

From Awareness to Action

WE ALL HAVE A ROLE TO PLAY

Connect:

- Greet the students; learn their names.
- Offer a smile, fist bump or high five.

Listen and validate:

- “You don’t seem like yourself today. Do you want to tell me how you are feeling?”
- Offer to help: “Is there someone you want to talk to?”

Model appropriate behavior:

- Treat students the way you want to be treated and the way you want them to treat each other.
- Make eye contact.
- Speak in a warm professional tone.
- Follow the Golden Rule.

Praise:

- “I like how you: let Sean go in front of you, made a healthy food choice, helped Kim with her books.”

Honor differences:

- “Awesome (shirt, glasses, hairdo, lunch choice, etc.), I love it!”

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YOU HAVE THE POWER TO MAKE A DIFFERENCE

Encourage empathy:

- “The new student is sitting by herself, how would you feel if that was you?”

Use “I” messages:

- “I don’t like words like that / I think that word is hurtful.”
- “I don’t find that funny, I’m surprised to hear you say that.”
- “I understand that you are (frustrated, angry...), but it is not OK for you to (push, shove, threaten, verbally abuse) your peers.”

Praise helpful witnesses:

- “I’m proud of you for defending Jamal; I know that took a lot of courage.”
- “You and your friends did the right thing by letting us know what was happening and walking away so Alex did not have an audience.”