



## **Stand4Change Day 2018**

**May 4<sup>th</sup> 12:00 PM, EST**

Thank you for bringing Defeat the Label's Stand4Change Day into your classroom. We are excited to be joined by more than 6 million students and educators, representing more than 40 countries around the globe in taking a stand against bullying in our schools.

Each year, Stand4Change Day celebrates young people around the world who are taking a stand against bullying, social labeling, and unkind peer behaviors in their schools and communities and raises critical awareness of the issue by driving attention, resources, and support into the communities that need it most. Defeat the Label's mission is to empower young people to take a stand against bullying in their schools and communities by promoting an inclusive and judgment-free society. Students are empowered to make this change by realizing that they are the change agents in their communities, and that the change starts with them.

The attached toolkit will provide everything you need to activate Stand4Change in your classroom. The program consists of a warm up and introduction to the issue, an anti-bullying pledge, an age appropriate activity and ways for students to become involved with Defeat the Label. The entire program takes about 30 minutes. It is our suggestion that you begin the discussion around 11:30/11:45 and engage your students in the anti-bully pledge at noon EST. Please feel free to extend or shorten the program as you see fit. Additional information and resources are available at [www.defeatthelabel.com](http://www.defeatthelabel.com).

At the end of the lesson please encourage your students and staff to visit [www.defeatthelabel.com](http://www.defeatthelabel.com) and drop us an email or message about how Stand4Change 2018 went in your school. We would love to read and share your feedback, photos, or ideas.

We are thrilled you are joining us for Stand4Change and thank you for your support.

## **Defeat the Label's Stand4Change 2018 Activities**

### **Introduction**

Provide students with a brief background on Defeat the Label and our mission.

*“Defeat the Label’s mission is to empower young people to take a stand against bullying in their schools and communities by promoting an inclusive and judgment-free society. They work with artists, athletes and celebrities to educate young people, parents and educators (like myself) and provide us with social empowerment tools to help students take a stand against social labeling and bullying. Defeat the Label considers all students that are willing to take a stand an Upstander. Upstanders are able to recognize when a situation isn’t right, and they take the power into their own hands to make a difference.*”

*Upstanders have worked with artists, and celebrities including Olympic Gold Medalist Meryl Davis, Miley Cyrus, Sky Blu best known as one half of the musical duo LMFAO, Cody Simpson, Joe Jonas, Lucy Hale, Ryan Beatty, and various NHL and NFL athletes along with committed parents and students who have lost loved ones to bully attacks.”*

Now implement a quick warm up to get the students engaged. For the warm up exercise, you want to get your students moving and thinking. We’ve included a set of facts below. Ask your students to stand up and choose one individual to read one of the facts out loud. If they believe the statement is true, ask them to move to the right side of the classroom, however, if they disagree ask them to move to the opposite side of the classroom. All of the following statements are true.

- Every 7 minutes a child in the United States is bullied.
- 50% of all bullying incidents go unreported.
- About 30% of students in the United States are involved in bullying on a regular basis either as a victim, bully or both.
- 160,000 students miss school everyday due to a fear of an attack or intimidation by other students.

## Classroom Activities

**Elementary:** How Can I Be A Friend?

**Workshop Overview:** This activity helps students think of ways they can be kind, generous, and welcoming to their classmates.

### **Materials Needed:**

- Fish bowl or other large bowl
- Slips of paper with different school locations (gym, classroom, hallway, stairs, etc) written on them
- Crayons/Coloring materials
- Blank pieces of paper

### **Lesson Plan:**

Type or write up locations in the school on pieces of paper to be drawn out of a bowl (examples – classroom, gym, playground, art room, music room, hallway, stairwell, etc).

Begin the activity by talking about what it means to be a good friend to everyone, even to people they aren't close with. Give students a piece of blank paper and coloring materials. Have each student draw a location out of the bowl and challenge them to write, draw, and color an example of how to be a good friend to their classmates in that area of school. (example – lunchroom: share snack with student who forgot lunch/ art class: help student clean up spilled paint/ recess: invite loner to play with your friends etc)

At the end of the activity, have students sit in a circle. Ask each student to talk about what location they selected and what ideas they had for being a friend in that location. Allow other students to also suggest different ways of being a friend in the same areas.

When you have finished the discussion, display the students' pictures, on bulletin board, with the heading "How Can I Be a Friend?"

