

# Violence Prevention Through Movement Curriculum

通过舞动课程对暴力进行干预

## **I. Spatial Awareness and Self Control - Including the 4 B's of Self-Settling 空间觉知和自我控制-包括自我归位的 4B 法**

### **A. SPACE 空间**

1. Increase ability to maintain one's own space without intruding on others 在不影响他人的情况下增加维护自己空间的能力
  - Includes in-school behavior - lining up, walking in the hallways, sitting together 包括在学校的行为-排队，走在走廊上，坐在一起
  - Includes recess and free play situations 包括课间休息和自由活动。
  - Includes knowledge of different types of movement needed in small contained spaces versus larger areas 包括对大小空间不同类型舞动需求的了解
2. Learn appropriate social spacing for different situations 学习适合不同情境的社交距离
  - With strangers 与陌生人
  - With authority figures such as teachers, principals, etc.与教师、校长等权威人物
  - With friends and family 与朋友和家人
3. Learn that no one's space should be intruded upon without permission 学习任何人的空间不应在未被允许下侵入
4. Increase awareness of and respect for other people's spatial needs 提高对他人空间需求的觉知和尊重

### **B. SELF-SETTLING OR ENERGY MODULATION 自我归位或能量调节**

1. Increase ability to modulate energy level 提高能量水平调节能力
  - Develop awareness of body sensations related to calm alert energy, high-energy in-control and high-energy out-of-control 发展对冷静的警醒能量、自我控制下和失控下的高能情境下对身体感觉的意识
  - Increase ability to maintain calm alert energy 增加保持冷静的警醒能力

- Increase ability to calm down when agitated or over-excited 增加烦躁或过度兴奋时的镇定能力
2. Learn specific techniques for self-settling, practice using them when cued by an adult and then at ones own initiation 学习自我归位的具体技术，在得到成年人的提示时练习使用这些技术，然后在自发状态下使用这些技术。
    - Abdominal Breathing 腹式呼吸
    - The “4 B’s of Self-Settling 4B 自我归位法
    - Other relaxation techniques; such imagery or self-talk 其他放松方法，如想象法、自我交谈法。
  3. Learn techniques for speeding one’s self up when sluggish 当停滞时，学习自我加速的技巧。
  4. Increase impulse-control 加强冲动控制

## **II. Awareness of and Response to Dangerous or Tense Situations 对危险或紧张形势的觉知和回应**

**Including the ABC’s of Safe Ignoring 包括对 ABC 的安全忽视。**

### **A. EARLY WARNING SIGNS 早期警醒标志**

1. Develop the ability scan the environment 培养环境审视能力
  - Increase awareness of others in order to check for safety 提高对他人的警惕，检查安全度
2. Develop awareness of one’s own Early Warning Signs that alert one to danger 提高个人自身对危险的早期预警的觉察
3. Increase ability to evaluate situations after alerted to determine if action is needed 增加被警示后评估情况的能力，以确定是否需要采取行动
4. Learn to refocus on the task at hand when things are safe 安全时学会重新专注手头工作
5. Learn to ignore distractions and provocations that do not interfere with one’s safety. 学会忽视不影响个人安全的干扰和挑衅
6. Develop specific ignoring strategies using the “ABC’s of safe ignoring”. 用“忽视安全”的 ABC 法，发展具体的忽视策略

7. Connect the ability to ignore with the ability to resist temptation 把忽视的能力和抗拒诱惑的能力联系起来
8. Increase attention span; Learn the “4 C’s of controlled Concentration” 提高注意力广度，学习控制下的专注 4 C 法

#### **B. LEARN PRO-ACTIVE STRATEGIES FOR HANDLING CONFLICT, TEASING AND AGGRESSION 学习积极主动的策略，以处理冲突、嘲弄和攻击**

1. Learn appropriate assertion, include ability to show strength in body, voice and face 学习适当的坚持，包括显示身体、声音和面部力量的能力
2. Learn ways to redirect aggression & handle teasing through other pro-active strategies 学习通过其他积极的策略改变攻击行为和来处理戏弄。

### **III. Managing Anger and Building Empathy - Including Positive Problem Solving Techniques and How to Cool Down Burning Hot Anger 管理愤怒和建立移情-包括积极的解决问题技巧和如何给燃烧的愤怒降温**

#### **A. BUILDING EMPATHY 建立移情**

1. Expressing and Interpreting feelings accurately 准确表达和解释情感
2. Moving with others to gain acceptance and connection - Sharing leadership 与他人一起舞动以获得接受和连接----分享的领导力
  - Matching intensity and rhythms - Exploring other people’s style of movement 强度和节奏相匹配-----探索他人的舞动风格
3. How you show you care 你如何展示你的关心。

#### **B. POSITIVE PROBLEM SOLVING 积极地解决问题**

1. Practice handling minor conflicts utilizing strategies from self-control unit 通过自我控制环节来运用策略进行处理小冲突的实践
2. Learn and practice how to join a group, how to compromise, how to have some frustration & still cope, etc. (basic social skills plus self-calming & self-talk strategies) 学习和实践如何加入一个团体，如何妥协，如何受挫&仍然合作等等（基本社交技能加上自我冷静&自我交谈策略）。

### **C. MANAGING ANGER 管理愤怒**

1. Learning anger triggers and Learn body cues related to anger building 学习愤怒激发机制，学习与形成愤怒相关的身体暗示
2. Develop list of anger release activities for different situations 开发针对不同情况的释放愤怒的活动清单
3. Learn the 5<sup>th</sup> B 学习第 5 个 B
4. Learn other techniques to help settled anger before burning hot 学习其他技巧，帮助在怒火中烧之前解决怒气
5. Practice showing frustration and anger in safe ways 以安全的方式表现挫折和愤怒

## **IV. Other Issues 其他议题**

### **A. RESISTING PEER PRESSURE: RESISTING TEMPTATION TO USE WEAPONS 抵制同伴压力：抵御使用武器的诱惑**

1. Develop safety plan regarding guns & weapons –relate this topic to resisting temptation. 制定枪支和武器的安全计划，把这个话题与抵制诱惑联系起来
2. Increase prolonged ignoring or delayed gratification - what it feels like – how one does it 延长忽略的时间或延迟满足——这种感觉是什么——如何做到？
3. Explore relationship of resisting peer pressure to alienation- develop coping strategies 抵抗同伴疏远自己的压力，探索这种关系——发展应对策略

### **B. DECREASING ALIENATION 减少疏离感**

1. Increase awareness of isolation – what it feels like – empathy for those who are isolated 增强对孤立的觉察——那种感觉是什么——对那些被孤立的人感同身受
2. Explore what it feels like being outside a group & Learn the four steps to joining a group 探索在团队之外的感觉&学习加入团队的四个步骤
3. Develop a list of positive options that can be done alone 制定一份可以单独完成的积极选择清单
4. Increase acceptance of others 提高他人的接纳度

### **C. DECREASING PREJUDICE 减少偏见**

1. Explore things that make us different and things that make us the same: Increase awareness of different cultures and strengths among different groups. 探索使我们与众不同的事物和使我们彼此相同的事物：提高对不同群体间不同文化和力量的觉察。
2. How do you approach someone different, set boundaries, make friends, be safe? 你如何结识不同的人，设立边界，结交朋友，安全相处？
3. Connect prejudice to isolation, anger - explore solutions – connections vs. Disconnections 连接对隔离偏见，愤怒- 探索解决方法 - 连接与断开

### **D. DEAL WITH OTHER ISSUES THAT COME UP SUCH AS SCHOOL BUS PROBLEMS 处理其他出现的问题，比如校园巴士问题**