

# "HANDS ARE NOT FOR HITTING"

Friend Power



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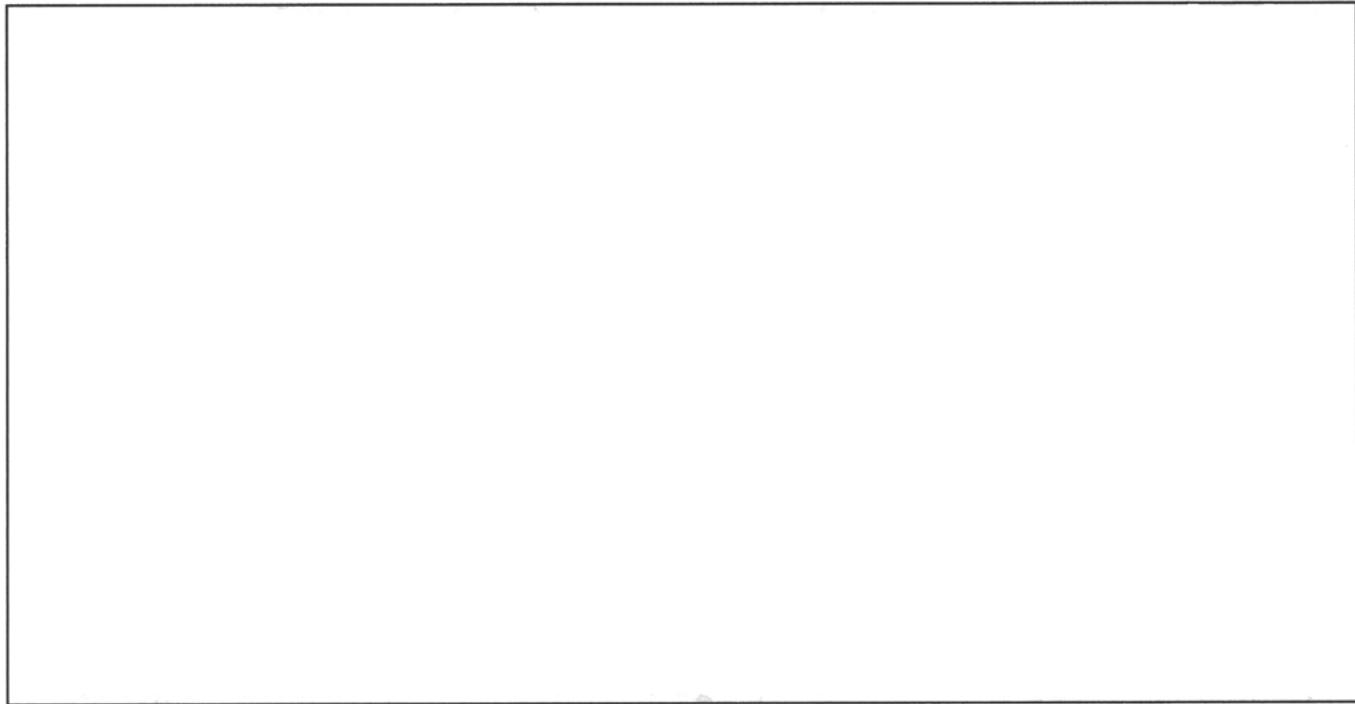




# Sentences

**Draw** a picture of yourself in the box marked **Me**. Then, **write** three sentences about yourself on the lines.

**Me**



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1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_



Write your address.

Draw a picture to show where you live.



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Friends never use hands to hit or words to hurt others.

That is Friend power!



**Find the Words.**

Use a different color to draw around each word.

**TEACHER DIRECTIONS:** Words are up and down, across and diagonal

**snap, hold, pledge, measure, write, clap, shake, throw**

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| S | N | A | P | S | P | E | C | I | A |
| L | P | E | L | T | S | O | N | W | Y |
| O | U | A | E | H | E | V | O | R | Y |
| H | E | C | D | R | B | R | O | T | H |
| I | L | L | G | O | H | G | D | A | S |
| T | H | S | E | W | R | I | T | E | H |
| H | O | D | L | S | R | U | M | W | A |
| C | L | A | P | C | P | L | W | O | K |
| A | D | B | M | E | A | S | U | R | E |
| W | P | E | A | N | S | O | L | U | F |

Write the words as you find them.

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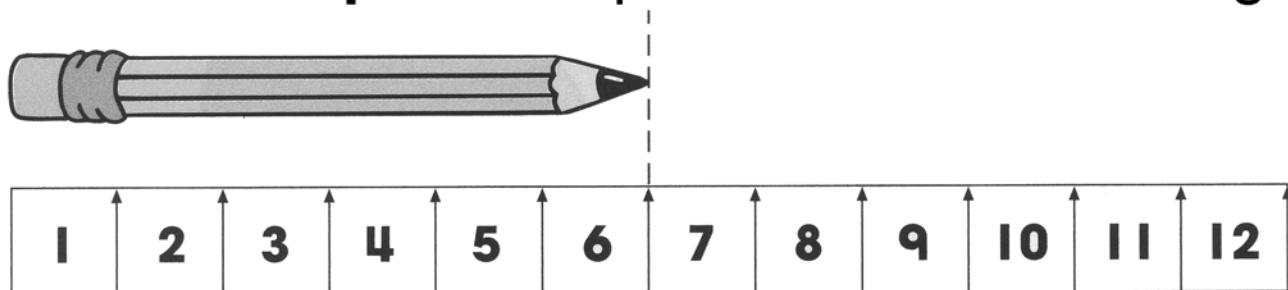
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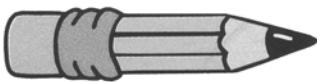


