

STUDENTS *with* **SOLUTIONS**

Becoming a Judgement Free Generation through intentional acts of kindness, acceptance, and inclusion

In partnership with Planet Fitness's Judgement Free Generation® initiative



CLASSROOM DISCUSSION GUIDE

Students with Solutions is a project designed for educators to engage their students around bullying prevention. Students are encouraged to use art, writing, and photography to help promote intentional acts of kindness, acceptance, and inclusion to prevent bullying.

Visit PACER.org/StudentswithSolutions

STUDENTS *with* SOLUTIONS

WHO

Educators working with K-12 students

HOW

Using art, writing, or technology, students can respond to the question, "What does it mean to prevent bullying through intentional acts of kindness, acceptance, and inclusion?"

Students can:

- Draw a picture
- Take a photograph
- Tell a story
- Write a poem
- Film a video
- Create something that BEST matches their skills

WHEN

Enter through December 31, 2020

WHY

Inspire creativity to recognize actions that can help prevent bullying!

Win great prizes, including a "buddy bench" for your school!

Get featured in the online photo gallery!

HOW IT WORKS

1. Share the "Students with Solutions" video with your students

View at [PACER.org/StudentsWithSolutions](https://www.pacer.org/StudentsWithSolutions)

2. Invite your students to read the student handout about what it means to prevent bullying through being intentional with acts of kindness, acceptance, and inclusion

Available at [PACER.org/bullying/getinvolved/pdf/sws-student-guide.pdf](https://www.pacer.org/bullying/getinvolved/pdf/sws-student-guide.pdf)

3. Encourage your students to create a drawing, design graphics, take photographs, write poetry, or even film videos responding to information in the video and student handout. The content can come from real-life examples or creative ideas about how to be more intentional with your actions.

4. Submit images, writing, or videos to PACER's National Bullying Prevention Center at 8161 Normandale Blvd., Bloomington, MN 55437 or by emailing Bullying411@PACER.org

IDEAS TO IMPLEMENT IN THE CLASSROOM

PROVIDE INFORMATION

1. Show or direct your students to watch the **STUDENTS WITH SOLUTIONS** video.

Available on the website at [PACER.org/StudentsWithSolutions](https://www.pacer.org/StudentsWithSolutions)

2. Share or invite your students to read the handout with definitions, along with ideas to be intentional with acts of kindness, acceptance, and inclusion, including:

Defining “INTENTIONAL”

Intentional: To act with purpose, to be deliberate.

Synonyms:

- Deliberate
- Conscientious
- Purposeful
- Planned
- Mindful

Intentional is different from random. Random acts are helpful, and can make people feel good, but as they are events or situations which occur without method, decision, or pattern, there is no guarantee if or when they will happen.

Acting with intention is really thinking about what you can do to help someone, recognizing that you want to do something, and then taking thoughtful action—again and again.

Defining KINDNESS, ACCEPTANCE, and INCLUSION

Kindness: The quality of being friendly, generous, and considerate to others. Kindness is all about showing you care for and consider others. It’s about making a choice to use your own time to make someone else’s day a little brighter. It can be as simple as holding a door open for someone, telling someone “hello” with a smile, or something more complex such as going out of your way to help someone.

Acceptance: The willingness or readiness to accept differences. We are all unique in our own way, with something that makes us distinct from others. Acceptance is about being open to acknowledging and respecting differences. When you get to know someone who seems different, you might realize you have more in common than you thought.

Inclusion: The act of including, the state of taking in as part of a whole. Inclusion is all about bringing others **IN** so that they feel like they are a part of something bigger than themselves. When someone is included, they feel respected, valued for who they are, and a sense of belonging.

How are kindness, acceptance and inclusion different from each other?

