



THE FIVE FINGERS OF VIOLENCE PREVENTION

1. USE YOUR HEAD

Students learn to...

- Identify their natural senses
- Understand what awareness means
- Develop keen observation skills
- Understand the concept of intuition as a way to receive information
- Understand how to breath and relax

2. USE YOUR MOUTH

Students learn to...

- Develop their voice as a powerful tool for communication
- Understand nonverbal communication
- Understand boundary setting
- Differentiate between passive, aggressive and assertive behavior
- Develop positive communication and problem solving strategies
- Develop the capacity to use the 7 Steps to Conflict Resolution in conflict situations

3. USE YOUR FEET

Students learn to...

- Understand the concept of safe spaces
- Develop decision-making skills
- Practice physical agility in escape techniques
- Understand the social pressures related to walking away from conflicts or using verbal skills to resolve differences

4. USE YOUR FIGHTING SKILLS, BUT ONLY IF YOU HAVE TO

Students learn...

- Basic self-defense skills and an understanding of the difference between an “anger situation” and a “danger situation”

5. TELL SOMEBODY WHAT HAPPENED

Students learn to...

- Identify a trusted adult to whom they can report tough situations or any time they had to employ any of the first four fingers