

# RISING ABOVE

STORIES OF COURAGE AND HOPE

## THE REASON

Thank you for active support and participation in a Rising Above event. Rising Above is a unique Canadian-made documentary film, produced by YLCC Media—in partnership with the Canadian Red Cross and a variety of sponsors.

We at YLCC Media hope that attending a Rising Above event is a catalyst for further discussion in your classroom and school about the important topic of bullying. At least 1 in 3 adolescents in Canada have reported being bullied. The Canadian Institutes of Health Research states, “bullying can have both short and long-term impacts on someone's physical and psychological health. Victims often feel lonely, isolated and unsafe. Researchers have also shown that bullying can lead to depression, anxiety, low self-esteem and physical illness. In extreme cases, bullying can be fatal” (<http://www.cihr-irsc.gc.ca/e/45822.html>).

The importance of ongoing discussion and reflection on the topic of bullying is the purpose for Rising Above and why we at YLCC-Media are so passionate about this film. The Propel Resources were created to help educators continue to ‘propel’ students to think about the effect of bullying behaviour and to hopefully inspire positive behaviour changes (a.k.a Rising Above).

## 6 UNIQUE PROPEL LESSON PLANS

There are 6 different lesson plans all emphasizing key themes from the film, all of which align with provincial curriculum outcomes regarding bully prevention and mental health awareness.

Here We Go (Pre-Event)

Lets Keep Talking (General)

Power of Peers (Central Story: Scott - Canadian Red Cross, retired Saskatchewan Rough Rider)

Build vs Destroy (Central Story: Anthony - Motivational Speaker)

#onlineresponse (Central Story: Lynelle - Personal Story)

Leave your Legacy (Central Story: Josh (The Doorman) & Travis (co-founder Pink Day)

## PROPEL RESOURCE STRUCTURE

The way to use the different Propel Resource is quite simple and has the following breakdown:

Overview & Learning Objectives

Materials (if needed)

Schedule/Procedure

Activity Options

Discussion/Debrief

Additional Resources

Under Material there will be a URL to selected clips from Rising Above available on Vimeo. These are meant to be used as introductions. We want this resource to be as helpful to you as possible. Please modify each lesson plan to suit the needs of your class.



## STAY CONNECTED

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## OVERVIEW & LEARNING OBJECTIVES

The students will learn about using personal power to help and not hurt other people - building people up instead of tearing people down. In Anthony's story he talks about: "I didn't realize it, but I was a bit of a bully. I was using my humour to make people feel like garbage..." Students will learn about self-reflection and are encouraged to increase their self-awareness.

## MATERIALS

Introductory Video (located at Vimeo.com)

Title: Build or Destroy (introduction)

URL: <https://vimeo.com/232731281>

Password: buildup

## SCHEDULE/FORMAT

Introduce Film Clip and Explain Propel Resource Purpose

This week's opening clip is from motivational speaker Anthony McLean. He is addressing his experience when he learned that he was a bully. He was using his humour to tear people down instead of building them up. This is a perfect clip to start the discussion on the power of our actions.

Film clip

Activity

Discussion/Debrief/Conclusion

## CONCLUSION

We all have gifts and have the potential to build people up or tear people down. Being aware of how our actions affect others is one step to stop ourselves from demonstrating bullying behaviours. Being intentional with our friends to make sure our actions are not negatively affecting others is an important proactive step to stop bullying.

## RESOURCES/SOURCES

Activities adapted from:

<http://kidshealth.org/en/teens/peer-pressure.html?WT.ac=t-ra#>

<https://www.ditchthelabel.org/how-to-speak-to-somebody-who-is-bullying-you/>

<https://www.tolerance.org>



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## ACTIVITY OPTIONS

**When it is to far? (all ages):** Get students to discuss (small or large groups) when does teasing become bullying? Is any teasing ok? What are signs when it has gone to far? What are times when they have gone to far in teasing or have been the one being teased? What were their feeling in that situation?

(<http://www.redcross.ca/how-we-help/violence--bullying-and-abuse-prevention/educators/bullying-and-harassment-prevention/definitions-of-bullying-and-harassment>)

**Different type of Bullying (grades 7-9):** List four types of bullying (verbal, physical, relational, cyberbullying) have students list examples of bullying behaviour the fit into those labels. Encourage students to reflect on whether they have experienced or demonstrated those behaviours. Did they mean to?

(<http://www.eyesonbullying.org/pdfs/whatisbullying.pdf>)

**Being your Best Self (grade 9-12):** Have students write a one- to three-minute television commercial. The topic is why someone should hire them. The commercial depicts the student's best qualities. After they work on these, the students present their commercials in front of the class or in small groups. Debrief the importance of offering our skills as a gift and not as a way to tear someone down. Example: Using humour to build people up instead of tearing people down.

([http://www.educationworld.com/a\\_lesson/lesson/lesson085.shtml](http://www.educationworld.com/a_lesson/lesson/lesson085.shtml))

**Helpful Practices (all ages):** In the second clip of Anthony he talks about asking his friends to let him know when he is going to far (scratching your arm pit). After watching clips have students brainstorm ways to keep themselves aware of their behaviour and how it is effecting others? What would help them know when they are going to far?

Introductory Video (located at Vimeo.com)

Title: Build Vs. Destroy (Helpful Practices)

URL: <https://vimeo.com/234420506>

Password:helpfulhints

(<https://www.entrepreneur.com/article/254669>)

