

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.



STAY CONNECTED

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OVERVIEW & LEARNING OBJECTIVES

One of the biggest takeaways and teachable moments from Rising Above can be found in Scott McHenry's story. In this resource students will learn about the power of peers, and the whole concept of keeping ourselves and each other accountable for how we treat others, how we act, what we say, etc.

MATERIALS

Introductory Video (located at Vimeo.com)

Title: Power of Peers (Introduction)

URL: <https://vimeo.com/232733393>

Password: Propel

SCHEDULE/FORMAT

Introduce Film Clip and Explain Propel Resource Purpose

This week's opening clip is from retired Saskatchewan Rough Rider Scott McHenry. He is addressing his experience when his friends stood up to him about his bullying behaviour.

We are hoping to help students understand how that there are no bystanders. We can all help in stopping bullying. Scott wouldn't be where he is today if it weren't for her peers.

Film clip

Activity (See below)

Discussion/Debrief/Conclusion (See below)

CONCLUSION

We have a role as peers to help people realize that they are being bullied and help speak truth to situations. However, as we approach our peers we need to make sure that our approach is that one of positivity and not of judgement. We can all make a positive change in our communities, we need to have courage and step out.

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

Power of the Crowd (grade 9-12): Get students to discuss how peer pressure and bullying are connected (either small or large group). What are examples of how peer pressure could lead to bullying behaviour? Is all peer pressure bad? What are examples of how peer pressure can be positive?

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

Start the conversation (Case Study) (grade 9-12): How could you best react to the below situations? Please note, students should always involve teachers/adults as a step in addressing conflict (if needed).

- 1) A girl in my class is overweight and other kids constantly make fun of her and try to push her lunch tray out her hands.*
- 2) You and your friend 5 decides to go out for lunch. You decide to take your friend car however there is only enough room for 4 people. One of your friends turns to another and says: "Not enough seats, guess you can't come. We didn't want you to come anyways."*
- 3) Two girls are laughing at another girl who is sitting in front of the class. They are pointing and laughing, the girl who is being laughed has noticed and looks uncomfortable and sad.*

Be the Change (all ages): In small or large group students identify and share an example of when they were told or thought that they demonstrated bullying behaviour (encourage to not use names). Discuss what actions could have been taken in that situation. How did they identify that they were acting like a bully? Important to not place blame or evoke guilt.

How to have a good conversation(all ages): In small groups have students set up a 7-10 step plan how to talk to a friend who is demonstrating bullying behaviour. Get small groups to share lists with each other. Together as a class try to commit to committing to be willing to go through these steps. Develop action steps as a conclusion.

Additional option: Develop two lists (one for online approaches, one for in person approaches)

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

