

# ***Empowered***

***Taking a Stand and Making a Difference***  
**2023-2024 School Year**

## **3<sup>rd</sup>-5<sup>th</sup> Grade Outline for a 45-minute Program**

Portions of the program will be omitted if less than 45-minutes.

### **Introduction / Dreams and Goals**

Reaching your dreams and goals and helping to change the lives of those around you.

### **Power of Perspective**

Perspective is all about how you choose to look at something.

Students learn to step back, see the bigger picture, and understand the pain of those who have been bullied.

- **Bullying**
  - Bullying is defined.
  - Forms of bullying- physical, emotional, verbal, and social.
- **Cyberbullying**
  - Cyberbullying is defined.
  - Written messages can be stronger and last longer than spoken words.
  - Identifying where cyberbullying most often takes place.
  - Impacts and consequences of cyberbullying.

### **Power of Words**

Negative impacts of bullying on the health of all involved- physical, mental, and emotional

- **You are Not Alone**
  - Students hear true stories of famous people who overcame the challenges of bullying.
  - An interactive game to illustrate that nearly all feel like they have been bullied at some point.

### **Power of Actions**

- **Become an Up-stander**
  - Bystanders can be transformed into Up-standers through the power of actions.
  - Don't be the audience.
  - Be assertive and tell the person to stop.
  - Report what is happening. Difference between tattling and getting help.
- **Acts of Kindness**
  - Acts of kindness are positive actions that are intentional, with a purpose, and are directed to a specific person.
  - An interactive game reviews the points illustrated throughout the program.

### **Conclusion / Survey**

Students are encouraged to become “someone who cares” and make a positive difference in someone else’s life. A voluntary, anonymous survey is offered to students. Response averages/comments are sent to the school.