

STUDENTS *with* **SOLUTIONS**

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



CALLING ALL STUDENTS!

Use your creativity to win prizes for your school or classroom

Now that you have watched the [Students With Solutions video](#), take some time to learn more about what it means to be intentional with acts of kindness, acceptance and inclusion, plus get ideas and inspiration for your creative content!

Step 1: Learn what it means to be intentional with acts of kindness, acceptance and inclusion

What does it mean to be intentional?

To act with purpose, to be:

**Deliberate
Purposeful
Planned
Mindful
Conscientious**

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.

How are KINDNESS, ACCEPTANCE, and INCLUSION defined?

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.

Questions to think about

1. Was there a time when someone was kind, inclusive, or accepting towards you? How did that make you feel?

2. Why do you think kindness, acceptance, and inclusion are important?

3. How can the qualities of kindness, acceptance, and inclusion prevent bullying?

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.

Step 2: Think Through Ideas

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 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 then 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.

Identify more ideas to be kind, accepting, and including of others at school, in the community, or online.

Ways to do this:

- Consult with your friends and family for ideas
- Go online, search for posts, articles, or news report with stories about what others are doing in their community
- Interview parents or other adults for their ideas

List some of your ideas

Step 3: Go create!

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

A few ideas include:

- 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 with you sharing your ideas about ways to be more intentional with acts of kindness, acceptance, and inclusion

Do what best fits your skills, talents and interests.



Step 4: Share your creative work

Send artwork, photographs, graphics, poems, videos, or stories to bullying411@PACER.org, or to PACER's National Bullying Prevention Center, 8161 Normandale Blvd., Bloomington, MN 55437.

Submitting as a class or school: Please include your school or class name, as well as the best contact email address.

Submitting as an individual: Please include your parent or teacher's name, along with their email address.

Visit PACER.org/StudentsWithSolutions

