



generationOn™



NO BULLY PEACE SUMMIT PROJECT GUIDE

RULES OF KINDNESS CAMPAIGN

Kids make the rules! From September 1st through October 17th, generationOn's Rules of Kindness campaign, sponsored by Hasbro, challenges kids and teens to build empathy, be inclusive and show they care.

Hasbro envisions a world where all kids have the compassion, empathy and courage to stand up for others, that's why the Hasbro Children's Fund is proud to power the Rules of Kindness Campaign with generationOn.

THE ISSUE

This project gives you the tools to convene a student peace summit in your classroom, club, or after school program - and, if you can gain the support of your principal, for your whole school. The peace summit engages students in raising each other's awareness of the hurt caused by bullying and exclusion and in sharing their ideas for creating peace at school.

WHAT YOU ARE DOING

Involve students in reducing bullying on campus, and promoting peace.

HERE'S HOW YOU DO IT!

Step 1: Select Peace Ambassadors (15 minutes)

1. Choose five or six students in your class or school who are interested in helping to address bullying at your school. Select students who are respected for good reasons, and for whom this topic is significant.
2. Meet with your chosen Peace Ambassadors. Explain how peace relates to bullying and hurting, and their role in creating a classroom peace summit. Use attached script. **Follow Script Part A**
3. Ask the Peace Ambassadors what hurtful behaviors they see at school among their peers. Lead a discussion (using the attached script) on how they can respond to this in a way that reduces bullying and other hurtful behaviors.
4. Administer the Rules of Kindness Survey to the Peace Ambassadors and ask each of them to commit to an action each can take to stop bullying and promote peace on campus. Prepare them to lead the focus groups and administer the survey to their classmates. **Follow Script Part B**

Step 2: Hold a classroom peace summit (45 minutes)

1. Ask your Peace Ambassadors to distribute the survey to small groups of their peers. Divide the class into five to six groups (each led by a Peace Ambassador). Ask each student to complete the Rules of Kindness Survey and then discuss as a group the most common hurting behaviors and their suggested solutions.

Learn more at <http://generationOn.org/rulesofkindness>

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2. Gather the whole classroom back together again. Ask each group to report on the most common hurting behavior that surfaced through their surveys. **(Using Script B)**. Create a list of the behaviors the class identified as a problem at the school.
3. Use a map of the school (or draw one), and have students mark the places on campus where hurting most often occurs.
4. As a class, make a “T-chart” with two columns: on one side, behaviors they want to promote on campus, and on the other, hurtful behaviors they will pledge to stop doing. We suggest titling each side “I Will…” and “I Won’t…”
5. Take pictures of your map and lists, display them on the school website or tweet using the hashtag #rulesofkindness and hang the lists in a visible place in your classroom.
6. If you are holding a school-wide peace summit, facilitate your classroom in selecting two classroom peace delegates from among their peers to take their findings from the classroom peace summit to the school-wide peace summit. Encourage your students to choose delegates who feel strongly about the topic, and who will be comfortable speaking in front of a crowd.

Step 3: School-wide peace summit (Optional)

1. Convene a school-wide peace summit in partnership with your school’s administration.
 - a. Before the summit, teachers should meet with the student peace delegates to go over the information they got from the **Rules of Kindness** surveys, and help them prepare their testimonials to be brief but powerful.
 - b. Invite all members of your school community to attend, including staff, students and all other adults who work on campus.
 - c. The role of the school leadership team is to listen!
2. Appoint two delegates to be your social media reporters at the summit. Ask reporters to share responses from the summit real-time, via Twitter, Facebook, Snapchat, or whatever digital medium they choose. Reporters should share the best ideas and images using the hashtag #rulesofkindness. Alternatively, reporters should choose to write down responses and take photos to display in the school after the summit using the hashtag #rulesofkindness.
 - a. To create an interactive peace summit, give all students in the assembly permission to share ideas via Twitter, Facebook, Instagram or Snapchat using the hashtag #rulesofkindness and project the feed on a screen at the back of a stage.
3. Choose an engaging opening speaker to introduce the Rules of Kindness Campaign, and share the importance of creating a culture of caring in your school.
4. After the speaker has presented, have Peace Delegates share the results from their classroom discussions, including peace recommendations (1-2 minutes from each classroom), and then move to a Q&A session with the audience.
5. End the summit with a reflection or response from school leadership. Ensure school leadership talks about their commitment to become a Rules of Kindness school.

How to keep the peace initiative going

1. Check-in on the progress your school has made in becoming a more peaceful environment. Ask students individually and as a group how



they are doing with the goals they made. Ask them if they feel that the school has become a more peaceful campus, and what part they are playing in that effort.

2. Create a student club that is tasked with maintaining focus on creating a more peaceful school environment.

3. Encourage your school administration to create a set of policies and practices designed to prevent and respond to bullying and exclusion at school.

No Bully Peace Summit

Peace Ambassadors Scripts

Teachers. We want to make implementing this transformative activity simple, but the following language and methods are suggested. You know your students best, so feel free to modify as needed.

Script Part A: Enrolling the Peace Ambassadors

Invite your team of peace ambassadors to a brief meeting prior to their administering the survey in-class.

