

January: Theme is “Supportive Behavior”

EDUCATION: Ways to “Be There”

Think about what it means to feel all alone, to believe that no one cares or to think that there is no way to change what is happening. That is a lonely place to be. Now imagine how all that can be different. Imagine during those times when you feel alone that someone is there for you. Consider how simple it is to tell someone you care. Your support is meaningful!

Elementary, middle and high school students:

Review the comprehensive handout “[What Youth Can Do to Help Peers Who Are Experiencing Bullying](#)” for ideas on how you can make a difference.

Middle and high school students:

Learn what teens can do to [address cyberbullying](#).

Elementary and middle school students:

Younger students can help too! [Learn what you can do if you see someone being bullied](#).

INTERACTION: Above the Line/Below the Line

For elementary, middle and high school students

GOAL: To help students understand the concept of above the line versus below the line behaviors, and to make a commitment to promoting above the line behaviors at their school.

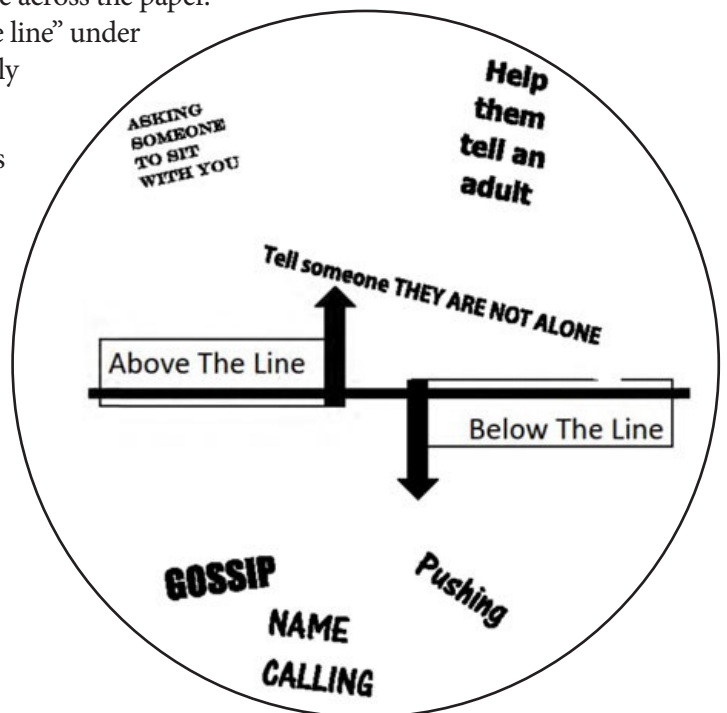
1. While one presenter is talking, have another draw a line across the paper. Write “above the line” on top of the line and “below the line” under the line, with arrows pointing up and down, respectively (i.e. copy the graphic on the right).
2. Ask the group to brainstorm ideas of what behaviors might be above or below the line in a bullying situation. Answers might include:

a. Above the line

- i. Saying something nice to the target
- ii. Asking the target to sit with you at lunch
- iii. Telling the person bullying that what they’re doing is not OK

b. Below the line

- i. Joining in the bullying
- ii. Laughing at the target
- iii. Saying something mean to the target



3. Write the group's answers on the poster in the appropriate locations.
4. Ask the group to brainstorm answers to these questions:
 - a. What happens at our school when students engage in above the line behaviors?
 - b. What happens when they engage in below the line behaviors?
5. Ask students to commit to having more above the line behaviors and fewer below the line behaviors in their classroom.
6. Find a place to display the poster as a reminder to students of their commitment.