

Support Systems

More Practice With Bugs and We STOP'D



3 Cs

- ☞ I care about myself.
- ☞ I care about you.
- ☞ I care about my community.

Help students to understand and invite them to state clearly:

I have a right to be in an environment where I feel safe.

I have a responsibility to treat others with kindness.

Violence is intent, by words, looks, signs, or acts, to hurt someone else's body, feelings, or possessions.

Teacher Notes

Preparation

Copies

"Family Situation Cards" copied for each group (see page 84)

Music

"Be A Builder" from the CD *Be A Builder* (see page 94)

"Children of Many Colors" from the CD *Be A Builder* (see page 96)

Vocabulary

support group
support system

Lesson at a Glance

Introduction

1. Support Groups And Support Systems

Strategy

2. Positive And Negative Support Systems
3. Comparing Support Systems

Conclusion

4. Family Situation activity

Core Curriculum Objectives and Standards

Objectives

Recognize situations wherein students may need support and show them how to access it.

Standards

7040-0302 Develop skills for building healthy interpersonal relationships.

Introduction

Discussion

Strategies

Discussion

Tie in the 3 Cs

I care about me.
I care about you.
I care about my community.

1. Support Group

- Play or sing either "Be A Builder" or "Children of Many Colors."
- What is the message of this song?
- What is a support group?
- People in a support group help each other with various parts of life.
- The group is usually composed of friends or acquaintances who share common characteristics or needs.
- Sometimes support groups could be arranged (like an academic tutoring group) or naturally occurring (like a group of friends who like to play together).
- Sometimes people use the words support group and support systems to describe the same thing.
- How does a support group or support system work?
The group talks about things, shares stories, works together, listens to each other, has empathy and understanding for each other, tolerates each other's weaknesses, helps build strengths of members, establishes friendships, creates new friendships and helps with difficult situations.

2. Positive And Negative Support Systems

- What would happen to an athlete who only ate junk food and drank very little water?
He or she would eventually be out of shape and out of energy. They would no longer be able to be very athletic.
- What happens to plants if they do not receive the right kind of sunlight, water and nutrients?
They wither and die.
Positive support systems are like athletes and plants.
- What kinds of bugs would we have to deal with if we do not build positive support systems in our lives?
poor thoughts, foolish choices, difficult situations
- What kinds of situations or bugs might a positive support group help you deal with?
difficult relationships, difficult school subjects, divorce of parents, a friend moving away, death of a family member or friend, chronic illness
- Why would having a positive support system be important?
The people who surround you feed your mind on a regular basis. Your mind takes this input and decides what is important in life. Your thinking determines what you believe, your perceptions of the world, how you feel and how you act.
- What are some of the negative support systems that some people get into?
gangs, negative media, unhealthy peer relationships
- What are some of the positive support systems that we belong too?
friends/peers, family, school, and church
- We can build a positive support group by following the basic principles of Prevention Dimensions – I care about me; I care about you; I care about my community.
- When we care about ourselves, we hang around people who help to build us and want to make us great.
- When we care about the people around us, we want them to become the best they can be. We feed them great thoughts and ideas.
- Our support group needs to include people who can help us with our bugs. These people don't always tell

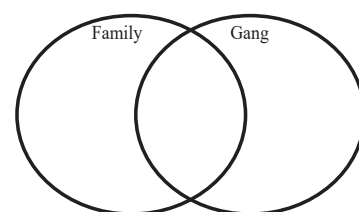


us what we want to hear and sometimes tell us what we need to know to get rid of bugs. They do this in a way that builds rather than breaks. They want you to be successful and they are working to be successful themselves.

- When we care about our community, we work to help others in our support group be the best they can be. We are builders rather than breakers. We don't put others in harms way just to feel powerful, mean or humored.
- What are some ways you could build a positive support group? get involved in healthy activities; build friendships; help others with homework, assignments, and school tasks; encourage classmates to make smart choices.
- How could you assist your family to be a positive support group? help parents and siblings complete household responsibilities; share day-to-day experiences together; be a good listener; eat meals together, do things with the family; talk as a builder, not a breaker

3. Comparing Support Systems

- A venn diagram is a graphic device that compares two or more sets.
- Draw a large two circle venn diagram on a piece of paper.
- Label one circle "Family" and the other circle "Gang."
- In each circle, write things that describe each group.
- Things that are unique to each group are written outside the part of the circles that overlap.
- Things that are shared by each group are written in the part of the circle that overlaps.



- Create a large venn diagram on the board.
- Use the ideas from the individual assignment to have a class discussion about what families and gangs share in common and how they are different..

4. Family Situation activity

Divide the class into four "family groups."

Give each group a set of "Family Situation Cards" which are placed face down in the center of the group.

In turn, each group member draws a card and reads it aloud to the group.

The group uses the We STOP'D model to decide ways they can show and express support and come up with a plan to help solve the situation. (If necessary, review Prevention Dimensions lesson #5)

Stop the game after a few minutes and use the questions like the following to further understanding of support systems.

- What kinds of situations did you have?
- Who did you think of as helpers who could help you with the situation?
- When is it important and helpful to include other people (such as police officers, health workers, religious leaders, school teachers or principals, counselors) into your support system?
- What options did you brainstorm?
- How did you use empathy and understanding as part of the solution?
- What was your final plan of action?
- Resume the game.



Activity

Discussion

Conclusion

Activity

Family Situation Cards

<p style="text-align: center;">FATHER SITUATION</p> <p>He was injured on the job and is out of work for three months and in bed at home.</p>	<p style="text-align: center;">SISTER (age 10) SITUATION</p> <p>She wants to join an “all boy” football team.</p>
<p style="text-align: center;">MOTHER SITUATION</p> <p>She just decided to go back to college and finish master’s degree.</p>	<p style="text-align: center;">BROTHER (age 8) SITUATION</p> <p>He just received an award for reading the most books in the school reading contest.</p>
<p style="text-align: center;">BROTHER (age 15) SITUATION</p> <p>He tried out for high school basketball team but did not make it.</p>	<p style="text-align: center;">GRANDFATHER SITUATION</p> <p>His wife died and he has just come to live with our family.</p>
<p style="text-align: center;">SISTER (age 13) SITUATION</p> <p>She has a chance to enter a gymnastics contest.</p>	<p style="text-align: center;">TEENAGER SITUATION</p> <p>His or her date comes to visit and all the siblings stand and stare and ask embarrassing questions.</p>