

Elementary Health Education and the Prevention of Gang Involvement

Additional Resources

The following resources are a compilation of teaching tools (lesson plans, videos, books, articles...), background information and community implementation strategies. Please take the time to look at the resources and find the ones that best suit your school, students and community needs. Some resources may not be suitable for all ages and maturity levels.

I. Resources:

Websites: Please ensure websites are available before use in a classroom as websites often change location and accessibility. It is necessary to review each website for content and usage before utilizing it in the classroom. Many websites are not classroom friendly and should be used as a learning tool for teachers and parents. Websites are not listed in alphabetical order.

- ✓ Regina Police Service website offers a variety of tools to help combat gangs. Their *RU Down or RU Out : A Youth Perspective On Inner City Gangs* gang prevention strategy includes a video, links to helpful websites and a complete version of the Gang Prevention Curriculum Support Materials for schools - http://www.reginapolice.ca/gang_prevention.html.
- ✓ Deal.org is a website that tackles the issue of gang involvement as well as many other social issues youth face today - <http://deal.org/> . It contains information for students, teachers and parents on a variety of issues facing youth. Its features include webzine, toolbox, knowzone, blog it and get involved.
- ✓ Concerned Children's Advertisers - teaching Children to eat smart, move more and be media wise. <http://www.cca-kids.ca/tvandme/english/educators/index.html> or <http://www.cca-kids.ca/tvandme/>. This website gives information on media literacy, peer pressure, substance abuse prevention, active living, self-esteem, critical thinking and children and bullying for both parents and teachers. CCA's website has many ready to use lesson plans and extended learning experiences for classroom use K-9.
- ✓ Gang awareness Handbook by the Manitoba Police Department- <http://www.gov.mb.ca/justice/safe/gangproof/ganghandbook2004.pdf>. This resource gives a strong synopsis of gang involvement - useful for parents and teachers.
- ✓ City of Calgary interactive website on gangs – www.getalife.ca and <http://www.youthlinkcalgary.com> (be sure to look at Keith's gang encounter) are great learning websites for students, parents and teachers.

- ✓ Addressing Community Gang Problems: A Model for Problem Solving. The U. S. Bureau of Justice Assistance. A school or community can use an extensive set of worksheets at the end of the document to guide the development of a gang response plan.
<http://www.ncjrs.gov/pdffiles/156059.pdf>
- ✓ Random Acts of Kindness Foundation -
<http://www.actsofkindness.org/classroom/>. This website is a great way to communicate to youth the importance of kindness. It shows how kindness makes a difference in our lives. The website has many ready to use lesson plans and plenty of useful information.
- ✓ Canadian Red Cross RespectED: Violence Prevention – A Program dedicated to preventing violence.
<http://www.redcross.ca/article.asp?id=000005&tid=003>
- ✓ Kids Help Phone – offering support to youth across Canada.
<http://www.kidshelpphone.ca/en/>. This website offers free material, teaching aids and lesson plans to use in the school and at home. Follow the links - (newsroom - info for schools – ways your school can help – building awareness in schools – teacher’s guide). Also see -
http://www.kidshelpphone.ca/en/informed/sub_gangs.asp?sec=3&sb=2
- ✓ RCMP informational article - Feature Focus: Youth Gangs and Guns 2006.
http://www.deal.org/content/files/Knowzone/youth_gangs_and_guns_rcmp_at_tachment.pdf. This site gives an in-depth look into gang culture and their connection to guns.
- ✓ Coloring book warehouse -
http://www.coloringbookwarehouse.com/coloring_activity_books/police_crime_prevention offers a great selection of colouring books on a variety of topics including gangs.
- ✓ Graffiti Hurts <http://www.graffitihurts.org> is an organization that offers a plan to put a stop to graffiti. It contains lessons and information about graffiti and its affects on the community.
- ✓ Paramount city is the creator of the GRIP program (Gang Resistance is Paramount). Posters, colouring books, edited videos for classroom use and workbooks can be ordered from the GRIP program
<http://paramountcity.com/docs/recreation.php> or call Paramount City directly (562) 220-2121.
- ✓ Bullying prevention and school plus information can be found at
http://www.sasked.gov.sk.ca/branches/pol_eval/school_plus/crse/anti_bully.shtml from the Sasklearning website.
- ✓ Information on substance abuse can be obtained from the sasklearning website <http://www.sasked.gov.sk.ca/branches/curr/evergreen/index.shtml> or

office. Ask for the Middle Level Health Education – Grade 6 Curriculum Support Material for the Prevention of Substance Abuse by the Regina and Area Drug Strategy Project (2006).

