Beyond differences

and

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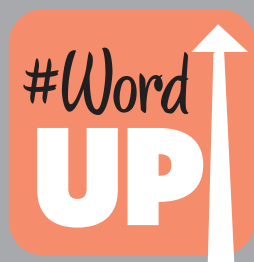
present

be kind
ONLINE

"a technology campaign for kids"

iKeepSafe™ and Beyond differences

FACULTY ADVISOR GUIDE

#10 DEEP Breaths

OCTOBER

#Word UP

JANUARY-FEBRUARY

#BE THE One

APRIL

#Summer KIND

JUNE

iKeepSafe™ and **Beyond differences**

Present

be kind
ONLINE

"a technology campaign for kids"

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FACULTY ADVISOR GUIDE

Small Group Curriculum and Whole School Activities for Managing Anger Online

October 2015

HOW TO USE THIS GUIDE

INTRODUCTION

Educators across the country know that negative online behavior affects youth inside and outside of school. Be Kind Online is a yearlong campaign, sponsored by Beyond Differences and iKeepSafe, that trains students to create and nurture healthy relationships online.

This guide offers step by step recommendations for a faculty advisor on how to mentor and support student leaders as they engage their whole school in positive behaviors. There are two concurrent components: small group curriculum for student leaders and whole school activities. The two components culminate on October 22, Be Kind Online Day.

#10DEEP Breaths

#10DEEPBREATHS: THE FIRST OF FOUR HASHTAG CAMPAIGNS

Be Kind Online is made up four month-long hashtag initiatives. The first initiative, #10DeepBreaths, addresses how to manage anger online.

Note: Please stay tuned for the following three hashtag campaigns: #wordup, #betheone, #summerkind

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Overview

COMPONENTS

#10DeepBreaths is made up of small group curriculum for student leaders and whole school activities. It culminates in a school-wide event, Be Kind Online Day, on October 22, 2015.

SMALL GROUP CURRICULUM

The #10DeepBreaths curriculum contains four lessons that can be taught to a small group of student leaders over the course of a month. The teacher's role is to mentor and guide student leaders as they pass the positive messages on to their peers by implementing whole school activities and Be Kind Online Day.

WHOLE SCHOOL ACTIVITIES

Whole school activities spread enthusiasm and engagement throughout the campus. There are three weekly activities that lead up to Be Kind Online Day. For help advertising Be Kind Online Day and the activities leading up to it, there is a 20 x 30 poster that can be downloaded at: http://beyonddifferences.org/teacherportal. Please feel free to print and display this poster on your campus!

BE KIND ONLINE DAY: OCTOBER 22

Be Kind Online Day is a culmination of the month-long campaign to manage anger and Be Kind Online.

STEP BY STEP RECOMMENDATIONS

The following recommendations provide your student leaders with basic structure for how to run a successful #10DeepBreaths campaign. Please feel free to share these steps with student leaders and have them create action items to accomplish them.

Step 1: Garner support from the school administration

Ensure that appropriate school administrators support implementation of Be Kind Online curriculum, activities and Be Kind Online Day.

Step 2: Gather a group of about 10-15 potential student leaders

These students should be enthusiastic about having an inclusive, safe and positive campus. They should also be willing to commit to attending and participating fully in four 20-30 minute lessons that lead up to Be Kind Online Day.

Step 3: Set up a calendar

The following schedule is recommended. Since planning whole school activities is part of the student leaders' role, we suggest that student leaders meet for the curriculum early in the week and the activities are held in the later part of the week.

	Small Group Curriculum	Whole School Activity	Be Kind Online Day: Oct. 22
Week 1: September 28-October 2	Get Your School Community To Take The Be Kind Online Pledge!	Take the Be Kind Online Pledge	
Week 2: October 5-9	Communicating Effectively When Angry: Responding to Provocative Posts	Simulate taking #10DeepBreaths	
Week 3: October 12-16	Communicating Effectively When Angry: Modes of Communication	Wear "I'm Kind" stickers	
Week 4: October 19-22	Planning Be Kind Online Day	Host Be Kind Online Day	Giant "I will be kind by….." puzzle OR Rotation Stations

Step 4: Implement small group curriculum and whole school activities

The next several pages outline details of the curriculum and suggested whole school activities to help you plan implementation.

