



# GUIDE

# CREATING THE SCHOOL AND LIFE OF YOUR DREAMS!

We have worked together to start to bring about the positive cultural change. Now it's time for you to take control. Whilst the 'Be the Change NZ' team will always be here if you need us, change is best driven from within. Our goals are to unite and empower young people to carry the themes (give, connect, take notice, keep learning, be active) of the charity back into their community.

When young people work together to develop their own culture of positive relationships it helps eliminate the occurrence and acceptance of bullying and other anti-social behaviours. You now hold the key to continuing to build and maintaining a culture of pride, acceptance and service in your community. This will mean continuing to find ways of working together and staying together. These are some proven suggestions for how you can "*be the change*". Remember that no two schools or communities are exactly the same so we encourage you to set goals and create projects that meet your specific needs.

## Follow-Up Suggestions:

- Meet regularly as a group - decide on what other new specific roles your group will need (such as 'social media manager', 'vice-president', 'secretary', 'advertising manager' etc and take turns completing these
- Have an agenda for each meeting and insure that you achieve this each time
- Start, finish, run meetings following ideals in terms of starting with and ending with an activity or hug (remember that a 20 second hug releases the bonding hormone and neurotransmitter OXYTOCIN,

which is nature's antidepressant and antianxiety).

- Have regular events and activities planned to support you in creating the school of your dreams!
- Set dates and promote activities and events.
- We encourage you to use social media to share your event's pictures and testimonials. You can do this at 'facebook.com/bethechangenx' or your schools own Facebook page or website. It is vital though that someone takes charge on monitoring all posts and comments.
- Keep following bethechangenx on facebook/twitter/Instagram/tumblr as there will continuously be posts on new ideas for change, quotes etc.

Note: All of the below activities can be modified to fit the needs and wants of your school and community. You don't have to pick and choose these activities as one per day; they can also be combined or added however you and your team would like. Have fun!

### **Some Quick Ideas for Continuing the Change:**

1. Challenge yourselves to change the way you interact with people on a day to day basis:
  - i. Have a 'say thank you week' (focus and promote saying thank you as often as appropriate, even for small things)
  - ii. Have a 'lunch with someone new week' (invite someone you don't normally eat lunch with to join you, or ask to join her/him)
  - iii. Do a 'compliments week' (give at least 1 person a day a genuine compliment)
2. Write a letter, e-mail and/or text of love or appreciation to someone you normally take for granted.
3. Share an apology and/or make amends with someone.
4. Forgive those that have wronged you, make the decision to move on, even if it's just by smiling or saying hello.



# SOME BIGGER IDEAS

## 1. **Be the Change Week**

A week filled with activities to inspire positive action and connection is a superb way to create change in your community ie:

- Monday – Compliments Wanted; Give as many compliments as you can to your classmates, teachers, friends, and family members. Give at least one HUG!
- Tuesday – Mix it Up; Introduce yourself to someone new. Get to know someone you don't know well. Eat lunch with someone new.
- Wednesday – Protect our Home; Clean up our environment. Pick up rubbish along the way. Collect cans and bottles and recycle them.
- Thursday – Heal Old Wounds; Forgive someone that has hurt you. Ask for forgiveness if you have hurt someone else. Say "I'm sorry for..."
- Friday – Show Some Love; Thank someone you love and respect. Tell them how much you appreciate them. Share your love and respect for them.

Activity Options:

- i. Compliments: Give as many compliments as you can to your classmates, teachers, friends and family members. Take it further and create healthy competition. Document people giving compliments and use mediums like Instagram or Facebook to post them. The winner gets a prize (find local businesses to donate a gift) for example: movie tickets, gift certificates, or any donations. You can also do 'compliment grams'. Like Valentine's grams, students can write compliments to their friends or anyone

