



Action Plan Ideas

This manual is compilation of ideas other schools have implemented as part of their student action plans to make their school a more caring and safe place for all students. Please let us know what ideas your school has created so we can add those ideas to this on-going list!

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School Game Room

Suggestions for creating your own school game room:

- Find a teacher/parent who is willing to supervise the game room during lunch and/or recesses once a week. Game rooms days can expand to more depending on teacher/parent commitment to supervising the rooms. This is a great opportunity to involve parent volunteers to support student projects.
- Make sure to include your cornerstone student leaders in the game room responsibilities such as set up and clean up as well as game selections. It is important the students have a sense of ownership over the game room to enforce rules and positive behaviors the room is aimed to create.
- Have the student leaders and teacher/parent advisors work together to create rules for the game room, behavior expectations, and time limits if necessary.
- What are the goals for your game room? If you are incorporating friendship-making skills, make sure there are opportunities for students to learn to make friends ie. posters around the room, see samples.
 - Have students teach game demonstrations. Pick a game to showcase and invite students who want to learn to play to come over and learn from the students.
 - Have sign ups by game titles so students with similar game interests can play together and have a partner to play with.
- Host theme days where everyone is playing the same game, if appropriate, have a tournament.
- Think of ambience, tables and chairs, bean-bags, rugs, pillows, things that can be pulled out to make the room a comfortable place for students to be.

List of Suggested Games

Cards Games:

Uno, Uno Attack

Old Maid

Crazy Eights

Bully Free Card Game (available at www.freespirit.com)

Board Games:

Zathura

Chess

Monopoly

Checkers

Sorry

Connect Four

Chinese Checkers

Risk

Friendship Island, Circle of Respect (Available at www.impactpublications.com)

Word Games:

Scrabble

Boggle

Upwords

Crossword puzzles, Word searches (students can make their own up at www.puzzlemaker.school.discovery.com/)

Other:

Bully Bingo (available at www.marcoproducts.com)

Jenga

Twister

Brain Teasers

Yatzee



Game Room Rules

- Everyone is welcomed here!
- You can't say "you can't play." (taken from the book *You Can't Say You Can't Play* by Vivian Gussin Paley)
- Be a good sport! No name calling, put downs, or cheating allowed!
- Help each other become a better player—teach other students how to play if they don't know how.
- Share and take turns!
- Be responsible students—clean up and put away your game when you are done.
- Have fun!!!



Ideas for Creating a New Student Welcome Committee

- Recruit students to volunteer to be mentors for new students—make sure to have a variety of types of students as to better match up personalities and interests when new students arrive.
- Have each student interested in being a mentor for new students complete an “All about Me” inventory form to help the committee match up mentors to new students. The Inventory form can be any questions students might want to know about each other, questions that might help discover interests, or things in common with other students, attached is a sample inventory form.
- Create a “welcome package” for new students...this can include a binder, fun notepad, school agenda calendar, pencil or pen, water bottle, free cookie/chips coupon from snack shack, any other fun school memorabilia, along with their class schedule, map of the school, and an “All about Me” inventory form (to help you match them with a mentor).
- Have new student and mentor attend an upcoming school function together like a sports game or school play.
- Have mentor and new student meet with other welcome committee members at lunch-time to eat together and learn more about the school and extra-curricular activities.
- Think about having the welcome committee lead ice-breakers or mixer activities at lunch on days when new students arrive and periodically throughout the year.
- Plan a new student luncheon to help students get to know others with common interests.



“ALL ABOUT ME” Inventory

My name _____

Nickname _____

Where I was born _____

My favorite subject in school _____

What I like to learn about _____

My favorite type of food _____

My favorite type of candy _____

My favorite movie _____

My favorite book _____

Sports I like to watch or favorite team _____

Type of music I like to listen to _____

My favorite place to hang out _____

Hobbies or interests I have _____

What people should know about me _____

Words that describe me _____



Acknowledgement Ideas

Acknowledge students for positive things they do at school by giving out Appreciation Grams, Caught Doing Good Certificates, Outstanding Upstander Notes, and Positive Peer Influence and Role Model Awards.

- Create an Appreciation Gram for students and teachers to send out to peers to recognize their contribution to making the school a more caring place for all students. Grams can have candy bars or candy bags given with them as a thank you.
- Create a Caught Doing Good Certificate for teachers to give out when they see students role modeling positive behavior. Teachers can devote classroom wall space to honoring these students.
- It takes a lot of courage for students to stand up for other students. Have a way for students to be recognized for these courageous acts of kindness. Perhaps a box where victims whom another student stood up for can thank their upstander for what they did to help them out by an Outstanding Upstander Note written from the victim to the upstander (can also be done anonymously to avoid any embarrassment).
- Schools give out many awards based on GPA and academic achievement. Try including Positive Peer Influence nominated and awarded to students by students and Role Model Awards nominated by students to teachers to help boost school climate. These awards can be given out at special award assemblies or as part the schools quarterly honor roll assemblies.