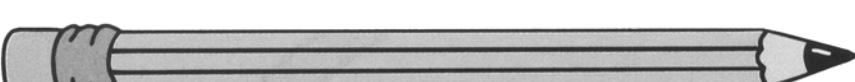
# Things you can do with your hands.

Cut out the measuring stick at the bottom of the page.  
Measure each pencil below.

**Example:** This pencil is six boxes long.



 \_\_\_\_\_ boxes long

 \_\_\_\_\_ boxes long

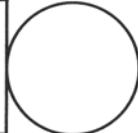
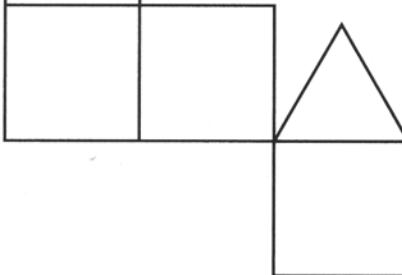
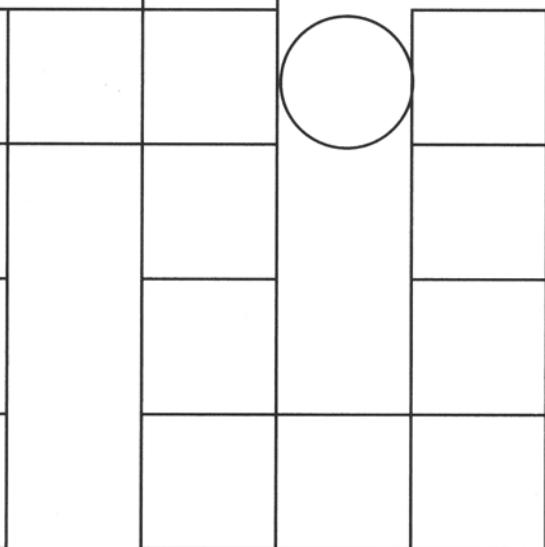
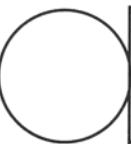
- ★ Draw an X on the shorter pencil.
- ★ Circle the longer pencil.



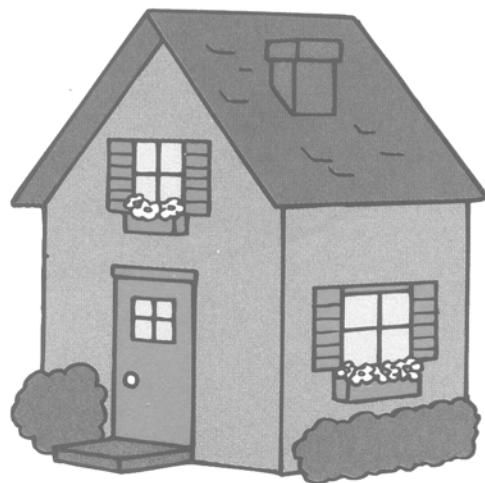
Squares have 4 sides of the same length.  
Help Mary get home. Color the path that  
has only squares.

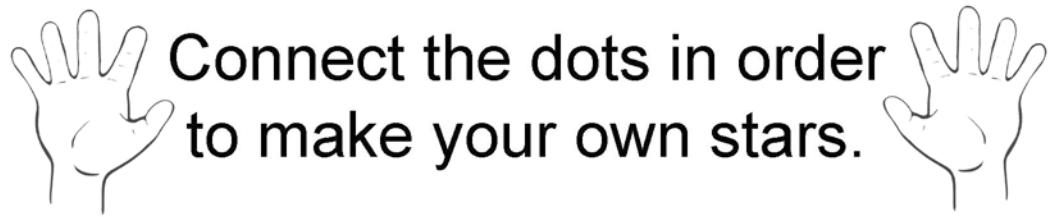


Mary



Home





Connect the dots in order  
to make your own stars.

2  
•

4  
•

5  
•

2  
•

4  
•

5  
•



You are a star  
when you are  
kind to others.



2  
•

4  
•

5  
•

3  
•



Treating everyone, no matter what race, culture, religion, boy or girl, rich or poor, in a way you would want to be treated is a part of friend power.

Complete the sentences with the best courtesy words from the list.

**wait, please, share, excuse me, thank you**

1. When you ask for something, say,

“ \_\_\_\_\_ ”  
\_\_\_\_\_.

2. When someone gives you something, say,

“ \_\_\_\_\_ ”  
\_\_\_\_\_.

