Lesson 13: Resisting Revenge

Lesson Concept
- Getting revenge can make problems worse.

Objectives
- Students will be able to:
  - Identify consequences of revenge
  - Generate alternatives for seeking revenge
  - Demonstrate using the Calming-Down Steps

Why This Lesson Matters
Revenge-seeking behaviors are likely to escalate peer conflicts. Students need help identifying and thinking through the negative consequences of revenge. By applying the strategies from the How to Calm Down poster to situations that provoke thoughts of revenge, students can reduce peer conflicts.

Before the Lesson
Review ways to handle frustration using the How to Calm Down mini-poster. Ask students to either talk or write about one experience they found frustrating and how they handled the situation using the Calming-Down Steps.

After the Lesson
Guide students through the lesson handout. They can complete this activity with a family member or, if they’re doing the lesson handout on their own, have them read the scenarios and answer the questions.

Following Through
Use these strategies to reinforce lesson concepts throughout the week:
- Have students do the lesson Home Link with their families.
- See the lesson Following Through Card for more ideas about how to build on key lesson concepts.
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1. Go to www.secondstep.org
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