We suggest the following explanation:

There are smaller and larger forms of violence and hurting, but one that happens every day on campus is bullying. Bullying can mean hurting people physically and saying mean things to them, but it can also include posting online and intentionally leaving them out of activities. The five of you are here because you are classroom leaders. I'm hoping that you will help raise the awareness of your classmates around bullying, and help them come up with ideas to make our campus more peaceful. You are going to give them a Rules of Kindness Survey in small groups in a couple of days. Now, you are going to take the survey yourself. Check the boxes for the behaviors you see on campus, either sometimes, or frequently. *(Hand out the Rules of Kindness Survey. These are Steps 3 and 4 of your action plan)*

When they have finished:

Ask: What hurting behaviors do you see most frequently on campus? (Allow them to respond)

Say: At the bottom of the survey, you were asked to think of behaviors you can engage in to prevent bullying, and promote peace. What did you come up with? (Allow them to share)

Ask: Was there anything you thought of that wasn't listed on this survey?

Say: You all will have 30 minutes in class later this week to give the Rules of Kindness Survey to the other students. You will sit with them in groups, and I will give you directions on what to focus them on. Then, we will have a classroom wide discussion to see what we can do to identify target behaviors, and end hurting on campus. Now, I will give you all a script to refer to during that classroom discussion, which we will be calling a peace summit. (See Script B below)

Script Part B: Teacher Portion

Before you begin, divide the class up into groups, each with a peace ambassador.

Introduction: Today, we are going to be talking about peace in our classroom, and in our school community, and ways that hurting interferes with it. You have been divided into small groups, and each of you has been assigned a peace ambassador. You will be taking a survey shortly asking for you observations about our school community.

Ask: What does the word community mean to all of you? (Students may need some prompting here, but the essential definition you want to get out is that it's a group of people, united by a common purpose, who attempt to be good to each other, and refrain from hurting each other.)

For younger students-

- "Why is it important for a community to be peaceful?"
- "How you can make sure all students feel included in our community here at school?"
- "How should a community respond to people being hurt?"

For older students-

- "Why does bullying interfere with peace on campus?"
- "How can you be part of a more peaceful campus?"
- "Why is not hurting people just by itself not enough to stop bullying?"

Say: You will now take the survey in your groups. Ambassadors, please tell your group members what is happening, and then distribute your surveys. Survey is distributed, and at this time, the Student Peace Ambassadors will use **Script B**.

Student Version (below)

Say: Now that you have had a chance to discuss this as a group, what has your group found? What are some hurting behaviors on campus that happen fairly often? (Students reply)

- Possible follow-up question after each group names a behavior: "How many other people checked this off? Raise your hands."

Refer to map of the school. If one is not available, sketch one on the board. (This is Step 6 of your action plan)

Ask: In looking at a map of our school, where are some places where you see a lot of bullying and hurting happen? Why do you think that is? What can you do about it?

Activity: Now, as a class, led by your peace ambassadors, we are going to come up with a list of positive behaviors we want to promote at school, and hurting that we want to avoid. We are going to make a classroom chart with this. What ideas did your group come up with? (*Step 7 of your Action Plan*)

Script Part B- for use by Student Peace Ambassadors

Read: We are here today to talk about how hurting each other stops us from having a peaceful campus, and what we can do about it.

I am going to give you a survey to ask you to identify ways in which you see students on campus hurting each other. You will also answer a couple of questions. While you are filling this out, I want you to think about what you can do to end hurting on this campus. Put an X or a checkmark next to behaviors you see here at our school. If this has never happened, mark the left-hand column. If you see them sometimes, check the middle column. If they happen a lot, mark the right-hand column. (Allow students time to take the survey)

Ask: Is everyone finished? Make sure you answer the questions at the bottom as well.

Read: Put a star or a mark next to two of the items you think are especially hurtful. As we move around the circle, each person will read one thing they have put a star next to, and one suggestion they have from the bottom for something they can do to stop hurting on campus.

(Go around the group, each person shares)

END

Next Step: Your teacher will ask everyone to turn to the front of the room, where you will share your observations, and the whole class will now make a list of hurting behaviors, as well as positive things each student can do to make school a more peaceful place.



This project was created by No Bully, a non-profit organization that trains schools how to leverage student empathy to stop bullying and cyberbullying. For more information visit nobully.org.

Rules of Kindness Survey

Thank you so much for supporting the Rules of Kindness campaign, and being part of uprooting bullying at your school. Please put an X in the boxes below to rate how often these types of hurting and bullying happen on our campus.

Hurting & Bullying	This never happens...	This happens sometimes...	This happens often...
Name calling			
Hitting/Physically hurting			
Spreading rumors or gossip			
Leaving people out of fun activities			
Making faces or mean gestures			
Playing unfriendly jokes			
Taking or damaging other people's things			
Saying mean things about people online			
Encouraging other students to not be friends with someone			

Write another way that students hurt each other here.

To be a peacemaker, what is one thing that you can do or stop doing to end hurting at our school?

Share your best idea for an action that our school could take to end hurting on our campus:
