National Youth Violence Prevention Week Tool Kit

March 19-23, 2012

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Activity Tool-kit:

In recognition of National Youth Violence Prevention Week 2012, the City of Minneapolis Department of Health & Family Support, the Mayor's Youth Congress, and Minneapolis Public Schools have partnered to collect activities, resource lists, and community supports on the topic of Youth Violence Prevention in an electronic tool-kit. This tool-kit is for use by classroom teachers, after-school programs, youth serving agencies and families to build awareness and spark dialogue and action on the topic of youth violence prevention. The tool-kit is created to be used either as a week's worth of daily activities following themes like managing anger, resolving conflicts peacefully and community engagement culminating in a poster contest for youth or as a place to find activities and resources that can be used whenever it fits best for the youth and families.

Highlighted Activities:

Speak Up

Peace 24/7

Speak Up Poster Contest*

Peacekeeper Award*

Additional suggested activities adapted from Students Against Violence Everywhere www.nationalsave.org **See website for documents on contest and award information.*

Speak Up Minneapolis is an anonymous youth tip-line co-sponsored by Minneapolis Public Schools, the Minneapolis Police Department and Department of Health & Family Support. This tip-line allows youth from across the city to confidentially phone or text in reports of potential violence, including weapons in schools, parks, libraries or other locations. Trained Counselors are available 24 hours a day to take detailed summaries of the potential threat and will then file a complete report to the proper first responders. Using *Speak Up* is one way for young people to become part of the solution to youth violence by telling what they know to keep themselves and others safe. Additional information can be found at:

http://sss.mpls.k12.mn.us/violence_prevention

Community Power Against Violence (CPAV) is a group youth and adults who are working to reduce youth violence in Minneapolis through a media and mobilization campaign to "ensure that young people and our entire community see their roles and responsibilities in stopping violence, while providing the knowledge and tools to reduce violence and safely intervene when violence occurs."

Peace 24/7 wrist-bands and pledge cards are available for free for groups to order as part of activities on a first come first served basis. Minneapolis Public Schools High School students who stop by and/or "like" the Minneapolis School Based Clinics of Facebook can get a free wristband

For more information on tips for leading classroom conversations on Speak Up or for ordering wallet cards, posters, Peace 24/7 wrist-bands and pledge cards contact

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Day 1--Monday March 19, 2012: Promote Respect & Tolerance

- Conduct an essay contest on respect and tolerance. Have the winning essay read at an event or over morning announcements.
- Reach out to the unreached. Challenge all students to get to know at least one student they do not know.
- Have a class discussion/role play on the importance of showing respect.
- Use teambuilding activities that utilize sharing and group participation.
- Identify examples of respect and lack of respect for others in social studies textbooks and other materials.
- Do research papers on different cultures and how they show respect to one another.
- Hold a cultural day where dress, activities and decorations reflect different cultures from around the world.
- Have students pair up with a student from a different culture and allow them to "shadow" each other for a day so they will each see what it is like to walk in someone else's shoes.

Day 2—Tuesday March 20, 2012: Manager Your Anger, Don't Let it Manage You!

- Provide students free hot chocolate with the theme "Don't Let Anger Heat You Up" before school.
- After studying anger management skills, conduct a contest between grade levels to see how many students will sign nonviolence pledges and remain fight-free.
- Sponsor a decorate-a-door contest on ways to handle stress or manage anger for homeroom classes.
- Participate in simulation activities such as theft, being bullied, having a personnel possession harmed, and discuss positives to respond to these incidents.
- Have students in each class or at a designated area give suggestions on safe ways to "cool down" when angered.
- Create drawings, posters or other signs showing that anger is natural and a normal part of life... but Violence is not.
- Have each student give accounts of how anger hurt them so students will understand what can happen if they don't manage their anger.
- Have students come up with signs or codes to be able to communicate when they are angry so their anger will not get out of control (i.e. putting up your hand to let people know you are angry).

