things differently? If so what?

If you can ask the presenter anything, what would it be?

If you would have a message to you fellow students after the presentation, what would it be?

What do you remember most about the presentation?

What surprised you the most about what you learned in the presentation?

Would you like the presentation to come back or continue?

What subject matter was not covered by the presentation, which you hope will be covered next time?

What subject that was covered do you wish had more time spent on it?

Do you wish other student in your school could see this presentation?

How would you make this presentation more relevant to your life?

Do you think your survival chances are better or worse after the presentation?

Would you like to email or tweet any comments to YouthAlert! (YA!) about the presentation?

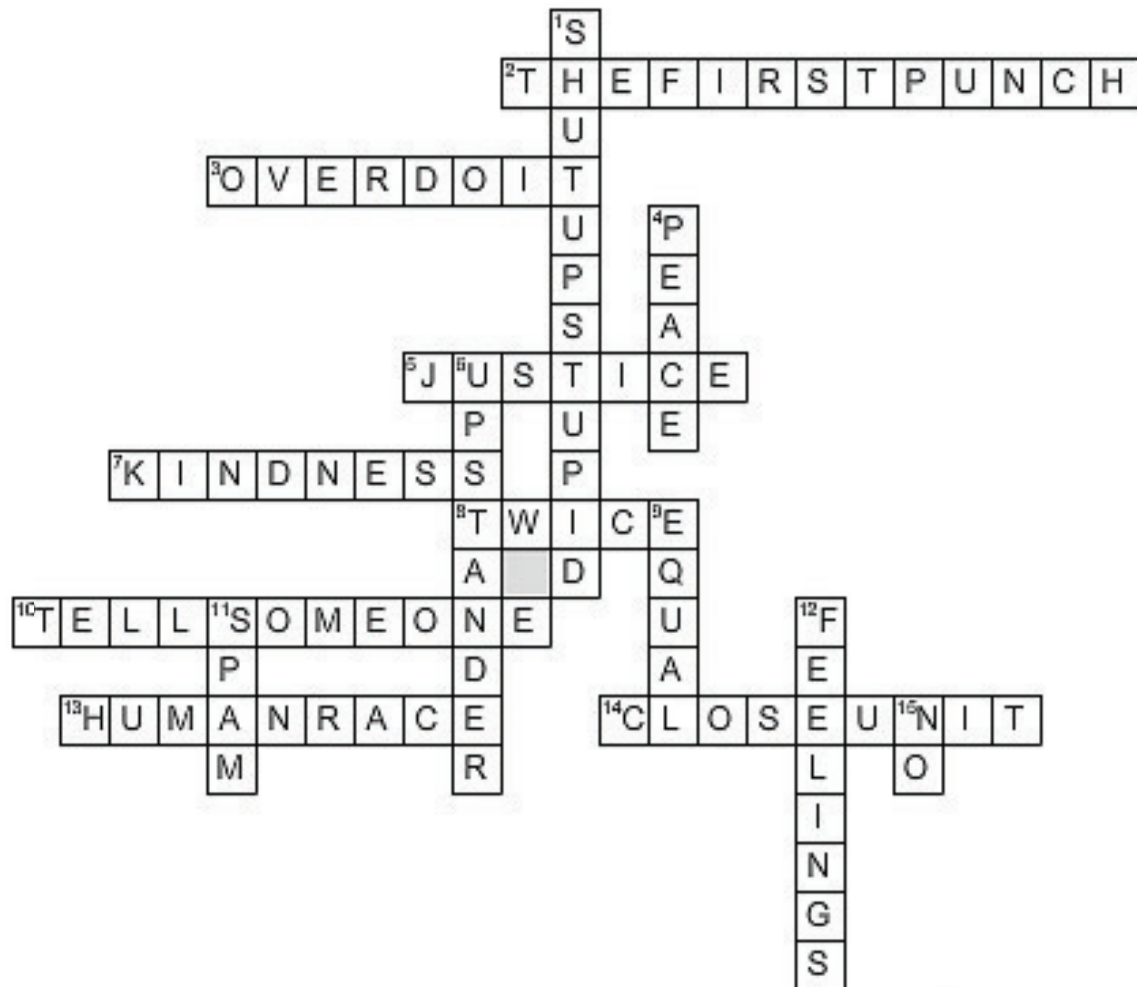
Will this presentation change anything?

Is the presentation on the right track or wrong track? If so why?

Do you now think that adults and youth now need to work together equally to reduce violence and bullying?

YouthAlert! (YA!) VBPHP

Crossword

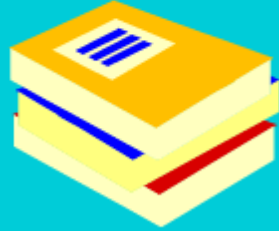


Across

2. In a dangerous situation do not throw
3. One of the secrets of a long life is not to
5. Do not under estimate this
7. If you haven't learned this you have learned anything
8. It is bullying and harassment when it happens
10. Do this when you are being bullied
13. Some believe that humans have already won the
14. Another word for family is

Down

1. The two worst bullying words
4. The first principle of everything
6. The opposite of being a passive bystander
9. All humans are
11. When you are being cyber-bullied hit block or this button
12. Everyone has got these
15. Learn to say this politely



YouthAlert! (YA!) Violence Prevention/Health Community Outreach Program

Award Certificate

www.YouthAlert.us

This Certificate is a recognize that YouthAlert! (YA!) Violence Prevention/Health Community Outreach Program has been performed at the following location.

ABC Middle & High School
Anywhere Main Street
Anytown, Kentucky

January 1, 2015



Douglas A. Wain, Executive Director, YouthAlert! (YA!)
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