Get Your School Community To Take The Be Kind Online Pledge!

OBJECTIVE	KEY POINTS	MATERIALS
• Students will get their whole school to take the Be Kind Online pledge • Students will understand the impact of what they post online	• Students across the country are stepping up to Be Kind Online, and our school can to! • Hypercritical, hurtful and exclusive language online can leave people feeling hurt, angry, upset, confused, isolated, etc. As a community, we can change this trend by committing to being conscious of our online comments.	• Be Kind Pledge initial sheet

PART 1 – WARM UP

Ask the class: "What do we do as a school when there is a fire drill?"

Say: "A fire drill is an example of something in which the whole school participates. Consequences of not responding to an actual fire could be death or injury. Our school is participating in the Be Kind Online Campaign through iKeepSafe and Beyond Differences. The "fire" we're responding to is the negative behavior that sometimes happens online between teens. Some people are bullied, harassed and have even injured themselves or committed suicide because of negative interactions online. It's time we step up as a school to Be Kind Online, and you are going to lead the charge!"

PART 2 – BRAINSTORM

Ask the class: "Can you think of a time that you read a post online that you felt was unkind or inappropriate? Share one word that describes how that made you feel. What could be some consequences of unkind or inappropriate online behaviors?"

"When is the last time our entire school accomplished a common goal together?"

PART 3 – PLAN OF ACTION

"We want to show our community we're committed to building healthy relationships online and making the internet a safe place for everyone! The first thing we want to do is to get our whole school to take the Be Kind Online pledge."

Note: Pledge can be taken online at BeKindPledge.com or by initialing the Pledge Sheet (included in this curriculum).

On the whiteboard, write the following questions

• How will we communicate the importance of this message?

• How will we get pledge sheets to every student at our school? Ex. Giving to homeroom or advisory teacher.

• When will students take the pledge? Will students take the pledge at the same time?

• How will we remind people about the pledge?

• Will there be an announcement over the P.A. system?

• Where should completed pledge sheets be turned in?

After a Plan of Action is developed, go do it! Get your whole school to take the Be Kind Online Pledge!

PART 4 – CLOSING – UNITY CLAP

"We are all unified in making our school a better place. To illustrate this and close this meeting, we will now do a Unity Clap. I will start clapping slowly, then gradually speed up, look for me for cues for the final clap: we want to end at the same time."

Beyonddifferences.org

Be Kind Online Pledge Sheet

Be Kind Online Pledge Sheet

By initialing below, I pledge to be kind online, not to post anonymously and commit to building & maintaining healthy relationships online.

_____	_____	_____
_____	_____	_____
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Beyonddifferences.org

Communicating Effectively When Angry:
Responding to Provocative Posts

OBJECTIVE	KEY POINTS	MATERIALS
• Students will be able to manage their anger when receiving a negative or angry post	• Managing anger is crucial to maintaining healthy relationships online. • You don't make your best decisions when you're angry.	• Angry post handouts • Projector/speakers/computer

PHILOSOPHY:

Young people can learn to manage their angry feelings and aggressive behavior by substituting prosocial behavior. This lesson focuses on teaching prosocial behavior to replace potential antisocial behaviors, both offline and online, that can otherwise result from angry feelings.

PART 1 – WARM UP

1. Talk about how easy it is to push 'send' when you're angry--and how it is impossible to take something back once you've sent it. Ask "Has anyone had an experience 'posting while angry' and later regretted pressing send?"

2. Watch video

3. On the whiteboard, write "Ways to Overcome Anger". As an example, write "Take 10 Deep Breaths" on the board. Break students into small groups to brainstorm ideas.