- on index cards and turn them into the BTCTeam to have them delivered at the end of the week. Give students the option to write them in their first period classes or at lunch on the first two days of the week and then gather them all to sort and deliver.
- ii. Mix it up: Introduce yourself to someone new. Get to know someone you don't know well. Eat lunch with someone new. If the entire school is involved, plan it out with cafeteria/school to have assigned seating, or make question cards to have cheat sheets on things they can talk about with someone new. Take it further: invite all your friends to have lunch with someone you know eats lunch alone.
  - iii. Protect your home: Clean up your environment. Pick up rubbish along the way. Collect cans and recycle them. This can be an activity that can have a healthy competition added to it, for a prize or for an award. Award: create a certificate and give it out to the person who gets the most recognition from their peers that week. Have them write down nominations on who they saw in action that week and award them, let them shine. Include the entire school; make it a green awareness day where you can get bigger containers from a recycling company and have a goal you would like to hit. Bigger bins will show a visual of the impact their support has. Also, when people turn in recycling you can give a reward/badge or something people know is because they recycled.
  - iv. Heal old wounds: Forgive someone that has hurt you. Ask for forgiveness if you have hurt someone else. Say "I'm sorry for..." Take it further, have people challenge themselves and take it home. Who can they forgive? Who can they ask for forgiveness from? Obtain or purchase little heart/smile face stickers and hand them out to their form room or first period class. In the morning announcements have them give out the challenge of the day. Have teachers pass out stickers and have students give out a

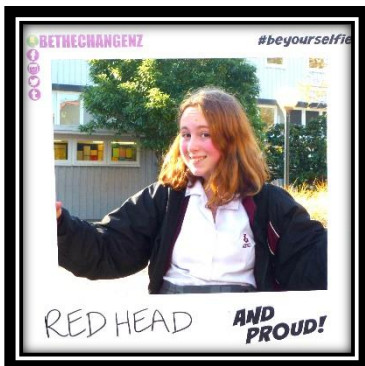
heart/smile face sticker to the person they forgive. Those people wear the stickers and that way people throughout school can visually see that people have had those conversations.

- v. Show some love: Thank someone you love and respect. Tell them how much you appreciate them. Share your love and respect for them. Take it further, write out a letter of appreciation and drop it in a locker or hand it out to that someone let them know how much they mean to you, or how much you appreciate what they do or have done for you.

## 2. **PMT DAY! (Positive Massive Text, if your school allows phones)**

Today is all about sending positive texts to as many people as possible. There are many ways to do it: with compliments, appreciations, maybe even I'm sorry amend texts. Use this technology for the better! Have morning announcements to let everyone know of the focus of the day, and encourage people to take part on the PMT Movement.

## 3. **#beyourselfie challenge**



*“One of the biggest problems we have, and which we believe is the core reason for bullying in this country, is that New Zealand has a culture that is suspicious of ‘difference’. It has a blinkered, conservative view of people who are different, in which misinformation equals ignorance... We need to become a compassionate community whose members want to look after each other... If people know more about how it feels to be the other person, then they are*

*going to have greater intuition in knowing how to deal with and behave toward others.” No it’s not ok – how to stop the cycle of bullying, 2009.*

Why not start a “(different) and proud” selfie movement aka #beyourselfie to recognise each other’s beauty instead of attacking each other for our differences! Each person holds up a sign saying something that is different about them followed by the words ‘and proud’, we take photos and post them online, have a wall in the school somewhere that they can be put up and viewed all year, put them in the notices etc.

#### TO DO LIST:

- Put posters and examples up around school and the community to get people talking about it
- Do a talk in assembly (example for you to use below)
- Spread it around other schools, family and friends and challenge them to do the same
- Put it in the notices/facebook (we advise that (to help create a 'do not harm' safe environment) you should only post the selfies to a page where comments and posts can be monitored fully)
- use the #beyourselfie so that everyone's awesomeness can be viewed together (see link below)
- Have prizes for the most creative and/or honest ones etc

#### TO DO ON THE DAY:

- Ask people to bring cameras/borrow some from school - ask the photography club to help
- Find an area in the school with a nice wall to use as a background or use a whiteboard and draw a speech bubble or thought bubble with your ‘something different’ inside
- Set up a table with blank pieces of paper and felts so people can write their down the ‘difference’ that they are proud of (and make sure you have a few pre-made “AND PROUD!” signs too) OR stand in front of a whiteboard and draw your quote in a speech bubble!
- As well as inviting people to “come to us at lunchtime” for their photos, during lunchtime send a group around the whole school

and ask students/teachers (who might normally be too shy, or are on their own) to come & join in