Creating Skits about Bullying

Ask students to think of scenarios where bullying can occur using “What If” statements. For example:

- What if you’re walking to your classroom and someone calls you a bad name?
- What if someone tries to make you give him or her your lunch money?
- What if someone picks a fight with you?
- What if someone pushes you down on the playground?
- What if someone spreads a mean rumor about you?

Next, have students answer the “what if” statements with “I Would” statements.

For example:

- I would tell the bully to stop calling me names because I don’t like it and they wouldn’t like it if they were called names.
- I would tell them they can’t have my lunch money and I’m going to tell a teacher that the bully has been taking my money.
- I would yell them I don’t fight and ask them if they want to work out the problem with a conflict manager or an adult.
- I would tell the yard duty if a student pushed me down on purpose.
- I would go to the person who started the rumor and tell them to stop and that spreading rumors was not nice.

Now have the students act out his and hers “what if” statements and use their “I would” statements to solve the problem. Don’t forget to have the students refer to the 5 techniques for dealing with bullies from the *Gum in My Hair* video.



Techniques For Handling Bullies!

1

AVOID—The best fight is the one never fought. Walk away when you see someone you think will bully you. Find another way to get to your class or get some friends to be with you so you feel safe. Do not hang out in the area the bully hangs out in.

2

BODY LANGUAGE—Show self-confidence! We lack self-confidence by not having eye contact with others or walking with our shoulders slumped over. Practice walking with your head up, shoulders back, and making direct eye contact with people.

3

VERBAL—Using a verbal comeback to a bully can help diffuse the situation.

*Agree with the bully-This can throw the bully off, remember you are only pretending to agree.

*Be honest with the bully-Tell them how you feel

*Use humor-This can lighten the situation as long as you don't hurt the other person's feelings in the process.

*Be direct-Just walk up to the bully-stay calm and look them in the eye--and tell them to stop what they're doing and that you're not going to take it anymore.

4

YELL-When you feel threatened and unsafe in any situation, yell as loud as you can words like "leave me alone" or "stop that now." This technique is to be used only when yelling at the bully will give you space if you've been backed up into a corner or against the wall.

5

GET AN ADULT—If you're at school find a teacher, yard duty, parent, principal to help you. Assure them you are not tattling, but asking for help in a situation that frightened you. Adults are great at helping students work out problems!



Role-plays students can act out and brainstorm for solutions

Scenario 1

During recess you notice some third grade boys playing with a group of fifth grade students. They are playing a competitive ball game and Jacob, an older student uses his physical size and ability to dominate the game. He constantly yells at the younger players, telling them off and making them feel inferior. You have seen this happen on several occasions.

Scenario 2

At lunchtime Gina and two friends have begun to follow Laura around. They tease and taunt her because of the way she walks then laugh and run away. When the incidents were reported to a teacher, Gina and her friends were asked to apologize to the student. Their apology lacked sincerity and later that day they were again seen making fun of Laura.

Scenario 4

Maria reports to her teacher that a group of girls are hurting her feelings. When she walks past them they start whispering and looking at her then laughing. When she tells them to stop it they tell her that they weren't talking about her and that she should mind her own business. The student reports that they do this every time she walks by and is having a hard time making friends.

Scenario 5

At recess Marco is always by himself. He busies himself with his work to hide the fact that he is upset. He tries to be friendly and make conversation with some of the other boys in class but they ignore him and often speak rudely to him. The teacher always uses him as an example of a good worker but this doesn't appear to make him feel happy.

Scenario 6

Jeff is a popular boy who is good at all sports at school and has a group of friends who look up to him as a role model. In class Jeff teases a couple of boys when they are working. Sometimes he scribbles on or destroys their work; other times he calls them names like 'nerds' or 'sucks.' His mates laugh at his comments.