4. Groups share out ideas.

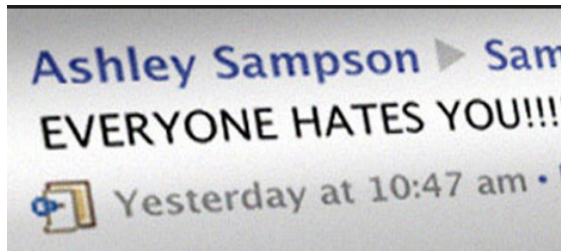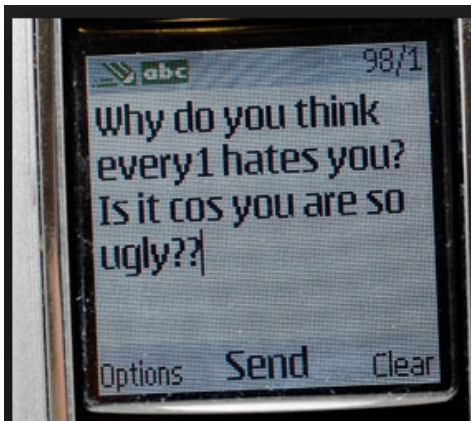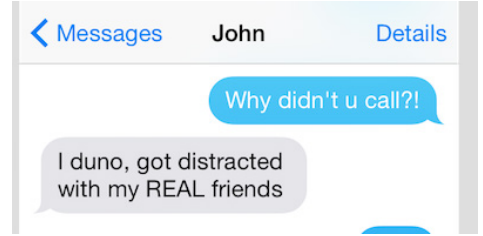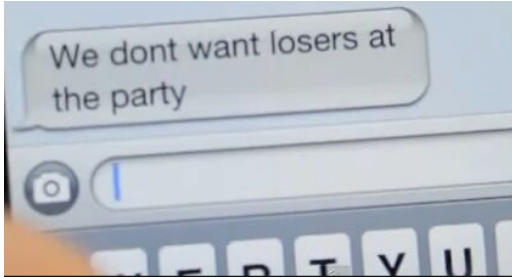5. Simulation: Assign students partners. Pass out "angry post" handouts.

With your partner:

• Read an "angry post"

• Practice taking 10 deep breaths. Notice how long it takes and how your body feels before and after the 10 breaths. Note to teacher: make sure the room is calm and quiet. You could use this student-recorded clip or you may want to use a podcast or short youtube video to guide the breathing exercise.

• Revisit the question of how to handle the situation.

6. Ask students to report/debrief how they felt before and after the 10 breaths.

7. Have students set up a plan for how the whole school will take 10 deep breaths. You can use the student-recorded clip over the PA system, if you like.

• What time will it happen?

• How will the message be delivered to students and teachers?

• Will there be an announcement over the PA system?

Homework: Students collect positive and negative posts and bring in stories of how they handled situations in their lives outside of school.

Handout: Angry Posts

We dont want losers at the party

Hey so do you still have feelings for me?

Well yeah....

Awhh(: Me too

Like hatred, disappointment, anger and you know stuff like that.

Oh..

< Messages   John   Details

Why didn't u call?!

I duno, got distracted with my REAL friends

abc   98/1
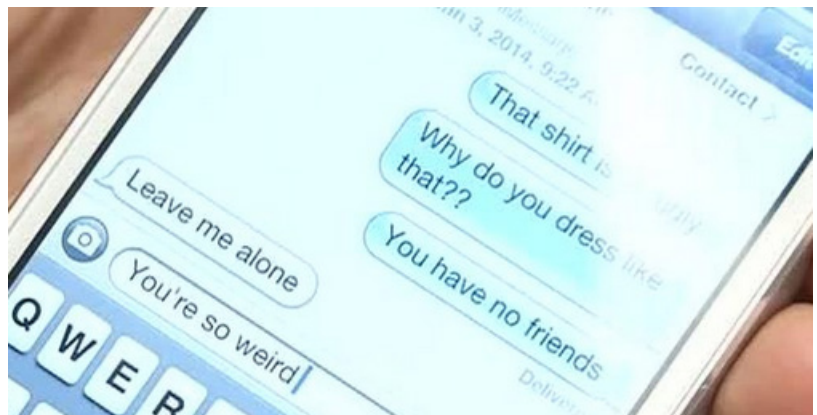Why do you think every1 hates you? Is it cos you are so ugly??