### **EXAMPLE ASSEMBLY SPEECH:**

#### **Speaker 1**

*“Friendships, expectations, bullying, negativity, social media. These are problems that we go through every day and for some reason are often accepted as “just a part of normal teenage life” and that “we just have to get over it” – except that’s not true – there IS a better way of living and we don’t have to put up with these negative issues.”*

#### **Speaker 2**

*“We now have a challenge for you! We know that one of the biggest problems we have, and which we believe is a huge reason for bullying and similar issues, is that the world has a culture that is suspicious of ‘difference’. It has a close-minded, conservative view of people who are different, which can cause ignorance... We want to become a compassionate school where differences and diversity aren’t seen as sources of division, but of strength and inspiration”*

#### **Speaker 3**

*“So we’re holding a #beyourselfie day next (insert date) at lunchtime & challenge you to help us recognise everyone’s differences as a positive, rather than as something to attack each other for. We’ll be starting a new #beyourselfie trend on (insert name) facebook/Instagram/twitter page, where your “something different and proud” photos will be posted. We will also be creating a wall in the school (or workplace etc) where these can be put up. Be a part of this movement to stand up against oppression! All you need to do is think about what makes you different and special... Rather than hiding your differences, we want to celebrate them – celebrate what it means to be YOU.”*

#### **Speaker 4**

*“For me I would write “short (add your own examples) – and proud (holding up the ‘AND PROUD’ sign)” or “(example) - and proud”. There will be example posters around the school of differences that we have*



*chosen to celebrate in ourselves, things that at one point have been called out in a negative, bullying way, but that are actually awesome because they make us – US! Come to (insert room or area) at lunchtime next Tuesday with your word and be part of this epic movement! There will be prizes for the class that has the most students take part, for the most creative and for the most honest photos.”*

#### **4. Random act of change**

Do an act of change that is inspired in the moment: maybe do something nice for a stranger, or pick up rubbish, say hi to someone you never had said hi to, give out a compliment, befriend someone new, give a hug. The possibilities are endless... hold a food drive/clothes drive/toy drive. Have all your BTCT team help you with this. Find a local food/clothes/toy drive group or organization. Have them bring bins for donations and help out the community especially around the holidays, or when there's a national disaster, or just to help out people in the community that need support with basic needs. This is way to *Be the Change* in a larger spectrum than school. Another idea is to 'Pay it forward' - This day is all about doing something nice for someone you don't know simply because you want them to do the same for someone else. It can be as simple as giving someone a pen or pencil today in class, sharing your lunch with someone, or any acts of giving or kindness towards someone. Make it fun!!!

#### **5. You only live once!**

How can you start living the life of your dreams right now? What is something below the waterline that you enjoy doing, are proud of, believe, like, etc. that you can embrace more in your life? Make it an activity with the entire school. In

the morning let people know this activity will happen throughout the



day. Ask the first period teacher to hand out index card size pieces of blank paper to write a "Bucket list". These bucket lists are for all those things you wanted to say, do, show, give, etc. While in school encourage kids to do these and also ask to have their bucket lists turned in or dropped off at bucket list stations (drop off boxes throughout school) and create a collage with them the next day. Or have a contest for the best most unique bucket list and give out a prize.

## **6. Secret buddies**

Do an act of change for someone without them knowing it was you! This is a great way to have the feeling of kindness in the air without any personal recognition, just the rewarding feeling of knowing you impacted someone's life. Have your school print out small cards with *Be the Change* logo or Gandhi quote "Be the change you wish to see in the world" on there. Hand them out, or have an ACT OF CHANGE STATION (people handing out the cards) before school and at lunch. Then have the person who did something nice for someone drop off that card at their locker without that person knowing so they know and Act of change was done for them.

## **7. Personal Inventory**

Have students make a list of at least 5 people who they feel they have hurt, teased, humiliated or let down in some way. Ask students to write letters apologise directly or call these people to make their amends.

## 8. Diversity Day

Organise a Diversity day. Ask teachers and students to create presentations, or come dressed in a way that represents their own culture or another that they respect or admire. If possible have the tuck shop create a culturally diverse menu for the day.



