

Empowered

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

Program includes age-appropriate versions for 6th-8th grade and 9th-12th grade.

6th-12th Grade Outline for a One-Hour Program

Portions of the program will be omitted if less than 60-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- including suicide.

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

- **Conflict Resolution** (9th-12th Grade)
 - Actions can either escalate or resolve a situation.
 - Communicate, actively listen, review options, and end with a solution.
- **Become an Up-stander** (6th-8th Grade)
 - Bystanders can be transformed into Up-standers through the power of actions.
 - Be assertive and tell the person to stop.
 - Report what is happening.
- **Acts of Kindness**
 - Acts of kindness are positive actions that are intentional, with a purpose, and are directed to a specific person.

Conclusion / Survey / Additional Resource

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.

Additional text to chat service 494949 provided by RemedyLIVE, along with a resource card, is offered to high school students (service is limited to students 13 years old and older).