Options   Send   Clear

OPTUS   1:41 PM
facebook
News Feed   Notifications   Requests
August 19
Callie Watson wrote on your Wall.
You ugly cow, stay away from my boyfriend.
Yesterday   Nick Henderson, Paul

Messages   Lucy   Edit

Sabrina, how do I tell Brett I like him..?

Lucy, knock it off.

Ohmigod, BRETT! Sorry, that wasn't meant for you!

Lucy, this is the 3rd time you've "accidentally" texted me and said something like that. Why don't you just ASK me if I like you???

Oh... do you like me? :D

No.

Ashley Sampson ▶ Sam
EVERYONE HATES YOU!!!!
Yesterday at 10:47 am •

Oh hey I found your street

Loser Ln
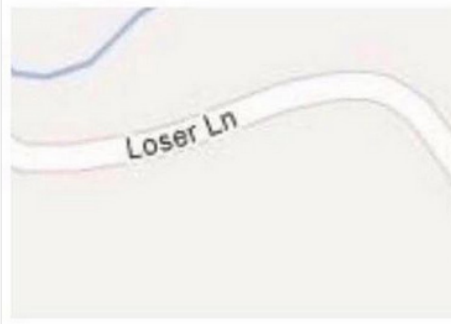
Like   Comment   Share
39 people like this.

Jan 3, 2014, 9:22 A   Contact >

That shirt

Why do you dress like that??

Leave me alone

You have no friends

You're so weird

Communicating Effectively When Angry: Modes of Communication

OBJECTIVE	KEY POINTS	MATERIALS
• Students will be able to communicate effectively offline and online when angry • Students will be able to identify situations when in-person communication is more effective than online	• Managing anger is crucial to maintaining healthy relationships online. • Some situations are best dealt with in person as opposed to online.	• Examples of text messages Whiteboard/pens • Camera or phone to records PSA's

PHILOSOPHY:
Different modes of communication (both offline and online) are optimal for different purposes, but young people sometimes use these modes interchangeably, even when one mode would be more effective than another. Learning how to determine which mode of communication might be most effective can help de-escalate rather than escalate conflict.

PART 1 – WARM UP
Talk about how difficult it can be to read tone in written form and what sorts of problems that might cause. Ask: "Has anyone ever been misunderstood in text, or have you misunderstood someone else?" Discuss what might have helped clarify the communication.

PART 2 – DISCUSSION
Show examples of text messages and have students read them aloud in different tones of voice (e.g., angry, sarcastic, friendly). How does the tone influence how the message is received?   How could these posts better communicate what they mean?

Debrief: How does this change the way you'll post in the future?

PART 3 – BRAINSTORM SOLUTIONS
On the whiteboard, create two columns. Write "In-person" and "Online." Ask students to brainstorm situations that would make more sense to talk to someone online vs. in person. Example: Birthday invitation for online and "When you didn't pick me for your basketball team I was upset because…" for In-Person.

Debrief: Discuss what types of situations are better to discuss in person vs online.