## 9. Hand signal

Encourage each other to use the hand signal to show love and respect in the hall ways. Take it further: Ask teachers to incorporate the use of the "I love you" hand sign into the classroom as a way to respectfully get people's attention, and as a way of greeting one another.

## 10. Community

This day is all about community: how can we get more involved, what are some events coming up that are focused on community? Invite community groups to have a booth at school during lunch hours to share with the students. Set up tables with different information about these groups, including sign-up sheets or e-mail sign up lists. This way the community can feel like the school participates in sharing their love and has focus re connecting with their town. Also have your own *Be the Change* team sign up booth, (you can recruit for your team). Ask the groups you invite to bring posters, bracelets, advertising material and information to share with the students. (Think about it somewhat along the lines of career day). Or volunteer in the community (remove graffiti via the City Council, gardening for the elderly, help with a local group etc.

## 11. Anonymous Appreciation Day

Watch this 7 min video

(<https://www.youtube.com/watch?v=oHv6vTKD6lg>) The Science of Happiness, which is about giving, and the benefits (ie that your brains pleasure and reward centres actually light up, as if you were the recipient of the good deed – not the giver) and that giving is a good way to help people connect better.

Ideas are:

- Set up trestle tables somewhere central, have appreciation cards to give out to every class in the morning (you can make cards from paper, get stickers so students can make the cards look nice etc). Send this note to be read out when the cards are delivered **“Write out an anonymous note to anyone in the school – teachers, office staff, peers etc and tell them what you appreciate about them. Use our cards or make your own. Bring your card to the hall at lunchtime (we’ll have stickers and stamps so you can decorate them if you want) and we’ll deliver them for you tomorrow (after the notes have been scanned for any negativity or rudeness). Tell us what form room you are in when you hand your note over and the form room that gives us the most appreciation cards to deliver **WINS A PRIZE!**”**
- Also during lunchtime, take cards around to the different ‘cliques’ and groups that won’t come to the hall and encourage them to be involved

## 12. Hug Day

Try and get as many hugs as you can during the course of the day! Take it further try sharing hugs with people you have never hugged before; share the love with people that least expect it. You can do this as an activity with the entire school. You can do it before school at the entrance holding posters up that say FREE HUGS, or at lunch. Plan a way to validate those people: maybe hand out treats to everyone willing to get hugs. Plan ahead for people that have physical boundaries: how can

we include them? One idea is to have a school mascot help out that day and offer hugs to those that might not want to hug other people. Or have a big teddy bear available to hug for people that might not want to hug others. You can be creative with it any way you would like. Or play Hug Tag - Start the day by sharing a hug with someone. If someone hugs you then you find someone to hug. The main goal is to have the entire school experience at least one hug throughout the day.

### **13. Dreams**

Be The Change NZ's workshop day shouldn't be the only place where you share your dreams. Make a personal goal to share your dreams with as many people as you are able to and be willing to hear other's as well. At lunch have a Dream catcher station (a table with materials, and a wall at school you could use to tape up people's dreams). Get construction paper or index cards have markers available and tape. Have people write out or draw what they what to be (their dream) a profession or way of living. Take a group picture and share with everyone the next day. Ask school to leave up for the week. Have fun music playing at your Dream Catcher station during lunch. Get creative with it.

### **14. If you really knew me**

Set time aside at lunch or during the day to share with each other "if you really knew me, you would know..." and talk about something you wouldn't really share on a regular basis. Take it further: find someone you don't really hang out with and share about yourself with them then have them do the same. You can have your BTCT get some pizza donated and offer it to people after they participate in a mini Be The Change workshop version of "if you really knew me". Don't forget: you can always include people that have never participated in the Be The Change activities before.



# ACTIVITIES/ICEBREAKERS

Here's details on some activities that can be great fun to do at your events as 'icebreakers' or in classes:

## **ACTIVITY 1 - Partners**

2 leaders to run this activity =

Ask everyone to stand up and spread around the room.

Leader 1 – calls out an instruction:

1. "go to someone who you know well",
2. "find someone with the same coloured eyes as you",
3. "find someone who has the same number as you in their family",
4. "find someone who you don't know well"
5. Add your own ideas...
6. ...

Leader 2 – Calls out a thing to share with each other, eg:

1. Share an embarrassing story,
2. Share a time you were really scared
3. Talk about your favourite family member
4. Introduce yourselves and talk about your worst subject at school
5. Add your own ideas...
6. ...

