

# Lesson Plan 6

## DEFENSE MECHANISMS AGAINST IMPROPER SEXUALIZATION

*Lesson Plan for Youth*

*Developed by the*

*Anti-Sexualization of Children Movement (ASCM)*

### OVERVIEW & PURPOSE

The purpose of this lesson is to psychologically, socially, and physically prepare children and youth to counter improper sexualization methods and practices used against them. This curriculum has introduced them to the various institutions and methods used to impair the future of their individual families and cultures. This lesson will introduce them to various methods and practices needed to counter these noted attacks.

### OBJECTIVES

1. Youth will be introduced to personal and safety practices as defense methods to guard against the physical and psychological intimidation and abuse from others.

### MATERIALS NEEDED

1. Computer & Internet access
2. Monitor/ Smart Screen w/ audio

### ACTIVITY

1. Defense Mechanism Exercise

**Instructor's Guide  
for  
Teaching  
Defense Mechanisms Against Improper Sexualization  
Lesson Plan**

**Overview & Purpose:**

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**Instructor's Goal:**

1. To introduce and provide resources for self-development and support as youth become the new thought and cultural leaders among their peers.

**Objective for the Students:**

1. Youth will be introduced to personal and safety practices as defense methods to guard against the physical and psychological intimidation and abuse from others.

**At the end of instruction youth should be able to:**

1. Refer to a list of resources for self-development and support to protect themselves against improper sexualization.

Steps	Learning Components
1	<p><b>Pre-instructional Activities</b></p> <p><u>Motivation:</u></p> <p>Review and summarize for students the connections among the past five lesson plans.</p> <p>Example:</p> <p><i>This week's lesson provides solutions for how to deal with topics we have learned about so far. Everything we discussed is based on historical facts and evidence. One of the most important things you learned is-- who you are culturally and who your family expects you to become as an adult. We also introduced you to <b>Cooperative Nationalism</b> and how it can be used to make decisions and defend yourself against peer pressure and sexual propaganda from people and institutions. You were also introduced to how you can use <b>logic and critical thinking</b> to determine the truth and make decisions about information and propaganda presented to you. It's a lot to remember and think about, and it will take some time to incorporate these things into your daily life. With practice, it will happen quicker than you expect!</i></p> <p><u>Describe Objectives:</u></p> <p>List on the handout or a presentation slide the objectives and skills students should be able to perform at the end of this session.</p> <p>The objective for this lesson is:</p> <ol style="list-style-type: none"> <li>1. Youth will be introduced to personal and safety practices as defense methods to guard against physical and psychological intimidation and abuse from others.</li> </ol> <p>At the end of the lesson, they should be able to refer to a list of resources for self-development and support to protect themselves against improper sexualization.</p> <p><u>Describe &amp; Promote Prerequisites:</u></p> <p>Discuss with students how the most important lesson to learn from their time in the course is to establish their <b>identity</b> as a representative for their <b>family</b> and their <b>culture</b>. They are responsible for continuing the <b>best aspects</b> of their family legacy and culture. Inform them of the significance</p>

	<p>of what they are doing and how only a select group of their peers from other cultures are learning these lessons.</p> <p>Emphasize that along with other youth, they are ushering in a new philosophy and <b><u>establishing a new form of leadership and a philosophy</u></b> for others to follow and join – <b>Cooperative Nationalism</b>.</p> <p>Wrap up this discussion informing them of how important it is and that it will require them to train and develop themselves emotionally, psychologically, and physically to firmly establish <b>Cooperative Nationalism</b>.</p>
2	<p><b>Content Presentation:</b> <u>Content</u></p> <p>Introduce various practices for youth to seek for development and defense.</p> <ol style="list-style-type: none"> <li>1. <b>Take the ASCM 101 Course</b></li> </ol> <p>Congratulate youth for attending this course &amp; their achievement. Inform them that this course ASCM 101, is the first of its kind for youth to learn to defend and protect themselves. Encourage them to tell their friends about it and share it on social media.</p> <ol style="list-style-type: none"> <li>2. <b>Psychological Practice: Incorporate Affirmations Into Your Daily Routine.</b></li> </ol> <p>Thousands of affirmations, examples and programs are available on the web and social media. Start with “I AM ____” affirmations. I AM POWERFUL, I AM CONFIDENT, I AM COURAGEOUS, etc. These are simple affirmations to help retrain the subconscious mind to think, say, and believe positive things about one’s self. Have a list of vetted resources for one-on-one support to help with learning to do affirmations.</p> <ol style="list-style-type: none"> <li>3. <b>Emotional Defense: Find or Create a Community of Like-minded People.</b></li> </ol> <p>Youth will find that once they identify as a <b>Cooperative Nationalist</b> or representative for their culture and reject negative propaganda, they may experience rejection in many forms. They will need to find and create</p>

