

Free to Be, Part 2

ASSEMBLY

KEEPING THE PEACE

In a Bully-Free Community

(Lessons for what to DO when we see Bullying)

Packet for Schools





*Building Character
and Peace*

Dear Principals, Teachers, and Staff;

We are proud to present the second part of the “Free To Be” assembly series at your school. Our presentation will build on the skills from Free to Be, part 1. As always, our goal is to engage them in such a way that they have an experience around the effects of bullying from all perspectives, from being bullied, to doing the bullying, and specifically in this assembly, to seeing the bullying. From this experience we can walk away with specific strategies to end this and make a commitment to create the best learning environment for everyone.

Here are some of the concepts the assembly will teach:

- ★ Understanding bullying
- ★ Review all the strategies or techniques from Assembly 1.
- ★ Learning how to intervene when someone is being bullied (before, during, after)
- ★ Creating an open discussion to end the problem.
- ★ Bookmarks for everyone with all the tools
- ★ Posters for teachers

In this packet you will find 2 lessons to do after the assembly to continue working on this problem in a progressive and comprehensive manner. One lesson to specifically practice the intervention strategies, and one lesson on calling class meetings. We know from experience that coming in for one day will not eradicate bullying, but at the same time we believe we will have set you up to not only have the skills but a common language to succeed as a whole school. We are glad we can continue to support you in building a more peaceful and safe school environment.

Warmly,

Joseph Savage and Vicki Abadesco!

Founders of Soul Shoppe



Here is your checklist Before we come!

- Give all teachers the “Free To Be, part 2” curricula in a staff meeting at least one week before assembly so everyone is prepared to teach the lessons.
- Make sure all teachers know the time and date of the assembly. (send several reminders if needed)
- Secure room for the needed times (we will need at least a half hour set up time before the students attend).
- Make sure screen is pulled down or set up.
- If you have a microphone have it set up on a stand ready to go.
- Have floor swept and clean so students are comfortable sitting down. Chairs for the teachers.
- Try and get the yard duties and other staff scheduled to attend, especially anyone who deals with the children after bullying incidents, (principal, secretary, cafeteria, counselor, psychologists, etc.).



FREE TO BE 2 –KEEPING THE PEACE IN A BULLY-FREE COMMUNITY

Purpose: For students to review ways that they can help the whole community stop bullying.

Materials: posters and bookmarks from *Free to Be 2*

Enroll:

- Review *Free to Be 2* Assembly.

Action:

- How many of you have ever seen someone bullied?
- What are some things you can do to help someone who is being bullied?
- If you were being bullied and you knew other people were watching it happen and they did nothing, how would you feel?
- We all are responsible to do our part to keep our school a bully free community. If we are being bullied, we are responsible for using one of the FREE anti-bullying techniques. If we realize we are bullying, we need to ask for help to stop. If we see someone being bullied, it is our responsibility to use the strategies before, during and after.
- Let's review what to do if we see bullying happening to someone:
 - **Before-Invitation** – redirect the behavior. Ask both parties to play, or something else.
 - **During-Help Solve the Problem**- talk it out giving each student a chance, and then come up with a solution.
 - **After- Call for a Class Meeting** – example on page 5

Share:

- Have students role play each one of the strategies.

Evaluate:

- Periodically practice the three skills of stopping bullying at your school.

Classroom Meeting

Solving a Bully Problem

Often times when we are confronted with students who are bullying other students or students who ask us for help in preventing someone from bullying them and we are at a loss as to what to do. The classroom meeting can be one of the more powerful resources for discussing, strategizing and eliminating the problem. Our children often have the skills and ideas to solve their problems and with the proper guidance can come up with the best solutions. Below is a basic structure for having a class meeting on the topic of bullying as well as addressing a specific problem that is happening in your class or school.

1. Identify the difference between Tattling and Telling. This needs to be discussed because too often dangerous behavior goes undetected because students don't want to be labeled tattlers.

Tattling	Telling
• Not important	- important
• Harmless psychologically	-harmful or dangerous (physically or
• Can handle by self	-need help from an adult to solve
• Minding someone else's business	-taking care of yourself
• Accidental	-purposeful or intentional
• Getting someone in trouble	-getting help

2. Set the ground rules

- One person at a time
- Listen to each other
- Allow each other to disagree
- No put downs, finger pointing or blaming
- Discussion stays in the room
- Goal is for everyone to win

3. Tone and Setting of the room: Make sure that all the students can see each other. When they talk to each other they should be able to address the person they are speaking to. Your job as teacher is to guide and monitor the discussion but not take over. Think of your job as a question asker. Use the balloon metaphor as a stepping stone to getting to the bottom of the problem. The discussion needs to be *focused on creating solutions* and not finding the culprit. Let all voices be heard. When they have a say in the solution their commitment is stronger.

4. Follow the Six Steps

- Define the problem in very specific terms (give reasons for ending this problem)
- Brainstorm solutions
- Discuss solutions and reach consensus
- Make commitments
- Evaluate the decision (visit the problem a few days later to insure that it is solved)
- Ask the person who is bullying what they need from the class to keep their commitment

Whole School & Classroom Activities

To use after Free to Be Assemblies

Appreciation Notes

Have a day to write notes of thanks and appreciation to others in the classroom. Support students to master the life skill of appreciation!

Youth Council

Allow students to participate in decision making activities by creating a Youth Council that meets on a regular basis to give school staff important feedback about what students are really thinking and feeling.

Safety Norms

Brainstorm with students classroom or school norms that everyone can agree on. Have students participate in drawing and/or writing the norms out and have every student sign the norms in agreement to honor them.

Active Listening

Create time and space throughout the school for students to learn and practice active listening. When students have opportunities to share their feelings in a safe environment they are less likely to act out their feelings in negative ways that can potentially hurt others and/or themselves.

Peacemakers

Develop and train a core group of student Peacemakers who will support the school to resolve problems in a positive way.

Peer Tutors

Train a small group of older students to help younger students with reading or spelling. This helps to develop leadership qualities with students and allows older students to take on more responsibility.

Acts of Kindness

Announce monthly or weekly “kindness” challenges. Have students or classrooms take on a kindness challenge they will do for someone else. Students can write letters to the elderly, raise money for a cause, create/make a gift for a staff person or sing songs to kids in the hospital. Create a fun acknowledgment for all who participate.

Suggestion Box

Create a box for input on improvements or changes students would like to see.

Recognition

Provide opportunities for students to be acknowledged – through a bulletin board, daily announcements or newsletters.