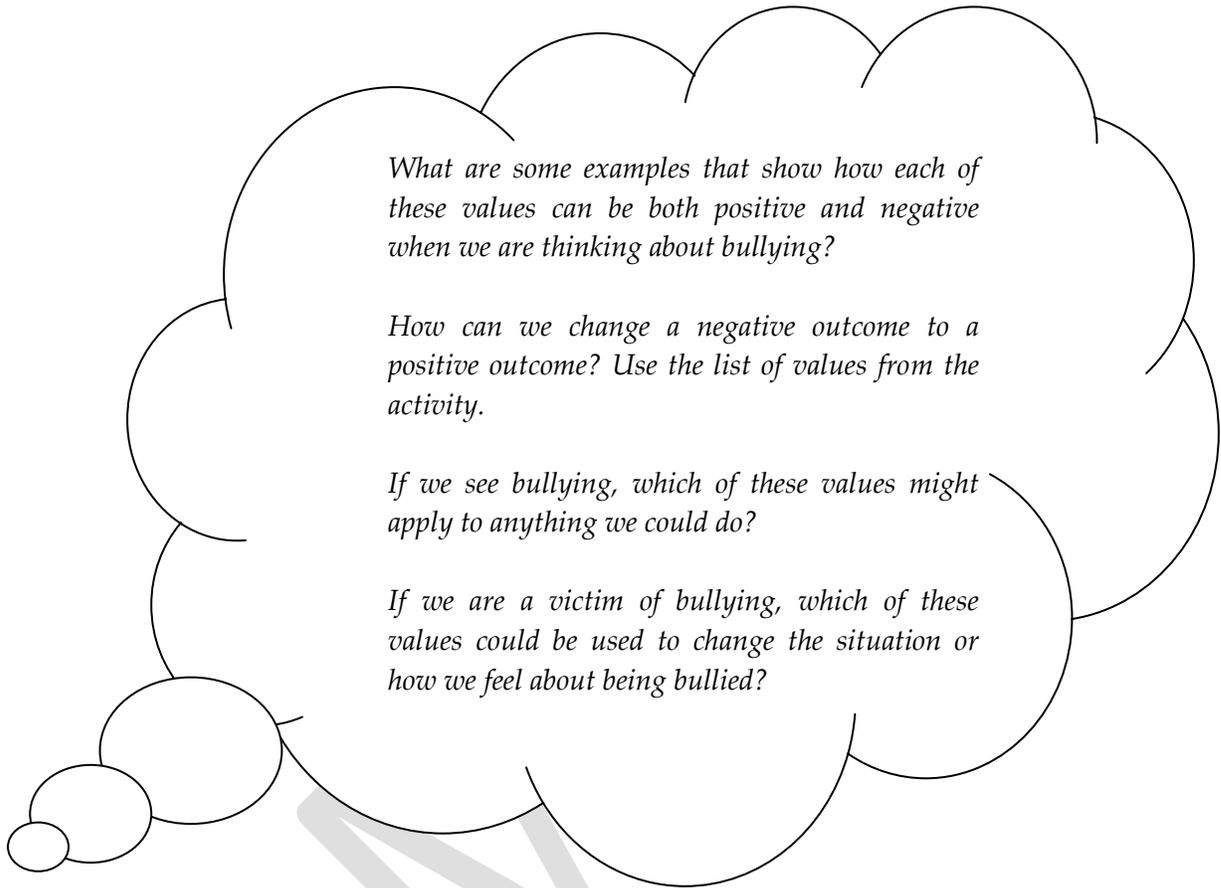
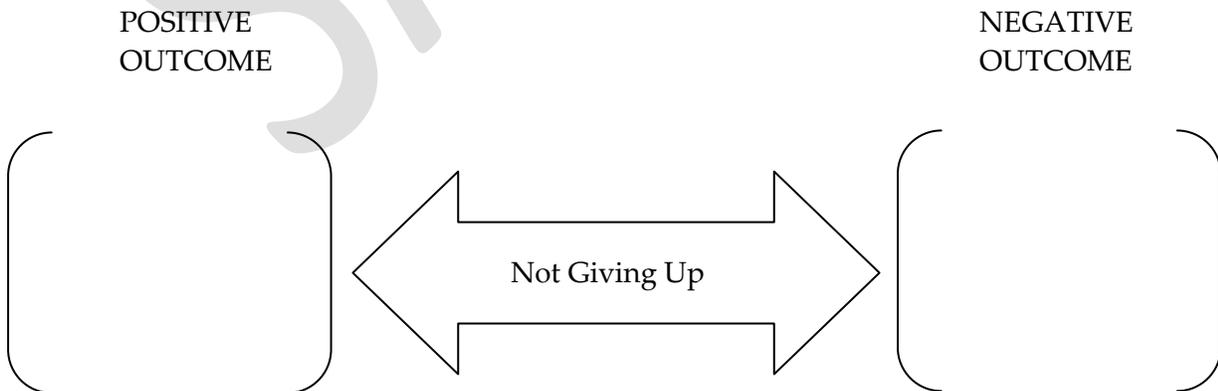


Values and Bullying



The same value can result in outcomes that are positive or negative. Look at the value in the center arrow and describe how it can have a positive and a negative outcome.



