

Surviving Abuse: Hope for the Future Scope and Sequence

	Lesson Title	Objectives: As a result of this lesson, the student will be able to:
Week 1	What is Domestic Violence?	<ul style="list-style-type: none"> • Define power, control, abuse and domestic violence. • Identify significant relationships impacted by power/control/abuse. • Analyze the type of power exhibited in the identified relationships. • Identify common misconceptions of domestic violence. • Explore the characteristics of abusive behavior. • Describe abuse of power in the context of different relationships. •
Week 2	What are the Dynamics of Domestic Violence?	<ul style="list-style-type: none"> • Identify tactics of power and control used in abusive relationships. • Describe the stages of abuse. • Analyze the three phases or cycles of abuse. • List some of the symptoms of trauma.
Week 3	Why Does She Stay?	<ul style="list-style-type: none"> • Compile profiles of the perpetrator as well as the survivor of abuse. • Identify reasons why survivors stay in an abusive relationship. • Describe some common predictors of family violence. • Explore common characteristics of abusive families.
Week 4	How Can I Stay Safe?	<ul style="list-style-type: none"> • Explore legal remedies for domestic violence. • Describe criteria for obtaining an Order of Protection. • Create a safety plan. • Identify ways to end or restrict unhealthy relationships.
Week 5	What do Healthy Relationships Look Like?	<ul style="list-style-type: none"> • Explore characteristics of healthy relationships (both intimate and formal). • Review the Equality Wheel and compare it with tactics used on the Power and Control wheel. • Identify characteristics of healthy parenting. • Describe red flags for potentially violent relationships.
Week 6	How Can I Reconnect?	<ul style="list-style-type: none"> • Describe how domestic violence severs relationships (i.e. isolation). • Explain how domestic violence impacts an individual's sense of self. • Describe the impact of domestic violence on an individual's spirituality. • List some ways that domestic violence creates loss for the survivor. • Explain the relationship between shame and domestic violence. • Identify ways to begin to reconnect with self, others and spiritually. • Create a self-care plan.