

Dr. Bird- guest speaker this week!

Dr. Bird is a professor, author, and former college wrestling coach of the year. This week he will be visiting us to talk about “The Three Keys to Character.” He will be talking about how we treat each other at school. Bullying and peer cruelty can make our school a horrible place for many students.

Class discussion:

- 1. How many of you have seen bullying?**
- 2. If we all agree that it is wrong, or unacceptable, why do students still do it?**
- 3. What are some of the types of bullying you’ve seen?**

This discussion revolves around educating students in the four types of bullying:

Physical (we’ve all seen this: the pushing, shoving, fighting)

Verbal (someone saying horrible things: Name calling, rudeness, insults, dissing)

Reactional (A student tries to “get even” “get back at someone” “make up rumors about someone, because I believe they said things about me”)

Relational (students won’t let others join in: excluding others, dissing others on facebook, dissing others behind their back, making up rumors behind other’s backs)

- 4. Which of these four types is most harmful?**
- 5. What are your ideas for how we can prevent and stop this meanness?**
(This discussion should revolve around efforts to build a peaceful school. Often students will discuss harsh punishments, but the discussion should try to promote proactive efforts to work with bullies, bystanders, and the bullied, to bring them all together.)
- 6. Possible Homework - When you go home today, ask your parents, “Was there ever a time when you were a kid when you saw bullying? Were you ever bullied? A bully? A bystander? What did you do about it?”**

Dr. Bird's message

I have a choice I can think for myself I can make a difference

Dr. Bird came to our school this week to talk about the three keys to character.

1. CHOICE: When do you believe you don't have a choice in life?
 - a. Are choices sometimes frightening?
 - b. Are some people just luckier than others?
2. THINK FOR YOURSELF: Dr. Bird told a story about his friend "The Bear." The Bear had the courage to do the right thing. If you were a bystander could you think for yourself and do the right thing:
 - a. If you saw someone being made fun of on the bus?
 - b. If you heard someone dissing someone behind someone else's back?
 - c. If you know of someone being harassed and dissed on facebook, or other ways (texting, online, etc.)
 - d. If you were part of a group in the cafeteria that spent a lot of time dissing others, would you be willing to say, "Hey, he (or she) is not here to defend themselves, it's not right to talk about them behind their back."
 - e. If you saw someone being threatened by another student?
3. MAKE A DIFFERENCE: Dr. Bird told a story about an adult who watched someone get embarrassed on a bus when some students spit on another student. This person says she regrets not "stepping up" and being a leader and doing the right thing. (this is also an opportunity for teachers to share with students a time when they were affected by meanness, bullying, stood by and watched bullying, or engaged in bullying behaviors.)
 - a. Do you (students or teachers) have any regrets when you saw something and didn't step up?
 - b. What is the hardest thing about "stepping up" to meanness, cruelty, and bullying?
 - c. It may feel awkward, scary, and intimidating to do the right thing. It's a risk, but what are the possible rewards for taking a risk?

4. Dr. Bird's last story was a real story about a student who crossed the street to try to make a difference in another person's life. Sometimes we don't have the courage to do the right thing, but sometimes when we do we can change a person's life. Do you really believe you have the power to change someone's life? Are you willing to use that power? Can you really think for yourself?