Day 3—Wednesday March 21, 2012: Resolve Conflicts Peacefully

- Challenge all students and faculty to be fight free. Set up a reward system to acknowledge success.
- Establish a peer mediation program at your school. Kick off with an assembly with role plays.
- Create a public service announcement on the importance of managing conflicts peacefully.
- Have students observe conflicts in all aspects of life over a 24 hour period. Ask them to record their observations and have a discussion on ways to safely resolve or manage the conflicts observed.
- Have students brainstorm ways to be a good listener. Have students illustrate examples of being a good listener.
- Have students role play conflicting situations and how to positively resolve the situations.

Day 4—Thursday March 22, 2012: Promote Safety

- Conduct a safety-themed poster contest. Display and let students or faculty judge.
- Invite local rescue workers to make presentations to students on personal safety, fire safety, or bicycle safety.
- Prepare a school safety public information brochure or fact sheet.
- Develop a suggestion box or phone line for suggestions to improve school safety or anonymous tips.
- Coordinate a safety day with local rescue agencies providing exhibits and activities.
- Setup a table or area where students can identify safe and unsafe places in their school or surrounding communities.
- Volunteer to serve on School Safety Committee and encourage accurate school Violence incident reporting and tracking.

Day 5—Friday March 23, 2012: Engage Yourself and Others in Practice

- Organize a service project where all students and members of the community can come together and make a large impact in the school or community
- Community/school beautification campaign - graffiti and vandalized areas should be priorities.
- Create a skit or lesson plan to be presented to your school or other schools/community agencies to spread the Violence prevention message.
- Sponsor a "First Aid" event where students learn first aid techniques and participate in simulation activities that would prepare students to help others in situations of need.
- Institute an "Adopt-A-Student" program where new students are paired with older students.
- Paint a peaceful mural on a building or sidewalk.
- Hold a Violence prevention community event with information booths and safe activities for children.

Youth Violence Prevention Web Resources

General Information:

- Centers for Disease Control
  http://www.cdc.gov/violenceprevention/youthviolence/
- SAVE: Students Against Violence Everywhere
  http://www.nationalsave.org/main/YVPC.php
- STRYVE: Striving to Reduce Youth Violence Everywhere
  http://www.safeyouth.gov/Pages/Home.aspx
- UNITY: Urban Networks to Increase Thriving Youth
  http://www.preventioninstitute.org/unity
- The Center to Prevent Youth Violence
  http://www.cpyv.org/

Bullying Prevention:

- Federal Departments of Health & Human Services, Education and Justice http://www.stopbullying.gov/
- PACER's National Bullying Prevention Center
  http://www.pacer.org/bullying/
- Stand Up to Cyber Bullying
  http://www.commonsensemedia.org/cyberbullying
- Digital Rights Project - A Thin Line
  http://www.athinline.org/
- Safe Schools Coalition
  http://www.safeschoolscoalition.org/safe.html

Conflict Resolution/ Restorative Practices:

- Conflict Resolution Information Center
  http://www.crinfo.org/index.jsp
- Conflict Resolution Education Center
  http://www.creducation.org/
- Minnesota Department of Education: Restorative Measures
  http://education.state.mn.us/MDE/StuSuc/SafeSch/RestorMeas/index.html
- International Institute for Restorative Practices
  http://www.iirp.edu/

Local Resources and Supports:

- Minneapolis Blueprint for Action Youth Violence Prevention Initiative http://www.minneapolismn.gov/health/yvp/dhfs_yv
- Youth Coordinating Board http://www.ycb.org/
- Minneapolis Public Schoolshttp://www.mpls.k12.mn.us/

National Youth Violence Prevention Week

2012 Minneapolis Youth Violence Prevention Week is sponsored by the following agencies

Minneapolis City of Lakes Department of Health & Family Support

MINNEAPOLIS PUBLIC SCHOOLS Urban Education. Global Citizens.

MINNEAPOLIS youth coordinating board

MINNEAPOLIS SCHOOL BASED CLINICS program

By seeing youth violence as the public health crisis that it is, we are better able to work across agencies, communities and jurisdictions with youth, parents, teachers, clergy, health providers, and others to protect youth, reduce injuries and deaths, and prevent more acts of violence from ever happening in the first place."

- Minneapolis Blueprint for Action to Prevent Youth Violence