



**Corbin & Associates, Inc.**  
**Lesson Plan of the Month**  
**(October 2003)**

**Topic:** Fighting  
**Target Group:** Middle School  
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**Objectives:**

After this block of instruction the students will be able to explain why students fight, possible criminal penalties for fighting, and how to resolve arguments and fights peacefully.

**Introduction:**

I am School Resource Officer Steve Escalante and enjoy being at school with each of you everyday here at Goza Middle School. I have been a police officer for about sixteen years and have worked for city police departments, Henderson State University Police and most recently the UN International Police. Today we are going to be discussing the subject of fighting and the negative consequences that fighting can bring.

**Body:**

- I. Physical fighting among students is a serious problem in the United States.
  - A. 1999 national survey of students
    1. More than 1 in 3 students had been in a physical fight
    2. About 1 in 7 had been in a physical fight on school property.
    3. About 1 in 9 of those who fought had been hurt badly enough to need medical treatment.
  - B. Weapons are becoming involved more and more (1999 survey)
    1. 1 in 4 male students said they had carried a weapon in the past month
    2. 1 in 11 reported carrying a gun
  - C. Fighting that involves guns, knives, clubs, and other weapons are a major cause of serious injuries and death among teenagers

- II. Why do some teens fight?
  - A. Let's identify the causes of fights.
    - 1. someone insulted them or a friend or treated them disrespectfully
    - 2. there was an ongoing feud or disagreement
    - 3. someone was hit, pushed, kicked, or bumped
    - 4. someone spread rumors or said something about someone else
    - 5. someone could not control his or her anger
    - 6. other people were watching or encouraging the fight
    - 7. someone who likes to fight a lot was involved
    - 8. someone didn't want to look like a loser
    - 9. argument over a boyfriend or girlfriend
    - 10. someone wanted to keep a reputation or get a name.
  - B. How a person feels about themselves also contributes to the problem
    - 1. low self-esteem
    - 2. suffer abuse or neglect at home
    - 3. lack positive role models
    - 4. influenced by TV shows, music, and movies that glamorize violence
  - C. Some students are more likely to fight than others
    - 1. male students are more likely to fight than females (44% vs. 27%)
    - 2. younger teens (middle school) are more likely to fight than older teens (high school) (40% vs. 30%)
- III. Possible criminal charges for fighting
  - A. Disorderly Conduct
  - B. Terrorist Threatening
  - C. Harassment
  - D. Assault
  - E. Battery
- IV. How to resolve conflicts peacefully
  - A. Cool off with a timeout period
    - 1. leave the area temporarily
    - 2. find a calm person to talk to
  - B. Think about the consequences
    - 1. suspended from school
    - 2. criminal charges filed
    - 3. disappointing parents and teachers
    - 4. being injured or injuring someone else

- C. Show respect by listening
  - 1. learn to be a good listener
  - 2. repeat what the person said in your own words to show you listened and understood
  - 3. Use “I” statements such as “I feel ...”, “I think ...”, or “I need ...”
- D. Think about solutions
  - 1. that both sides can accept
  - 2. try to understand your opponent’s right’s and position
  - 3. don’t put down anyone’s ideas
- E. Lead by example (don’t tease, bully, or intimidate others)
- F. Be a positive bystander, don’t watch or egg others on to fight
- G. Get involved in school violence prevention
- H. Work with others to develop and participate in activities to promote respect and understanding
- I. Mentor other students
- J. Become trained to be a peer mediator

**Review:**

Today we have learned that fighting in schools is a serious problem in the United States and the possibility of you or a friend being in a fight can be very high if we do not take the time to learn how to resolve conflicts. These solutions include filing criminal charges against another person, learning how to become a better listener, showing respect for each other, thinking about the consequences, taking a time out, thinking about solutions, and becoming involved in preventing fights at school.

**Sources:**

[www.safeyouth.org](http://www.safeyouth.org)- "Physical Fighting among Teenagers"

Channing L. Bete Co., Inc., "What everyone should know about preventing school violence"

Channing L. Bete Co., Inc., "Youth Violence – you can help prevent it"

Steve Escalante – Personal experiences

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