

SEXTING: Empowering Students to Engage in Positive Communication

Secondary Lesson 8

Lesson Title: Understanding My Responses: Addressing Consequences

Description: This lesson will focus on understanding and managing angry reactions that will lead them into trouble e.g., retaliation after the dissemination of sexually explicit materials.

Objectives: The students will be able to:

- Understand how to manage anger
- Analyze the consequences of making a decision concerning “sexting”

Standards-Based Student Development Program Benchmark(s):

Benchmark PS 1.0

Student accepts responsibility for personal behavior

Benchmark PS 1.5

Explain how personal attitudes and feelings affect behavior.

Benchmark PS 4.3

Understand and respect the feelings and beliefs of others

Springboard Activity: Using a poster board and markers, ask the students to brainstorm the following scenario:

Describe a situation when you were angry and did something that you regretted later!

FCAT Benchmarks:

LA.A.1.4.1 Selects and uses pre-reading strategies.

LA.A.1.4.2 Selects and uses strategies to understand words and text.

Accommodations: Teachers of students with disabilities are mandated by state and federal law to provide accommodations as stated on the students' IEP. General accommodations and best practices are listed in the introduction.

INSTRUCTIONAL TIME: One period

Instructional Materials

- Poster board, markers, or overhead/acetate to record responses.
- **Handout 8.1: What is Anger?**
- **Handout 8.2: Sexting: Negative Outcomes**

Teacher's Note:

When dealing with anger and its consequences please remember that there are two tiers:

- 1-. The person is angry and makes a decision to post sexually explicit material online.*
- 2-. Second, a person who is the victim of "sexting" is angry and his or her reaction could lead to other at-risk behavior(s).*

Vocabulary:

- **Sympathetic**
- **Parasympathetic**
- **Adrenal gland**
- **Epinephrine**
- **Vulnerable**

Instructional Lesson:

1. Distribute **Handout 8.1: What is Anger?** for independent reading.
2. Instruct the students to read the material and underline main points.
3. Ask the students what conclusions can be drawn on how they can control anger.
4. Distribute **Handout 8.2: Sexting: Negative Outcomes**, use the examples in each column to guide discussion.
5. Request student to complete column 2 and 3.
6. Discuss responses in class

Closure: "Anger has a direct effect upon the body. We must learn to manage the energy generated by anger because, in these modern times, we do not always need to act on, or *fight* response".

Assessment: Class participation and completion of handouts.

Follow-up Activities/Home Learning/Parent: Students will research on-line websites related to texting.

Handout 8.1: What is Anger? Directed Reading

Anger: What is it? When we get angry, which often signals some sort of threat, we experience sympathetic arousal. It stimulates the adrenal gland, which pours epinephrine (adrenaline) into the bloodstream. Today's anger buttons are more likely to come in the form of personal insults or inner struggles. Therefore, we are left with intense physical arousal in a modern day society that calls for nonphysical responses. Our hearts are pumping, and our adrenaline is flowing. Our bodies are actually making it more difficult to use our minds. We need calm bodies to best access our rational thoughts. Many of us struggle with this conflict. We are physically vulnerable to handle our anger at a time when we most need calm heads and well-chosen words!

That is why we often need time and space. If we are not being physically threatened, we need time for the *parasympathetic* system to take over again and give us the peace we need to think things through. The *parasympathetic* system (part of the nervous system) handles the day-to-day functions of ordinary life. It is in charge when we are calm. It works to conserve bodily resources. You will notice that one of our suggestions for coping with anger is physical activity, such as exercise. This is illustrated when your body is filled with adrenaline and you find it difficult to sit down. We want to get it out of our system!

Humans are born with a variety of emotions including anger. Anger is normal and natural and is felt by everyone. It is also a protective emotion, a warning signal that something is wrong. Anger causes the body to prepare to defend itself.

Handout 8.2: Sexting: Negative Outcomes

Situation		Negative Reaction	Positive Reaction
1	An inappropriate comment is made about your mother	<i>Example: Post a degrading comment on-line.</i>	
2	Teacher raised his voice and offended you	<i>Post a negative comment for everyone to see about the teacher.</i>	
3	Your girlfriend or boyfriend made fun of you in front of others	<i>Send a sexual explicit picture or message to all your friends to embarrassed her or him.</i>	
4	Another student made a threatening comment to you	<i>Send a negative message to your friends about the student.</i>	