There is always going to be some overlap between kindness, acceptance, and inclusion. It is kind to be inclusive, and many inclusive acts involve bringing someone in so they feel accepted and like they belong. However, each of these qualities has a key aspect that makes it unique:

- **Kindness:** This quality is focused on showing you care about others through actions and words. This quality—more than others—focuses just as much on the person being kind as it does on the person receiving the action. It’s a skill that involves being aware and noticing what people might need.

- **Acceptance:** This quality is more focused on differences. Acceptance is about not only acknowledging and respecting the way we are each unique, but also recognizing that we are more alike than we think.
- **Inclusion:** This quality revolves around IN. It's about bringing others IN with intention, so they don't feel alone, but like they are part of a community. Not everyone who is accepted is always included. This quality is not just about accepting differences, but about making sure those who are different feel involved and have a sense of belonging.

While it's important to note the distinctions between these three qualities, it's also essential to look at how powerful they are when brought together.

How does promoting kindness, acceptance and inclusion relate to bullying prevention?

Kindness, acceptance, and inclusion are all important actions to be talking about, as they can help prevent bullying and create a positive school environment. What's the connection between these three qualities and bullying prevention? Often, students who are bullied feel isolated and like no one cares. Through sharing kindness, promoting acceptance, and encouraging inclusion, we can show those who experience bullying that they aren't alone and have support from their peers. Help show someone they are seen and matter through **kindness**. Show someone they are welcome and respected for who they are through **acceptance**. Reach out and involve those who aren't the same as you or who may have few friends through **inclusion**. With acts of kindness, acceptance, and inclusion, we can help create a world without bullying.

Ways to be intentional with acts of kindness, acceptance, and inclusion

Note: During this time of physical distancing, social connection is more important than ever. Think through how these ideas, or other ideas that you have, can be implemented electronically or within your own community while still practicing physical separation.

- Reach out to someone who you know is, or has been, the subject of mean-spirited gossip or teasing. Let them know that they don't deserve to be treated that way, and encourage them to tell someone they trust and seek advice.
- Think about someone you interact with daily who helps make your life better. Thank that person for what they do every day and tell them that you appreciate them.
- Notice when someone takes longer to do something or does it in a different way, then be patient, gracious, and helpful in allowing them the time they need
- Take the time to introduce yourself to someone that you see every day but haven't yet met. Let them know that you're glad to meet them.
- Hold the door for someone—say hi—and welcome them into the building
- Look for articles featuring stories with a focus on acts of kindness, acceptance, or inclusion. Share the stories with your class or post on social media, providing additional details on why the story was important.
- Ask someone how their day is going, then pause and really listen to their response. You can follow-up with another question, or if it's needed, give them a statement of encouragement such as, "I'm hoping things go better for you today."
- Give a sincere compliment to someone about something they did well
- Be a mentor to someone who is new to the school, is younger than you, or might need an ally. This gives you an opportunity to share what you know to help others navigate school and relationships.

Plus, include your own ideas!

NEXT STEPS

- 1. Identify more ideas to be kind, accepting, and including of others at school, in the community, or online. Ways to do this:**
 - a. Encourage students who are remote or e-leaners, to think through creative ideas to practice kindness, acceptance, and inclusion while adhering to social distancing protocols
 - b. Go online, search for posts, articles, or news report with stories about what others are doing in their community
 - c. Interview parents or other adults for their ideas
- 2. Guide students to think through how to best illustrate their ideas through art, writing, or technology. Provide a few suggestions such as:**
 - Draw a picture of kids inviting each other to play with word bubbles for dialogue
 - Tell a story about how you think being kind, again and again, impacts others at your school, in your community, or online
 - Write a poem about what it feels like to do something that is kind, accepting, and inclusive
 - Film a video of you sharing your ideas for being more intentional with acts of kindness, acceptance, and inclusion

Now, the creative process begins!



Examples of student artwork submitted to STUDENTS WITH SOLUTIONS

REMEMBER! Submit images, writing, or videos to PACER's National Bullying Prevention Center:
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THE JUDGEMENT FREE GENERATION™
a pro-kindness, anti-bullying movement



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