



Teacher's Lesson Plan: Understanding Narcissism, Controlling Behaviors, and Stalking (Part 1)

Objective:

By the end of this lesson, students will understand the concepts of narcissism, controlling behaviors, and stalking, recognize the seriousness of these issues, and learn steps to take if they or someone they know is affected.

Materials Needed:

- Video on narcissism, controlling behaviors, and stalking (Part 1)
- Whiteboard and markers
- Handouts with key points and questions
- Computers or tablets for additional research (optional)

Lesson Outline:

1. Introduction (10 minutes)

- Briefly introduce the topic of narcissism, controlling behaviors, and stalking.
- Explain the objective of the lesson: to understand these issues, their impact, and how to respond effectively.

2. Video Presentation (20 minutes)

- Show the video on narcissism, controlling behaviors, and stalking (Part 1).
- Ask students to take notes on key points, focusing on definitions, statistics, and recommended actions.

3. Group Discussion (15 minutes)

- Divide the class into small groups.
- Ask each group to discuss the main points they noted from the video.
- Have each group share one or two key points with the class.

4. Key Information Review (15 minutes)

- Summarize the main points from the video:
 - **Narcissism:** Excessive self-interest and lack of empathy.

- **Controlling Behaviors:** Actions intended to dominate or manipulate others.
- **Stalking:** Persistent and unwanted attention that causes fear or distress.
- **Statistics:** 25% of domestic abuse victims are men, 75% are women; average of 3 women murdered per week in the UK, often by a current or former partner.
- **Case Study:** The murder of Alice Ruggles and the importance of police response.
- **Steps to Take:** Reporting to authorities, documenting interactions, seeking legal advice, and reaching out to support groups.
- Write these points on the whiteboard for visual reinforcement.

5. Activity: Research and Present (20 minutes)

- Provide students with a list of topics related to the lesson (e.g., steps to take when feeling threatened, the role of support groups, how to document interactions with the police).
- Assign small groups to research one topic each using computers or tablets.
- Each group prepares a brief presentation on their assigned topic, covering key points and practical advice.
- Have groups present their findings to the class.

6. Discussion on Seeking Help (10 minutes)

- Discuss the importance of seeking help when feeling threatened or in danger.
- Emphasize the role of parents, teachers, friends, and authorities in providing support.
- Encourage students to think critically about their safety and the safety of others.

7. Question and Answer Session (10 minutes)

- Provide handouts with questions for students to answer based on the video and discussion:
 - What is narcissism, and how can it manifest in relationships?
 - What are controlling behaviors, and why are they harmful?
 - Describe the steps to take if you feel threatened or stalked.
 - Why is it important to document interactions with authorities?

8. Closing Remarks (5 minutes)

- Summarize the lesson's key points.
- Encourage students to watch Part 2 for more information on spotting signs of narcissism and controlling behaviors.
- Remind students to prioritize their safety and seek help if needed.

9. Optional Homework Assignment

- Ask students to write a brief essay on the topic: "How to Recognize and Respond to Controlling Behaviors and Stalking" or "The Importance of Seeking Help When Feeling Threatened."
- Alternatively, students can create informational posters about recognizing and responding to narcissism, controlling behaviors, and stalking to display in the school.