



Be in Charge Daily Outline

Lesson 1/Day 1:

Lesson Summary

Students are introduced to the *Be in Charge* curriculum and learn about the different communication styles (passive, aggressive, and assertive). They also learn about the importance of planning ahead before dating or hanging out using the Take a B.R.E.A.K. strategy, which stands for:

B – Be Brave: Speaking up for oneself & communicate boundaries in an assertive way

R – Be Ready to Go: Having a backup plan to leave a situation if they feel uncomfortable or unsafe

E – Explain Your No: Using assertive & open communication to establish boundaries

A – Offer Alternatives: Suggesting alternatives to different activities that they are more comfortable with (watching a movie, going for a walk, getting ice cream, etc)

K – Know Your Boundaries: Knowing their boundaries regarding relationships prior to being in a situation in which they have to communicate a boundary

Through case scenarios and engaging group activities, students build the knowledge and skills to communicate effectively with others.

Home Activities

Students will list out at least 2 strategies for being Ready to Go when needed. If they bring this list to the following class, they will receive a small incentive (i.e. puzzle pen, piece of candy, etc.).

Conversation Starters

Why and when do we need effective communication?

Why is it important to plan ahead before dating or hanging out with someone? How can you prepare yourself for moments where you might feel pressured or overwhelmed?

What is one example of a boundary you have set for yourself in relationships?

How can you respond to others that are pressuring you into something you do not want to do? How can you remove yourself from a situation if they do not respect that response?

