

# 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)

Small Actions (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

Students will begin to think about the topic of bullying, introduce Rising Above film, and given tools to leverage their experience at their Rising Above event. The overall intention of this time is to increase excitement about the film and the field trip.

## MATERIALS

Introductory Video (located at Vimeo.com)

Title: Rising Above Trailer - Feat Wali Shah

<https://vimeo.com/159421024>

## SCHEDULE/FORMAT

Introduce Film Clip and Explain Propel Resource Purpose

Show the spoken word trailer of Rising Above. This trailer is a hopeful approach to the challenging topic of bullying. Explain to student about what the Rising Above event will look like and that the intention of this time is to get ready for the film and to begin the important discussion of bullying.

Film clip

Activity

Discussion/Debrief/Conclusion

## CONCLUSION

The Rising Above event is going to be AWESOME! However, Rising Above isn't just about having an awesome field trip it is a call to action. The reality of bullying in our school and community is something we can't ignore. How can students get the most out of their time at Rising Above? What questions do they want to ask during the debrief time?

## RESOURCES/SOURCES

Activities adapted from:

[https://www.ontario.ca/page/bullying-we-can-all-help-stop-it?](https://www.ontario.ca/page/bullying-we-can-all-help-stop-it?clid=EAIAIQobChMI5Lues4v61QIV3bjACh0i_gyfEAAAYASAAEgI3rFD_BwE)

[clid=EAIAIQobChMI5Lues4v61QIV3bjACh0i\\_gyfEAAAYASAAEgI3rFD\\_BwE](https://www.ontario.ca/page/bullying-we-can-all-help-stop-it?clid=EAIAIQobChMI5Lues4v61QIV3bjACh0i_gyfEAAAYASAAEgI3rFD_BwE)



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## ACTIVITY OPTIONS

Canadian Red Cross describes bullying as: form of aggression where there is a power imbalance; the person doing the bullying has power over the person being victimized.

**Start the conversation (all ages):** get students to define what bullying is (either small or large group). Is bully present within this school? How serious a problem is bullying? Why does bullying exist? How can it be harmful to those who are experiencing bullying behaviour or even for those who are exhibiting bullying behaviour?

**Compelling Questions (all ages):** There will be opportunities for students to ask questions or share comments at the Rising Above event. Get students into small or large group and get them to brainstorm their top 5 questions that they would like to ask at the theatre? If time permits engage in a conversation or debate around these questions.

**Film Critique (all ages):** As student prepare to attend a Rising Above event, get students in small groups to hypothesize what they hope the movie will speak about. What have they seen in other movies about bullying? What did they like what didn't they like? What have other films missed?

Here are additional trailers if you want to watch these also.

The main trailer and theatrical experience promotional video for Rising Above is this one:

<https://vimeo.com/207570433>.

<https://vimeo.com/180981305>

<https://vimeo.com/177561050> (the one that is predominantly Shane Koyczan)

<https://vimeo.com/153251552> (first ever trailer, good content piece)