PART 4 – FILM PUBLIC SERVICE ANNOUNCEMENTS
In small groups, students film a public service announcement about tone in writing and when to use text vs. in-person conversation.
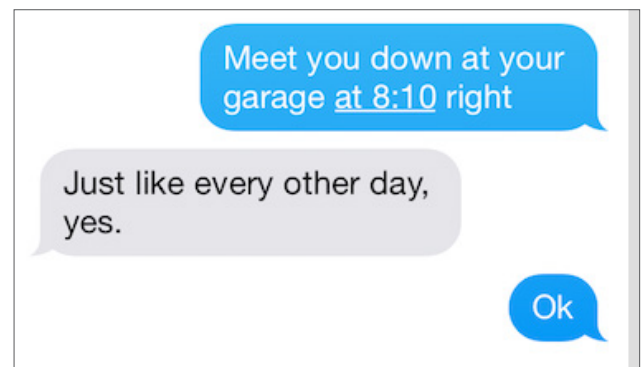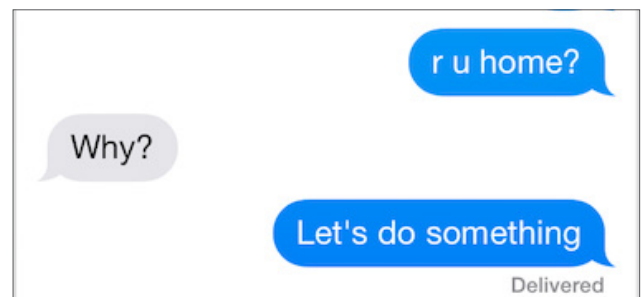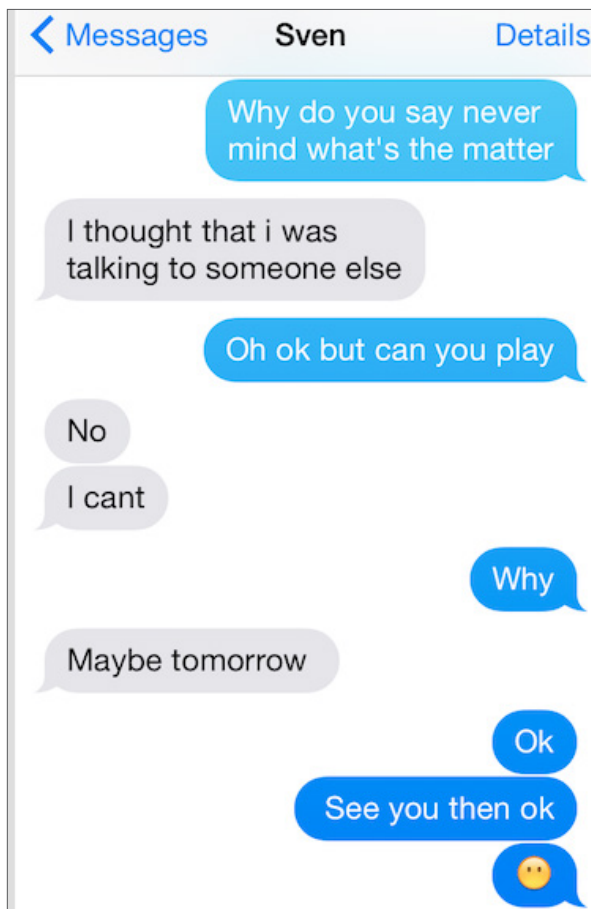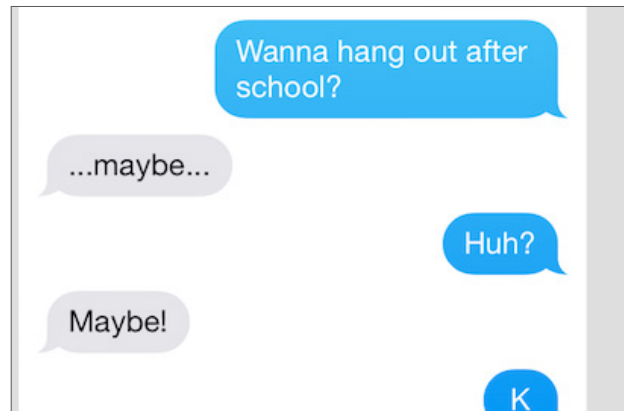
Debrief: As a class, watch each group's public service announcement.

PART 5 – PLAN STICKER DISTRIBUTION
Plan how the "I'm Kind" stickers will be distributed to classrooms.

• Will they go with a message for teachers or students to read?