## **Middle School and High School:** Rumors

**Workshop Overview:** This activity helps students explore the concepts of rumors and gossip.

### **Materials Needed:**

- None

### **Lesson Plan:**

An updated twist on the traditional “Telephone Game”

Have your students sit in a circle, whisper the message you want passed around. Next, allow the message to travel through the group of students, and have the final student write the message that they received through the game.

Some suggested messages can include:

- Girls are smarter than boys
- Rock music is better than country
- Left handed people are more intelligent than right-handed people
- Clothing that is on sale is cheap or out of style

After the game, write the original statements next to the ending version and ask students to look at the difference between the original and the final statement. What was different? How did they change? What could have caused the breakdown in communication.

### **Discussion:**

- How did the messages change?
- Why may have someone changed the statement on purpose?
- Did anyone feel like they HAD to change a statement, in order to make it more inclusive or kind?
- Do you think that someone might feel inclined to change a statement, even if it did not have an impact on them?
- Are there different motives for the spread of rumors and gossip?
- How can your view of something be influenced by others?
- How can we stop rumors and gossip when we hear them?

**Middle School and High School:** Stop the Cycle!

**Workshop Overview:** This activity helps students visualize the inertia of bullying.

**Materials Needed:**

- White board or other large, blank surface
- Blank sticky notes.

**Lesson Plan:**

Students will write three or four negative messages they have received from friends/family/peers on sticky notes and stick them on a designated half of the white board.

The facilitator will read a few examples from the board and lead a class discussion asking them to share their experiences and elaborating on how hurtful comments and the like leave a lasting impression on how we feel about who we are.

Next, students will write three or four negative messages they have said against others on sticky notes and stick them on the other half of the whiteboard.

The facilitator will read a few examples from this half of the board and lead a classroom discussion noting similarities/patterns with the first batch of sticky notes. Now, the discussion shifts to personal and social responsibility. "This, on the board, is a visual representation of the cycle of social behavior. What will it take for us to create a more positive social environment at our school?"

Let the students share their ideas and talk about what gets in the way of trying to execute positive changes. Have students identify several ways the school community can more effectively incorporate a culture of positive and inclusion.

**Discussion:**

- What will we need to do to create a more positive social environment here at school?
- How can we realistically make these changes?
- What tools/supports will you need to make these changes?

## **How to be an Upstander!**

An **Upstander** is a person who stands up or helps someone in need whether they are a victim of bullying or if they are just being treated unfairly. Upstanders recognize that they have the power to make a difference in their school and community.

### **Ways to be an Upstander:**

- Call the bully out
  - Tell him/her stop.
- Befriend the victim
  - Ask him/her if they are okay.
  - Let them know that you saw what happened and that they are not alone.
- Tell a trusted adult
  - Afraid? Leave an anonymous note or download OK2SAY app
- Stop rumors and gossip when you hear them

## **Stand4Change Pledge**

Introduce the Pledge to your students.

“Bullying is known by many names. Whether it’s talking trash in the hallway, terrorizing someone on the Internet or committing physical violence; bullying hurts more than the person being bullied. It hurts everyone. Today we have the opportunity to stop bullying in its tracks.”

Ask your students to take the pledge by repeating after you:

***I pledge to speak up when I see someone being bullied or treated unfairly.***

***I will be kind to my classmates, teachers and other people in my school.***

***I will reach out to help others who are bullied and need my help.***

***I, a student at (insert school name) pledge to be an Upstander.***

***And starting today, I will stand up and Defeat the Label.***

Congratulate them for taking a stand against bullying.

## **Conclusion**

Encourage your students to visit [defeatthelabel.com](http://defeatthelabel.com) and sign up to stay involved or “like” us on Facebook/Twitter or Instagram.

- [www.facebook.com/defeatthelabel](http://www.facebook.com/defeatthelabel)
- [www.twitter.com/defeatthelabel](http://www.twitter.com/defeatthelabel)
- [www.instagram.com/defeat.the.label](http://www.instagram.com/defeat.the.label)

## **Additional Resources**

### **Pacer.org**

Founded in 2006, PACER’s National Bullying Prevention Center actively leads social change, so that bullying is no longer considered an accepted childhood rite of passage.

### **Stopbullying.gov**

StopBullying.gov provides information from various government agencies on what bullying is, what cyber bullying is, who is at risk, and how you can prevent and respond to bullying.

### **Itgetsbetter.org**

The It Gets Better Project is a nonprofit organization with a mission to uplift, empower and connect LGBTQ youth around the globe.

**THANK YOU FOR TAKING A STAND AGAINST BULLYING**