## ACTIVITY 2 - Anyone Who

1 leader to take this activity + 1 leader to be the first to say 'anyone who...' =

Once everyone is seated, leader 1 explains the next icebreaker. Leader 2 is in the middle without a chair and makes sure that there are no spare chairs anywhere:

Leader 1 explains: *"the person in the middle completes the sentence: Anyone who...(insert something true about themselves) eg: 'Anyone who... is scared of spiders' or 'anyone who... cries at TV ads'. If that applies to you then you must get up and find a new seat on the other side of the room/circle, whilst the person in the middle tries to find a seat also, leaving one new person in the middle who then completes the sentence: anyone who... The focus is to try and keep the group sharing non-physical truths and while going deeper as the game goes on."*

If the person in the middle can't think of anything to say, you can give the new person in the middle a theme such as 'pop stars', 'fears', 'hates', 'likes', 'dreams/hopes' etc. Or – have the following list handy so they can choose one:

"Anyone who"...

- Has ever stolen money from their parents
- Has ever cheated on their partner
- Has ever cried themselves to sleep
- Has ever felt alone even though there were people everywhere
- Has ever keep a secret from a friend to try and protect them
- Has ever betrayed a friend
- Has ever wanted to celebrated something they did but felt they shouldn't
- Has ever looked in the mirror and thought "Yeah!"
- Has ever looked in the mirror and hated what they saw

- Has ever wanted to leave home
- Has ever felt frightened in their own house
- Has ever fallen down the stairs in front of others
- Has ever broken the law
- Has ever questioned if they might be gay
- Has ever hurt someone but never apologized
- Has ever apologized for something even though it wasn't your fault
- Picked on someone else just to be a part of a group
- Has made someone cry
- Has ever cheated on a test or assessment
- Has ever worn something they hated just to fit in
- Has lied about what they like to fit in
- Snuck out from home and never got caught
- Has said something mean on Facebook just because others were
- Has ever posted something and been insulted or hurt by what other people have said
- Has ever been horrible to a parent and regretted it



Repeat around 8-10 times.



## ACTIVITY 3 - HUGS

1 Leader to take this activity =

*Leader says "This activity is about Emptying Your Balloons in Positive Ways... We all have a place inside where we store unexpressed emotions and feelings (we call it a balloon). If people don't learn healthy ways to empty their balloons, they will "leak out" as teasing, yelling and violence; or they will often numb them through drugs, alcohol, ciggies or other unhealthy behaviours. Making time to empty your balloons can make a huge difference. Students who empty their balloons on a regular basis not only feel better, they also think more clearly and learn more easily ...Talking is a great way, Hugs is another way to empty your balloon. A 20 second hug releases the bonding hormone and neurotransmitter OXYTOCIN, which is nature's antidepressant and antianxiety."*

The leader and one student will demonstrate the different hugs that we all use -

**"There is the: Side-to-side Hug (aka the Buddy Hug)** Huggers stand or sit next to one another, embracing around the waist or shoulders.

**A-frame Hug** Huggers stand about a foot and a half apart, bend at the waist.... only the shoulders touch as you embrace! [May also include a kiss on one or both cheeks. This is the most common, and acceptable, form of hugging in social settings.]

**The I don't really mean it hug** quick as you can – no effort hug.

**Slow running hug** Start on opposite sides of the room and run toward each other almost in slow motion.

**Custom-tailored Hug** To insure a high-quality hug, whenever a taller hugger hugs a smaller huggee. The taller hugger should bend at the knees to come eye level with the huggee.

**And last but not least:**

**The Man Hug** It starts with the ritual grasping of the right hands. The two men then pull each other in with a loud, "AAAAYYYY" or "WASSUP?!" Only the shoulders and chest touch.



#### **ACTIVITY #4 - PARTNERS**

1 leader to take this activity =

*“Move around the space \*using your funkiest dance moves. When I call out **“partner”** go to the nearest person, look them in the eyes and give them a compliment.”*

Ideas for moving:

1. Move like a monkey
2. Hop
3. Twerk
4. Walk
5. Crab crawl
6. Jump
7. Dance