Do Not write on this worksheet. Copy the objective, warm-up question and study guide questions or write your answers in statement form so that you know what the question was.

Violence Awareness and Prevention Study Guide

**Lesson 1- Stand Up For Yourself!**

**Objective: The student will understand the power of assertiveness, value of exercising self-control, merits of goal setting (10.2 a,c,d)**

**Warm-up:**

* **What do I enjoy doing?**
* **What gives me joy?**
* **What do I value?**
* **What am I good at?**
* **Where do I see myself in 5, 10, 15 years?**
* **Where would I like to go?**

1. Copy and define the ”Building Vocabulary” on pg. 254.
2. What is the foundation of effective communication?
3. What are the 3 basic skills needed for effective communication? Pg. 255
4. Give and define the 3 communication styles.
5. After reading figure 10.2, give 2 other examples of Aggressive messages and 2 examples of possible Assertive “I” messages pg. 256
6. Give and explain the 4 techniques of an Active Listener. pg. 257
7. Copy and define the ”Building Vocabulary” on pg. 262.
8. Give the 4 Steps to communicate effectively. Pg. 264
9. Give 6 strategies for resolving conflict.

**Matching –** Not in book

1. Conflict Resolution
2. Negotiation
3. Mediation

* Justin and John are playing table tennis. They disagree on who scored. After a discussion, they agreed that on future questions, they would take turns winning any point they disagreed on. This is an example of \_\_\_\_\_\_\_\_\_.
* \_\_\_\_\_\_\_\_\_\_ is the process of ending a conflict through cooperation and compromise.
* Felicia and Kelly, best friends, had an argument about something one of them said. They were upset but valued their friendship. They ask another friend to help them resolve the conflict. This is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.