3. If you walk in front of someone, say,

“ \_\_\_\_\_ ”  
\_\_\_\_\_.

4. When someone else is talking, \_\_\_\_\_ before speaking.

5. Everyone should \_\_\_\_\_ and take turns.

Good manners helps everyone to get along with others.  
That is Friend Power!



“To have a friend you need to be a friend”.

Can you think of a day when someone might have tried to get you to say or do unkind things to someone else? Tell about that time or a time you have been bullied.

Sometimes it takes courage to be a real friend.  
**That's friend power!**



Friends come in all sizes, shapes, and ages:  
brothers, sisters, parents, neighbors,  
teachers, and school and sports friends.



Color the friends and trusted adults.  
"To have a friend you need to be a friend."



# 's Action Plan

If I'm being bullied, first I will

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If that doesn't work, then I will try

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And then I will tell

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If I ever feel that I am in danger, I will run away  
and tell a trusted adult or call 9-1-1!



**The Hands Are Not for Hitting Program** is an interactive puppet show for children in kindergarten and first grade offered free of charge. The program is designed to help address bullying behavior by teaching children non-violent conflict resolution skills. Bullying can be a sign that a child has witnessed domestic violence. One study of 2,245 children and teenagers found that recent exposure to violence in the home was a significant factor in predicting a child's violent behavior.

Nationally, 3.3 million to 10 million children are exposed to domestic violence each year. Children who are exposed to domestic violence are more likely to exhibit behavioral and physical health problems including depression, anxiety, and violence toward peers. Also, children are present in 41% to 55% of homes where police intervene in domestic violence calls. Finally, a child's exposure to the father abusing the mother is the strongest risk factor for transmitting violent behavior from one generation to the next.

Domestic violence is also a serious issue in Athens-Clarke County. In 2008, the Athens-Clarke County Police Department received approximately 1,745 calls related to domestic violence. Because of this problem, there are many agencies in our community available to assist people with domestic violence issues.

For more information about your personal safety, please contact **Project Safe** at their 24-hour hotline - **706-543-3331**. Project Safe provides free, confidential information and advocacy including shelter, support groups, safety planning, and education.

If you are a victim of a crime and need information about a criminal case or community resources, please contact the **Victim Witness Program** at the Solicitor General's Office of Athens-Clarke County at **706-613-3215**.

The Solicitor General's Office and caring community members that make this program possible recognize that education is one of the most important ways to curb the disturbing trend of rising domestic violence. Our hope is that by engaging our community's youngest citizens, we can strengthen our fight to end domestic violence and its effects on our community.

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**The Hands are Not for Hitting (Las Manos No Son Para Golpear)** es una presentación interactiva de títeres para niños de Kindergarten y primer grado. El programa esta diseñado para responder al comportamiento violento por medio de la enseñanza de habilidades para resolver los conflictos en una forma no violenta. El Comportamiento violento en niños puede ser un signo de que un niño ha sido testigo de violencia domestica. Un estudio en 2,245 niños y adolescentes encontró que el exponer a los niños ver a actos violentos en las casas es un factor significativo en predecir la violencia en ellos.

Nacionalmente, de 3.3 millones a 10 millones de niños son expuestos a violencia domestica cada año. Los niños que son expuestos a violencia domestica tienen mayor probabilidad de mostrar problemas de comportamiento y de salud como depresión, ansiedad, y violencia hacia los demás. También, niños que han estado presentes de 41% a 55% casos donde la policía ha tenido que intervenir por violencia domestica. Finalmente, el exponer a un niño a ver que el padre abusa de la madre es el factor más fuerte para transmitir comportamientos violentos de una generación a la otra.

Violencia domestica es un problema serio en Athens, en el condado de Clarke. En 2008, la policía del Condado de Clarke County recibió aproximadamente 1,745 llamadas relacionadas a violencia domestica. Por la existencia de este problema, hay muchas agencias en la comunidad que asisten personas con problemas de violencia domestica.

Para más información sobre su seguridad personal, por favor contacte a **Project Safe** en su línea telefónica que esta abierta las 24 horas del día. **706-543-3331**. Project Safe proporciona gratis información confidencial sobre abogados, refugios, grupos de apoyo, planeación de seguridad, y educación.

Si usted es victim de un crimen y necesita información sobre recursos, por favor contacte al programa **Victim Witness Program** en la oficina del Solicitor General Office de Athens-Clarke County at **706-613-3215**.

The Solicitor General's Office y miembros de la comunidad que hacen este programa posible reconocen que la educación es una de las formas de cambiar los números de casos de violencia domestica. Nuestra esperanza es que educando los ciudadanos mas pequeños, podamos fortalecer nuestra pelea para terminar la violencia domestica y sus efectos en nuestra comunidad.



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*The Hands Are Not for Hitting Program is made possible by: The Solicitor General's Office of Athens-Clarke County; Athens Rotary Club; The Athens Oconee Junior Women's Club; Athens Technical College; The Luncheon Optimist Club of Athens; Fortson, Bentley and Griffin P.A.; Brenda Blanton; Len Davis; Elizabeth Grant; and other caring local citizens and organizations.*