

Free to Be, Part 3

ASSEMBLY

GOING BEYOND

**creating connection in a
Bully-Free community**

Packet for Schools





*Building Character
and Peace*

Dear Principals, Teachers, and Staff;

We are proud to present the third and final part of the “Free to Be” assembly series at your school. This assembly will build on what can be done to keep your school bully-free. 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, 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 and GO BEYOND.

Here are some of the concepts the assembly will teach in Free to Be, Part 3:

- ★ Understanding bullying
- ★ Going beyond bullying- C.A.R.E- specific strategies to create a peaceful community
- ★ 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. 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 3” 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 3 BEING ON THE OUTSIDE IS NO FUN

Purpose: For students to understand feelings associated with being left out.

Materials: none

Set up

- Review types of bullying.
- Ask, “Who is responsible for keeping our school bully-free?”
- Brainstorm ways we can show responsibility in bullying situations.

Action

- Have 6 volunteers come to the front of the room.
- Choose 1 student who will be the leader.
- The 5 remaining students form a circle holding hands. The job of this circle is to keep the leader out. The job of the leader is to try to get into the middle of the circle.
- The leader has 20 seconds to get in the middle of the circle. Ready – go!
- Ask leader, “How did it feel to be on the outside.”
- Ask circle what it felt like keeping someone out.
- Thank everyone for participating and remind them that this was just to be used to make a point.

Share

- How is this game like bullying?
- This is what it feels like to be bullied. This is what it feels like to be alone. Often times you will see someone who is being pushed out of a game or being ignored. How do you think that makes someone feel? Usually the person being left out, is doing all they can to get on the inside. What kind of school would we have if everyone was on the inside?
- How can we be responsible for our school and include others? What are some examples?
- What can you do if you see someone being shut out of a game or a friendship?
- Commit to being responsible by helping each other out and including others.

FREE TO BE 3 **C.A.R.E.**

Purpose: To review & discuss the C.A.R.E. strategies for creating a bully-free community.

Materials: *posters and bookmarks from assembly*

Set-up:

- Review “Free to Be 3” assembly.
- What did you learn?

Action:

- We are all powerful to make the school the way we want it to be. We all are responsible for standing up and speaking out about what we want to change.
- Who are role models in history who have taken a stand for their rights?
- Who do you know in your life that has taken a stand?
- What does it take to make a stand for something or someone?
- What happens when someone doesn’t take a stand? What can happen?
- Brainstorm the C.A.R.E. (Connection, Appreciation, Respect, Empty) strategies, and what each one stands for. Then do the following **FOUR ACTIVITIES**:

1. Activity for Connection- have the students mill around the room, and when you say “go” they each choose a partner that they don’t normally hang around with (do the best they can). Share their favorite color with each other, their favorite subject, what they don’t like about bullying, and what they can do to stop bullying at their school. Mill around again and find another partner. Ask the same questions.

2. Activity for Appreciation- on a piece of paper, students write 2-3 things they appreciate about themselves, their family, their class, and their school. Then each student finds a partner that they don’t normally hang around with and share. End this activity by having the students share out loud to the class.

3. Activity for Respect- on a flip chart, brainstorm ways that students can show respect around the school. Brainstorm with students acts of kindness 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. Go to www.actsofkindness.org for fun ideas!

4. Activity for Empty the Balloon- brainstorm ways that students can empty their balloons instead of leaking them. Have students pair up. Create rules for safety. 1) privacy 2) respect 3) appropriate language. Have students share what is inside their balloons and how they can empty them. Have a class meeting if necessary.

Share:

- Bullying goes from one person and then grows from one person to the next. But, we can choose to stop bullying anytime we want to. We just have to be the one to stand strong. And standing strong takes courage.
- What are ways we can stand strong together?
- What are ways you can stand strong on the playground?

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 Assembly

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. Go to www.actsofkindness.org for fun ideas!

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.