Affirmations

What we think of ourselves can impact how we treat others. Affirmations are all about reinforcing our positive traits. A positive affirmation can also help replace a not-so-positive thought with a positive thought. We can use these personal statements to help raise self-esteem. Affirmations are personal and specific only to that person. Affirmations can be very powerful in reinforcing what we might think about ourselves, but they can also highlight something new.

In the space provided below, write down statements about yourself. Spend a few minutes in quiet reflection and think about what makes you special, what makes you who you are. Statements should start with "I ..." or "I am..."

Sample affirmations:

I am happy today.

I am a good friend.

I will not let other people's negativity affect me.

I will be satisfied with my actions today.

SAMPLE

Am I a Bully Too? Identifying Bullying Behaviors

Place a check next to each statement that describes something you have done at least once. Underline the statement if it is something that you have done more than two times.

- I have teased people in a mean way by making fun of their looks, calling them names, or making fun of the way they act.
- I told a person to hurt a person I didn't like.
- I and/or my friends have kept others from hanging out with me or eating lunch with me.
- I have spread a rumor about someone in a note, an email, on the internet or in a conversation.
- I have pushed, punched and/or shoved someone in a mean way because I felt like it.
- I have been a part of a group that did any of the above things.

Adapted from www.stopbullyingnow.hrsa.gov

Cyberbullying

Cyberbullying is the use of electronic medium to attack, embarrass, harass, spread false information, or post information about others so that people can see it. This includes cell phones, texting, the internet or any other electronic form of communication.

The National Crime Prevention Council reports that cyberbullying affects nearly one half of American teens. According to the report part of the appeal of cyberbullying is that the bullies can be anonymous by assuming a false identity through the creation of temporary email addresses, using a different name, or by using someone else's account. This allows the bully to do the bullying secretly and therefore the bully often will cross the line outside of appropriate social conduct.

Walk a Mile in My Shoes

How often have we heard a reference to the phrase, walk a mile in someone's shoes. What that means is that you are trying to understand where another person is coming from by actually experiencing what that other person experienced. Because it would be impossible to "walk a mile" in the shoes of everyone we know, we need to instead try to imagine what it feels like to be that person. By paying attention, we can gain a better understanding of the person. As you are getting a sense of the person, ask yourself, what is it that will make this person feel good? And ask, how can I help or how can I be a friend?

Part of being sensitive to another person often includes knowing what terms are appropriate to use to identify a person or group. There might be more than one way to identify a group of people and descriptive titles that were previously acceptable might not be acceptable anymore. Everyone deserves to be treated with respect, including the manner in which others refer to her/him. If in doubt, find out what that person prefers.

What was difficult about the Walk a Mile in My Shoes activities?

Was your level of concentration different than it would be under your normal circumstances?

Did you ask for or use someone's assistance?

Were you ever impatient when it took longer to complete these tasks?

For the observers: What was your reaction to your classmates' struggles?

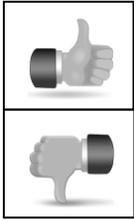
When someone has one of these challenges, is it harder and more impressive that he/she is able to accomplish the task? If yes, why?

Do you think we always know when someone is living with pain (physical or emotional)?

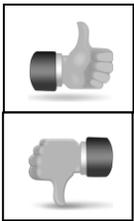
Did You Make the Right Decision?

For each question below, circle the thumbs up for if you think the right decision was made or circle the thumbs down if you think the wrong decision was made. After each question state why you made this selection.

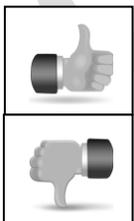
1. A new student joins your class midyear. Other students stick with their established groups and the new person is not invited to be part of any group. You notice the new person does not seem to want to interact with other students and is sitting alone at lunch. You sit down next to the new person.



2. You are forwarded a message that contains a potentially harmful picture of someone in your class. You decide to delete it.



3. One of your classmates has an illness that caused the person's face and body to become bloated and swollen. The person never talks about the illness, but you overhear a teacher talking about it and decide it might help people to treat him better if they know about the illness. You decide to tell classmates.



E-Civility

Text Message, Email and Internet Etiquette

Texting and Cell Phones: List text message and cell phone behaviors that would be considered rude or unsafe. In your assigned group, discuss *why* all these things would not be appropriate.



Email: List email behaviors that would be considered inappropriate. In your assigned group, discuss *why* all these things would not be appropriate.

