



Upper Lesson 1: Verbal Insults

Objective: Students will be able to identify situations in which someone is mean using words and how to stop it. Students will also understand the difference between reciprocity and the Golden Rule.

Materials: SQUABBLES At The Movies, Lesson 1

Procedures:

1. View the corresponding SQUABBLES video.
2. Define “reciprocity”. Treating people the same way they treat you.
3. Discuss how reciprocity could be a good thing. (If someone is nice to you, you should be nice back.)
4. Discuss how reciprocity could be a bad thing. (If someone is mean to you, you would be mean back. That makes arguments worse and could start a fight.)
5. Instead of living by reciprocity, it’s better to live by _____. (The Golden Rule) Discuss the Golden Rule. (Treat others the way you want to be treated.)
 1. Tell students that the best way to live by the Golden Rule is to understand that there will sometimes be people who say mean things. Regardless, treat others the way you want to be treated, no matter how they treat you first.
6. Review the ABC’s of emotions.
 1. A - Aggression - someone is mean to you
 2. B - Beliefs - you process the behavior in your brain and decide whether or not to get upset
 3. C - Consequence - either your feelings are hurt or you are not bothered - the choice is up to you
7. Ask students: Who has the power when it comes to words? The speaker or the listener? (the listener) Why?
8. The video said that not getting upset and responding using the Golden Rule drives your enemies crazy. Why is that?

Closing: Review the difference between reciprocity and the Golden Rule and how to respond when someone is mean with their words.

Optional Writing (or discussion) Activity:

Download the picture of "verbal aggression" and ask the students:

1. **AGGRESSION:** What do you think is happening in the top picture? What do you think might have happened before this? What do you think people are feeling and why? Write or discuss the story.
2. **REACTION:** What do you think happens in the bottom left picture when the target treats the aggressor like an enemy? What will make the aggressor feel like a winner and make them continue to be mean to the target? Write or discuss the story where the aggressor is the winner.
3. **RESPONSE:** What do you think happens in the bottom right picture when the target treats the aggressor like a friend? What responses will make the aggressor feel confused, frustrated, and will make the target look like the winner? Write or discuss the story.
4. Has something like this ever happened to you? What did it feel like? How did it end? Write or discuss it.

Optional Interactive Activity:

Select students to perform the following challenges. You can just perform the challenges alone or split the class into teams and make it competitive.

1. For 30 seconds, one student will sing an annoying song about the other. To win, the target student must keep a straight face.
2. For 30 seconds, one student will tease the other in slow motion. To win, the target student must keep a straight face.
3. For 30 seconds, one student will tease the other about their silly selfie. To win, the target student must keep a straight face.