- ✓ Bullying prevention
http://www.cpha.ca/antibullying/english/backinfo/Assessment_Toolkit.pdf is an extensive document by the Canadian Public Health Association on the prevention of bullying. Toolkit includes best practices, standards and tools.
- ✓ Information on financial support to get youth involved in sports and recreation can be found at <http://www.sasksport.sk.ca/kidsport/kidsport.html>. Kidsport is a non-profit group that provides youth financial assistance to participate in sporting activities.

Video: It is necessary to preview each video before showing it in a classroom setting. Some videos may not meet the standards or variations of your school or community.

- ✓ *Gangs: Decisions and Options*. Discovery Learning <http://teacherstore.discovery.com> (1997). #824656, \$49.95. Issues of low self-esteem, dysfunctional families and fears of gang violence and reprisal are covered with realism and sensitivity. Three youngsters from different backgrounds grapple with their decision to join a gang or reject membership.
- ✓ *McGruff's Gang Alert*, Discovery Learning <http://teacherstore.discovery.com> (1990). #854794, \$19.95. McGruff explains how street gangs hurt the community and disrupt the lives of their members. Dramatizations from McGruff's files show that gangs take away young people's freedom to make their own decisions. (check for newer versions at discovery.com)
- ✓ *RU Down or RU Out: A Youth Perspective on Inner City Gangs*. Regina Police Service website gang prevention strategy FREE video and discussion guide (2006) http://www.reginapolice.ca/gang_prevention.html, covers the topics of family life, recruitment, initiation, thug life and getting out.
- ✓ *Teen Files FLIPPED: Gang Member/Law Enforcement*. Discovery Learning <http://teacherstore.discovery.com> (2001). #857748, \$149.95. In this hard-hitting examination of inner city life from the producer of the award-winning Teen Files and Scared Straight series, John, a law enforcement officer, and Carlos, a teenage gang hanger-on, trade places for a day. With his gang, John faces taunts and threats from another gang, prejudice from the public when he tries to apply for a job, and harassment from law enforcement officers, even though he's done nothing wrong. At the same time, Carlos struggles to control his anger while dealing with confrontational gang members and seeks to comfort and aid the victims of violence. The worst moment of his day comes when the corpse of a gang shootout victim is found to be carrying his own ID and his partner has to tell Carlos' parents their only son is dead.

- ✓ *Warrior Spirit Walking*. P.A. Outreach Program Inc. Won Ska Cultural School (2006) covers the three L's of gang life - the lure, the life and leaving. Price for the cost of the DVD and shipping will vary. Contact P.A. Outreach Program at 306-764-4233 - 2005 4th Ave. E., Prince Albert Saskatchewan, S6V 4Y8.
- ✓ *What About Gangs? #1 Gangs: Decisions and Options*. Discovery Learning <http://teacherstore.discovery.com> (1997). #793877, \$89.00.

**The following resources are from the Saskatchewan Learning's "Video Duplication Service" catalogue 2006-2007 and can generally be purchased for \$1.00 by educators – guides may be extra.

- *He Said, She Said*. V415 Centre for Educational Resources, (1999) - 15 minutes. This program shows the danger of rumours and how they can be resolved. The children learn how to use 'I'- statements to solve problems. *The Hating Book* by Charlotte Zolotow supports the program theme. From Series: S539 Resolving Conflicts Working Together. Guide: G411 Conflict Resolution: Working Together - \$13.60.
- *The 'In' Crowd*. V411 Agency for Instructional Technology, (1999) - 15 minutes. Ben learns all about cliques and how they can hurt people as well as stand in the way of making new friends. The challenge to learn to get along with others and seek new perspectives and skills in broadening friendships is extended to all viewers. Judy Blume's book, *The Pain and the Great One*, is included in this program. From Series: S539 Resolving Conflicts Working Together. Guide: G411 Conflict Resolution: Working Together - \$13.60.

