Objectives
Students will
• Explain the need for self-confidence and self-respect
• Identify the role of feelings and attitudes in behavior
• Demonstrate skills for building relationships based on mutual respect, trust, and caring
• Discuss sexual harassment

Concepts
1. Anyone, male or female, can sexually harass others or be the target of harassment. Sexual harassment can occur among peers or between faculty and students.
2. Harmful effects of sexual harassment could cause the victim to
   A. Become physically ill
   B. Withdraw from social or public situations
   C. Turn to drugs
   D. Feel unable to have comfortable relationships with others
   E. Be limited in their academic choices
   F. Feel angry, afraid, embarrassed, degraded, intimidated
3. T.U.S.D. has a policy that prohibits sexual harassment and stipulates consequences for such acts.

Materials
• Paper, pencils
• “Dear Diary” worksheet
• Video Sexual Harassment: It’s Hurting People. (18 minutes)
• Question box

Activities
1. Discuss uniqueness of each individual. (Although many share much in common, no two people are exactly alike.)
   A. All have characteristics that they like
   B. All have characteristics they do not like
   C. Think about personal physical, personality, and home life traits
2. Have students make a list of personal characteristics. (eye color, temper, height)
   A. Put a C for change or N for cannot change after each characteristic which can or cannot be changed
   B. Discuss characteristics which people must learn to live with (height, skin color, disability)
   C. Discuss why it is difficult to make changes in such areas as habits and values
D. Discuss how one can change habits and values
E. Identify people who could help make the change—parents, teachers, nurse

3. Discuss why it is important to seek self-improvement, emphasize that feeling good about oneself will allow one to
   A. Feel good about others
   B. Develop self-confidence
   C. Build assertiveness skills
   D. Develop a positive self-image.

4. Distribute and complete the “Dear Diary” worksheet
5. Voluntary sharing of “Dear Diary” worksheet
6. Ask students how feeling good about oneself helps build relationships with parents, peers, boy/girlfriends, love relationships
7. Show video Sexual Harassment: It’s Hurting People. In groups of 4, have students think of a sexual harassment situation that could occur in daily life. Have each group present their vignette. **REMEMBER**, some say that harassment is “just flirting” or “boys will be boys.” They may even blame the victim because of the way she dressed or say that she can’t take a joke. Male/female relations should be mutual. When one person is offended, it is harassment, not flirting.

8. **Exceptional Education Inclusion Activity**
   A. Role-play positive and negative self-talk. Have students identify the negative and change it to a positive one.
   B. Have the student complete the worksheet with the help of a peer assistant.
DEAR DIARY

Dear Diary,
What would I like to change about myself?

Why would this change help me feel better?

What is difficult about making this change?

What must I do to make this change?

Who or what can help me with this change?

What could be the results of this change?