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| **Lesson Topic** | Relational Aggression and Boys |
| **Grade Level** | 5th Grade Small Group Lesson |
| **ASCA Mindsets & Standards** | Mindset Standards C1.1, Behavior Standards C2.1, C2.7, C2.1 SMS, C2.7SMS, C2. 1 SMS, C2.2 SMS, C2.6 SMS, C2.7 SMS, C2.8 SMS, C2.9 SMS |
| **Materials** | ALMB poster, ALMB pre/post survey, blank paper, S.E.A.L steps  |
| **Goals:** | * To learn the characteristics in the ALMB.
* To learn the S.E.A.L strategy to deal with conflicts with peers.
* Demonstrate the S.E.A.L strategy.
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| **Activities** | * Have students take pre-survey about what characteristics they feel are in the Act Like a Man box (ALMB).
* Share a poster of the actual characteristics and have the boys discuss which ones they agree or disagree with. Discuss how this affects boys sharing their feelings and solving conflicts with their peers.
* Teach students the S.E.A.L strategy.
	+ Stop and Set it Up
	+ Explain
	+ Affirm and Acknowledge
	+ Lock in (or out)
* Have boys anonymously write down past or current conflicts with peers (no names). Use these conflicts to role play the S.E.A.L.
* Role play conflicts - Model with volunteer and then practice with partners.
* Complete post survey about what characteristics they feel are in the Act Like a Man box (ALMB).
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**Pretest/Post** Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Circle which of these qualities you think would be included in the Act Like a Man Box.

Strong In control Sensitive Geeky Athletic Aggressive

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