



Strengthening Futures: Circle of Hope Youth Prevention Programs for Safe and Healthy Relationships

Circle of Hope's prevention curricula provide age-appropriate lessons that address Georgia's state education requirements.

- **Grades K–7:** Our programs are aligned with the Georgia Health Education Performance Standards by addressing personal safety, healthy relationships, respect, and essential communication skills.
- **Grades 8–12:** Our programs fulfill the requirements of Georgia law (O.C.G.A. § 20-2-314), which calls for education in rape prevention, personal safety, and teen dating violence prevention, and align with the Georgia Health Education Performance Standards by addressing personal safety, healthy relationships, risk reduction, effective communication, and decision-making skills.

Hands Are Not for Hitting: Learning to Use Our Hands for Kindness

Grade Level: Pre K - Kindergarten **Lesson Duration:** 45 minutes

Overview:

In this interactive lesson, the facilitator reads "Hands Are Not for Hitting" with students, leads a group discussion about safe and kind ways to use our hands, and guides students in coloring their own handprints to show a commitment to helping others, encouraging positive, respectful choices in a fun and engaging way.

Highlights:

- **Recognize Safe and Unsafe Behaviors:** Identify how we should and should not use our hands at home, school, and in the community.
 - **Understanding Kindness:** Learn that hands are for helping, caring, and sharing, not hurting or hitting.
 - **Expressing Feelings Positively:** Practice using words to solve problems.
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I Am Stronger Than Anger: Learning Ways to Manage Our Feelings

Grade Level: Kindergarten - 1st **Lesson Duration:** 45 minutes

Overview:

This interactive classroom visit introduces students to healthy ways of managing anger. After a group reading of "I Am Stronger Than Anger," students discuss coping strategies and complete a creative coloring activity, reinforcing positive ways to understand and handle anger in a supportive environment.

Highlights:

- **Coping Strategies:** Discusses healthy anger management techniques.
 - **Express Positive Coping:** A coloring activity helps students express positive coping skills.
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Be Kind. Be Brave. Be the Solution. (Focuses on Bullying)

Grade Level: 4th - 5th **Lesson Duration:** 60 minutes

Overview:

Presented in PowerPoint format, this lesson examines the distinctions between conflict and bullying, the various forms and impacts of bullying, and practical strategies for promoting kindness, resolving conflicts, and fostering a safe and supportive school community.

Highlights:

- **Bullying vs. Conflict:** Understand the difference and the key features of each.
- **Types of Bullying:** Identify behaviors in social, physical, verbal, and digital bullying and how bullying affects everyone involved.
- **Responding to Bullying:** Learn ways to be an upstander, protect yourself, and support others.
- **Promoting Kindness:** How empathy and inclusion help build a welcoming environment.

Talk it Out! Solving Conflicts Step by Step

Grade Level: 4th - 5th **Lesson Duration:** 45 - 60 minutes

Overview:

Presented in PowerPoint format, this interactive lesson teaches students what conflict is, why it happens, and how to use a five-step process to solve disagreements respectfully. Through discussion, real-life examples, and activities, students practice positive communication and problem-solving and learn the value of respect and teamwork in resolving conflicts peacefully.

Highlights:

- **What Is Conflict:** Learn what conflict means and discuss real-life examples.
 - **Why Conflict Happens:** Understand common causes of disagreements.
 - **Five-Step Resolution:** Learn and practice a healthy process for resolving disagreements.
 - **Interactive Activities:** Participate in group discussions and apply skills in practical situations.
 - **Respect and Communication:** Emphasize listening, sharing, and problem-solving.
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The Relationship Game: What's Healthy, What's Not?

Grade Level: 7th - 9th **Lesson Duration:** 45 - 60 minutes

Overview:

Presented in PowerPoint format, this lesson empowers students to recognize healthy and unhealthy relationship traits, understand peer pressure and dating violence, and develop skills to set and protect personal boundaries for safe and respectful relationships.

Highlights:

- **Healthy vs. Unhealthy Relationships:** Recognize qualities of different relationships at home, school, and in dating.
 - **Relationship Behaviors:** Identify signs of respect, communication, and boundaries, and warning signs of unhealthy behaviors.
 - **Dating Relationships:** Explore what makes dating unique compared to other relationships and define and recognize (through examples) types of dating abuse.
 - **Peer Pressure:** Understand the impact of peer pressure in dating, recognize examples, and learn strategies for responding.
 - **Setting Boundaries:** Develop skills to communicate and protect personal boundaries.
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Safe Love: Empowering Healthy Relationships

Grade Level: 10th - 12th **Lesson Duration:** 45 minutes

Overview:

Presented in PowerPoint format, this lesson helps high school students define healthy and unhealthy abusive relationships, recognize warning signs, and understand that love should feel safe and positive. Through interactive discussion and resource sharing, students learn how and when to seek help, empowering them with knowledge and practical support options.

Highlights:

- **Define Relationships:** Identify what makes a relationship healthy and unhealthy.
- **Spot Warning Signs:** Recognize key behaviors and red flags of unhealthy relationships.
- **Understand Love and Boundaries:** Discuss why love should feel safe, positive, and never hurtful.
- **Apply Real-Life Scenarios:** Discuss and analyze real-life situations to practice recognizing and responding to healthy and unhealthy relationships.
- **Find Support:** Understand how to access local and national relationship help resources.