	<p>emotional support systems to deal with the challenges. Encourage and support them to create a community. Note that this will be an opportunity to become a thought leader amongst their peers.</p> <p>4. <b>Physical Defense: Take a Personal Safety or Self-Defense Class.</b></p> <p>Provide resources for locally vetted personal safety and self-defense training. Advise them of how safety/self-defense will bolster confidence and self-esteem even more. Make the connection that physical strength helps to feel even more empowered and courageous when confronted with pressure from adults and peers in person or online. If taking a course in person is not an option, provide vetted online courses, or even a fitness class such as boxing or kickboxing.</p> <p>5. <b>Psychological Support: Seek Help from a Like-Minded Mature, Trustworthy Adult or Peer.</b></p> <p>Advise youth to seek support and help from someone they know is mature, trustworthy and understands the importance of the courses. Advise that they should speak with their parents and family first.</p> <p>6. <b>Leadership Development: Exercise Your Right to Reject Inappropriate Messages.</b></p> <p>Provide resources and support for youth who report or decide to voice their rejection against improper sexualization. Recognize that some students will need support if they decide to reject improper sexualization and messages from peers and adults. Have resources and a support system available for them to contact.</p> <p>7. <b>Reaffirm Your Family, Cultural, Spiritual Beliefs to Defend Against Negative Outside Influences.</b></p> <p>Encourage youth and their families to continue to express and practice their traditions, culture, and identity.</p>
3	<b>Learner Participation:</b>

	<p>Use this lesson plan as an additional opportunity to practice using logic and critical thinking in the class setting.</p> <p>Use the activity attached as a demonstration on how to think through what happens when improper sexualization is fought against.</p> <p>This should be a class or small group assignment. Instructors might consider doing one with the class then allowing students to complete the activity in small groups.</p>
4	<p><b>Assessment:</b></p> <p>To assess if the objectives are interesting, and relevant to youth's current experiences ask the following questions</p> <ol style="list-style-type: none"><li>1. Do you think this lesson is relevant to you and your peer's experiences?</li><li>2. Do you think this lesson plan will change your thoughts, ideas or behaviors going forward?</li><li>3. Do you think this lesson is useful to younger generations?</li></ol>

### Defense Mechanism Exercise

Fill in the columns and rows below with how we can repair our culture  
(example for the instructor)

<u>Our Objectives</u> What we envision	<u>Input</u> Tools Available to Implement Our Objectives (ideas, influences, mechanisms, beliefs..)	<u>Outcomes/Positive Psychosocial Effects</u> What We Will Build & Produce in the End
<b>Cooperative Nationalism</b>  Embracing One's & Respecting Others' Family Traditions, Cultural Values, & Racial / Ethnic Identity	Create positive music, newsletters, social media campaigns, host debates, produce documentaries, lectures, start support groups, organizations, & clubs, host events, i.e. movie nights, etc . positive animation, cartoons, graphics etc. video games, board games, sharing one's cultural traditions i.e gardening	Respect for different cultures, pride in one's own culture, cultural patriotism, economic development based on cultures i.e. cultural economics, less warfare, decrease in racial conflict, cooperative nationalism as the standard global philosophy/ideology, increase in global physical, mental, & spiritual wellness
<b>Appropriate Gender Development</b>  Strong Traditional Families, Boys Becoming Men, Girls Becoming Women	Strong families, rites of passages programs, strong role models, cultural education, man and woman relationship training, conflict resolution training, strong spiritual/religious institutions	Thriving cultural populations, strong families, amicable, cooperative relationships among people, sexual clarity, decrease in divorce rates, decrease in broken families, firmly established gender roles, decrease in suicide rates

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<b>Eugenics</b>  Responsibly Increase Population, Prevent Genocide	Real-life education, procreation propaganda, holistic wellness centers, appropriate nutritional training, agricultural training, food preservation and preparation training, home economics, trade skills development	Decrease in physical, mental, & emotional disabilities, increase in health families, avert genocide
<b>Sexual Propaganda</b>  Appropriate Messages for Developing Healthy Relationships and Cultures	Propaganda, education, ASCM curriculum, public relations campaigns, social media campaigns, support from religious & spiritual institutions, culture workshops, community forum, library & community center workshops, ASCM therapy & counseling, mental institutions, programs for safe, healthy interactions, community directed support groups	Increased global community mental, spiritual, & physical health, decrease in diseases, child-safe environments, increased successful marriages



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## Student Version

### Defense Mechanism Exercise

Fill in the columns and rows below with how we can repair our culture

<u>Our Objectives</u> What we envision	<u>Toolkit</u> Tools Available to Implement Our Objectives (ideas, influences, mechanisms, beliefs..)	<u>Outcomes/Positive Psychosocial Effects</u> What We Will Build & Produce in the End
<b>Cooperative Nationalism</b>  Embracing One's & Respecting Others' Family Traditions, Cultural Values, & Racial / Ethnic Identity		
<b>Appropriate Gender Development</b>  Strong Traditional Families, Boys Becoming Men, Girls Becoming Women		

<u>Our Objectives</u> What we envision	<u>Toolkit</u> Tools Available to Implement Our Objectives (ideas, influences, mechanisms, beliefs..)	<u>Outcomes/Positive Psychosocial Effects</u> What We Will Build & Produce in the End
<p><b>Eugenics</b></p> <p>Responsibly Increase Population, Prevent Genocide</p>		
<p><b>Sexual Propaganda</b></p> <p>Appropriate Messages for Developing Healthy Relationships and Cultures</p>		