Junior Yard Duty Tips

Program Logistics

- Decide on how many junior yard duties you want out on the playground and grass area at a time. Four to six is a good number to start out with because an even number allows for students to walk around in pairs to support each other. 4-6 yard duties a day may mean training a group of 20-30 students to be junior yard duties. Schedules can rotate for 4-6 students are on “duty” each day at lunch and students only have to work one day a week. If you are short students, you can always have students on “duty” twice a week and give them Friday off or all work on Fridays. Pick a schedule system that works for both you and the students!
- Think about how to train your junior yard duties. What is the decided role the junior yard duties play at your school? Are they assisting the adult yard duties—do they spot a problem and go get the adult yard duty to work out the problem? Are your junior yard duty students trained on basic conflict resolution skills and try to resolve conflicts with other students? Do your yard duty students give out “upstander notes” to students they see helping other students and standing up for students that bullies are picking on? The role of the junior yard duty program needs to be defined by each school.
- Once the role is defined, how do the junior yard duties get adult support? Do you want to have weekly or monthly meetings to see how the program is going? How are you going to address the issues or concerns that come up for the students?
- Acknowledgement. Make sure to come up with ideas for rewarding or acknowledging the work of the junior yard duties. You can brainstorm with the students what kind of acknowledgement they would like to receive from the school.
- Make sure the students and teachers all are aware of the junior yard duty program prior to the launch. Send out a memo to teachers about what the junior yard duty program is about and what the student roles are. Include a blurb or article in the school newsletter and to parents so they are aware of the junior yard duties. Hold an assembly to introduce the junior yard duties to the students and let them know the reason for their existence.
- Personalize the program. What do your junior yard duties want to be called? Some schools have used their school mascot to represent them as “gator patrol” Other schools have used “bully busters” or “peace patrol” as the name for the group. You can use junior yard duties as well. Also, do you want your junior yard duties to be identified at lunch or recess? Do they wear special shirts the day they are on duty? Do they have a colored vest on or hat so students who want them to help them know who to go to? If part of their role is to give out a type of award “note”, do they have clipboards to carry around with them?

***These are all some questions to think about as you start your own junior yard duty program at your school. There is no manual on a “correct” way to run the program; it needs to be tailored to the schools’ need. Remember, if the students chose this idea on their action plan, there is a reason why they thought it was important to have at their school, so make sure to ask the students what they think the role of their junior yard duty program should be!

“Upstander” Praise Note Sample

These notes can then be put up on an upstander wall of fame as a way to encourage all students to stand up against bullying behavior at their school.

UPSTANDER Note

This note is given to you because you have been seen as an UPSTANDER student at our school. Upstander students help other students by standing up and saying something when they see students using bullying behaviors. Thank your for helping make our school bully-free!

(Student’s Name)

Junior Yard Duty

Date

UPSTANDER Note

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(Student’s Name)

Junior Yard Duty

Date



Tips for Creating a Student Newsletter

The following are some suggestions and hints from others who have gone through the process of creating their own student newsletter at school.

- If your school already uses a character building program such as Peace Builders or Character Counts, you can use the themes from that program to focus your newsletter on. For example: “What is Honesty?” can be a subject heading for the newsletter and students can write about what being honest means to them or give examples of situations where students can be honest. If your school doesn’t have a character building program, you can use the 41 developmental assets as themes to your newsletter. For example: “Positive Cultural Identity” can be a theme for the newsletter and students can write about their own cultural identity or write about how they celebrate different cultures.
- Use storytelling as a way to write articles. Sometimes students have difficulty coming up with something to write about so have them create a fictional story as a way to teach other students a lesson/moral.
- Use interviews. Students love to interview other students and their teachers and school staff. Pose a question like: “What makes you a leader at our school?” and have the students collect responses to put into their newsletter.
- Let students give advice to other students. Having students share with other students their advice for “making friends” or “dealing with bullies” lets them feel empowered as writers.
- Have multiple roles. Some students will love writing articles, some like to do interviewing, some might want to be a photographer, others want to be more artistic and help with layouts/design, and others might be typers and can type the articles up. Let the students have as much agency over their newsletter as possible.
- If you student population speaks another language, make sure you have your newsletters translated so all students can enjoy reading them.



Character Education Resources

The following are some useful websites around the topic of character education and bullying. These are great themes for students to use when developing a newsletter or making posters around their school to encourage students to use positive behaviors.

www.goodcharacter.com

Free resources, lesson plans, ideas on character education in English and Spanish.

www.ilovethatteachingidea.com

Character education ideas

www.characterworks.com

Character words defined and explained in lesson plans

www.atozteacherstuff.com

Peacemaking for kids PDF booklet

www.educationworld.com/a_lesson/lesson/lesson191.shtml

“Stop Bullying Now” Lesson Plans

www.sunburst.com/pdf/specials/bullying.pdf

Tips for dealing with bullies

www.myhero.com/myhero/go/theteachersroom/lessons.asp

My hero website celebrates the universal declaration of human rights. Teacher resources for lesson plans for students describing their heroes

<http://members.aol.com/AngriesOut/index.htm>

Materials on teaching kids anger management techniques

<http://stopbullyingnow.hrsa.gov>

Website for youth and adults about how to stop bullying in your school/community