

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.

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)

#onlinerresponse (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.



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OVERVIEW & LEARNING OBJECTIVES

The students will learn that they don't have to do big grandiose things to make a difference in their schools or communities. Sometimes as simple as holding the door or saying hello to someone can make a 'world of difference'. The story of Travis is a story of resilience. It is story about a person who was bullied and has risen above and through small actions have created movements.

MATERIALS

Introductory Video (located at Vimeo.com)

Title: Leave Your Legacy (Introduction) - Propel Resource

URL: <https://vimeo.com/232719348>

Password: propel

SCHEDULE/FORMAT

Introduce Film Clip and Explain Propel Resource Purpose

The concept of leave your legacy comes from a desire to move students into action. The introductory clip is Shane Koyczan getting excited about a small step that led to a movement. We all have the power to influence change. Often it is the smallest actions that make the biggest difference.

Film clip

Activity

Discussion/Debrief/Conclusion

CONCLUSION

Rising Above is all about small actions that can have big results. What kind of legacy do students want to leave behind? It is a good question to ask as we think about the topic of bullying. We all have capacity to preforms small actions that could lead to movements. Travis did not wear pink to school with the intention of starting a movement, he did it because he cared for a student in his school

RESOURCES/SOURCES

Activities adapted from:

http://www.educationworld.com/a_special/bully.shtml



ACTIVITY OPTIONS

Start the Conversation (grades 7-9): Below are a few quotes about small changes and their impact. Read these and then in small or large group get students to share examples of individuals who through small actions lead to big changes. What was similar in these examples? What stands out? What was the motivation for the initial action? Are there local examples that people know? Why do 'small' actions sometimes cause 'big' change?

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples." – Mother Teresa

"Great things are not done by impulse, but by a series of small things brought together." -Vincent Van Gogh

Elevator Pitch (grade 9-12): In small or large group students identify and share an example of what they think they could do in their school to stop bullying behaviour. What are examples or places in the school where bullying behaviour is prevalent? Identify small actions that could help address the bullying? Ask students to summarize the main idea in under 60 seconds to the class, discuss merit and see if the class would actually commit to one of the ideas.

Bystander Behaviour (9-12): Form a small group and brainstorm ways in which people display passive bystander behaviour when seeing someone being bullied. Students Record ideas and share list with the whole group. Now personalize it. Without naming names, in small group students share about an experience in which passive bystander behaviour affected them.

How did it feel? How did it affect your work, your daily life, your relationships and your spirit? How did you respond? In retrospect, how might you have responded differently?

Personalize it again. Students share stories of when they were bystander.

How did it affect others? How did it affect you? In retrospect, how would you act differently?

Finally, encourage students to authentically, make a commitment to a next step that takes you to a new level of responsibility (not being a bystander). Students commitment on a Post-It note and should put it somewhere they will see it daily (mirror locker).

(<http://www.bullybust.org/educators/activities>)

Pink Day Story (all ages): In this clip we hear the story from Travis Price about how Pink Day started. He talks about how he and his friend decided to do one small action and how it has grown. After watching clips have students brainstorm about what made Pink Day so successful? What are small actions you can take in address bullying behaviour in their school? Who are the individuals most vulnerable to bullying in their school? What are ways you can care and look out for them?

Introductory Video (located at Vimeo.com)

Title: Leave Your Legacy (Pink Day Story)

URL: <https://vimeo.com/232716441>

Password: pinkday