• Should there be an announcement about the stickers, reminding students about Be Kind Online?

Text messages

Wanna hang out after school?

...maybe...

Huh?

Maybe!

K

< Messages **Sven** Details

Why do you say never mind what's the matter

I thought that i was talking to someone else

Oh ok but can you play

No

I cant

Why

Maybe tomorrow

Ok

See you then ok

🙂

---

r u home?

Why?

Let's do something

Delivered

Meet you down at your garage at 8:10 right

Just like every other day, yes.

Ok

Planning Be Kind Online Day – October 22, 2015

OBJECTIVE	KEY POINTS	MATERIALS
• Students will be able to communicate effectively offline and online when angry • Students will learn how to create and maintain healthy relationships online • Student leaders will be empowered to share positive ways of handling online interactions with their peers	• Managing anger is crucial to maintaining healthy relationships online.	• Paper • Markers

Use the following event guide to plan your school's Be Kind Online Day.

NARRATIVE:
Be Kind Online Day is a culmination of a month learning how to build healthy relationships online and in-person. The event centers around a giant puzzle, with each piece prompting students to answer "I have been kind today by.." Student link their pieces together to symbolize how they're all united in the charge to Be Kind Online.

PRE-EVENT:
• Create and hang posters around campus that advertise "Be Kind Online Day – Thursday, October 22!"

• Identify a wall that's accessible at lunchtime to build the large Unity Puzzle

• Create large "Be Kind Online Day" "We're Kind Online" banners to display at the event

MATERIALS NEEDED FOR BE KIND ONLINE DAY
• Unity Puzzle Pieces

• Wall to hang puzzle

• Pens

• Tape buttons (included w/ puzzle)

• I'm Kind Online - Be Kind Online Day 2015 Stickers

ACTIVITY
When students enter the lunch area they should see students taking puzzle pieces, answer the prompt, then putting the pieces on the wall. This is the central component of the event. **Each Student Should receive a "I'm Kind Online -- Be Kind Online Day 2015" sticker upon completing their puzzle piece.**

For schools that want to make Be Kind Online Day more educational, and reinforce lessons 2 & 3 in this curriculum, we have suggestions for "stations" that students can cycle through during the event. Pick and choose whatever is best for your school! Some schools will run just the puzzle, others will have an event with stations, games and more!

OPTIONAL IDEAS IF YOUR STUDENTS WANT TO HOST BKOL DAY STATIONS

Station I – Kind Selfies
Students from all across the country are celebrating National Be Kind Online today! Station 1 asks students to advocate being kind online by taking a selfie and posting to social media with an upbeat message and using #10DeepBreaths or #BeKindOnline. It's a fun way to start the event!

Station II – Improv Feelings
When students arrive to the station in small groups, give one student an example of text messages, Facebook or Twitter posts and have them read it aloud in different

tones of voice (e.g., angry, sarcastic, friendly). Other students try to guess the emotion.

Have students write "kind", alternative posts on colorful post-it notes and stick them on big pieces of butcher block paper that are hung on the walls.

Station III – Sweat It Out!
Exercise is a great outlet for when you feel angry or frustrated! Borrow some mats and jump ropes from the PE teachers and have a friendly sit-up, push up, jump rope competitions. Challenge classmates to yoga:. Who can hold Standing Tree Pose the longest? Don't forget to slow down your breath in Child's Pose!

Station IV- Thanks for the compliment
Students tape a piece of paper on their backs with their name at the top. Other students write positive things about that person, focusing on personality and behaviors, not physical traits.

Station V- Creative Cheers
Make up a cheer for "Be Kind Online". Take a video of it.

ex. B-K-O-L, We are so kind, you can TELL!!

End the event with a school-wide unity clap. See Lesson 1 for instructions.

WHOLE SCHOOL ACTIVITIES
Reminder: For help advertising Be Kind Online Day and the activities leading up to it, there is a 20 x 30 poster that can be downloaded at: http://beyonddifferences.org/teacherportal. Please feel free to print and display this poster on your campus!

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