SkillsWorksheet

Life Skills

Communicating Effectively – Pgs. 102-107

A CONTINUUM OF VIOLENCE

PART I

One of the most important parts of staying safe is being able to recognize when a situation is becoming violent. Think about each of the following behaviors. Then, rank the behaviors from least to most violent, placing the letters of each behavior on the appropriate portion of the continuum.

a. teasing

i. spreading rumors

j. putting a “kick me” sign on someone’s back

k. pointing a gun at someone

l. threatening to beat someone up

m. pulling a chair out from under a classmate

n. making racist comments

b. pushing

c. slapping

d. name-calling

e. insulting

f. shouting

g. stabbing

h. eye-rolling

Least Violent Moderately Violent Most Violent

PART II

1. What steps can you take to stay safe if you have identified a dangerous situation?

2. Imagine that you have followed all of the steps to avoid a dangerous confrontation, but still find yourself in a serious conflict. As you recall the tips for communicating effectively, you realize that empathy—putting yourself in the other person’s shoes—is an important part of reaching a peaceful solution. Explain how empathy is the first step in preventing violence.