Print:

- ✓ *A Bad Case of Stripes*. Shannon, David. Blue Sky Press, 1998. ISBN 0590929976. This book contains a valuable lesson about peer pressure and peer perceptions. It is meant for younger readers but the message is indispensable.
- ✓ *Anger Management for Youth: stemming aggression and violence*. Eggert, Dr. Leona L.. National Educational Service, 1994. ISBN 1879639297. This book contains lessons on anger management for youth. It has many interactive and informative lessons to help youth tackle various issues of anger including, getting to know your anger sequence, taking control of your anger responses and applying anger control at home, school, work and in your personal relationships.
- ✓ *Boys Know it All: wise thoughts and wacky ideas from guys like you*. Roehm, Michelle. Beyond Words Publishing Inc, 1998. ISBN 1885223870. This book has contributions from more than 30 boys from around the country. Writing on issues ranging from sibling problems and using computers, to how to talk to girls.
- ✓ *Choices and Decisions: Violent Feelings modern issues that affect you*. Sanders, Pete. Aladdin books Ltd., 2006. ISBN 1596040750. This book tackles the social issues that concern young readers today. Each topic is explored from a personal as well as a social perspective.
- ✓ *Deal with it series*. James Lorimer & Company Ltd., Publishers, 2005. www.lorimer.ca.
Bullying: deal with it before push comes to shove. Slavens, Elaine.
Peer Pressure: deal with it without losing your cool. Slavens, Elaine.
Guyness: deal with it body and soul. Pitt, Steve.
Arguing: deal with it word by word. Slavens, Elaine.
Girlness: deal with it body and soul. Peters, Diane.
Misconduct: deal with it without bending the rules. Aikins, Anne Marie.
Fighting: deal with it without coming to blows. Slavens, Elaine.
Gossip: deal with it before word gets around. Rondina, Catherine.
This is a collection of short, easy to use books that deal with a variety of issues facing youth today. The activities can be done individually or as a class.
- ✓ *PreTeen Pressures: Stress*. Sprung, Barbara. Steck-Vaughn Company, 1998. ISBN 0817250336. This book discusses some of the different things that cause stress for preteens and suggests ways to cope.
- ✓ *Ready to Use Self-Esteem and Conflict-Solving Activities for Grades 4 – 8*. Teolis, Beth. The Center for Applied Research in Education, 1996. ISBN 0876286112. Ready to use lesson plans to deal with goals, positive identity, friendship, competence, conflict solving and behaviour.

- ✓ *The Book of You*. Funston, Sylvia. Greey de Pencier Books Inc., 2000. ISBN 1895688957 or 1895688965.
This book takes a fun look at young peoples individuality. It spans topics from your fingerprints, to your dreams, as well as taking a look at body language, how your brain works, personality types and more.
- ✓ *The Feelings Book: The Care and Keeping of Your Emotions*. Madison, Lynda. Pleasant Company Publications, 2002. ISBN 1584855282.
This book discusses a variety of emotions girls might experience and suggests ways of dealing with them.
- ✓ *The Girls' Guide to Life: take charge of your personal life, your school time, your social scene, and much more!* Dee, Catherine. Little, Brown and Company Time Warner book Group, 2005. ISBN 0316736287.
This book is a helpful and interactive guide for girls. Visit www.lb-teens.com to learn more.
- ✓ *The Kid's Guide to Working Out Conflicts: How to Keep Cool, Stay Safe, and Get Along*. Drew, Naomi, M.A.. Free Spirit Publishing Inc., 2004. ISBN 157542150X.
Gives knowledge, understanding, and skills needed to resolve conflict, defuse tough situations, how to stand up for yourself, and more.
- ✓ *Young People/Tough Problems*. Navarra, Tova, R.N.,B.A.. Barron's Educational Series, Inc., 2002. ISBN 0764120670.
This book provides guidance and encouragement for dealing with such tough life issues as divorce, alcohol and drug addiction, depression, peer pressure, dating, and guns in schools.
- ✓ *Youth Gangs on Youth Gangs*. Mathews, Frederick Ph.D., C.Psych.. Solicitor General Canada. ISBN 0662211456.
This book takes a look at youth gangs across Canada. It covers issues of perceptions of youth gangs, getting involved in youth gangs, youth gang group activities, and many more. An informative read for teachers, parents and interested parties.
- ✓ *When Life Stinks: how to deal with your bad moods, blues and depression*. Daly, Melissa, Piquemal, Michel. Amulet Books an imprint of Harry N. Abrams Inc., 2004. ISBN 0810949326.
This book looks at why we have black moods, blues, and depression, along with ideas for battling all three.