

## **October: Bullying Prevention & Awareness Month**

You are all independent people in my class and are not entirely dependent on one another to succeed. However, you all possess specific and sometimes unique abilities and characteristics that can help each other learn and to be successful in the classroom.

For example, during a classroom discussion, not everyone in the room is thinking the same idea(s) the entire time. People think, learn, and behave in different ways during a discussion, ultimately having the ability to promote or hinder the success of the objective(s).

When people are unsure of expectations, have questions, or just need someone to be there for them; people will make intellectual and physical agreements with one another. These agreements (pacts, deals, etc) help strengthen our own self-esteem and have the potential to promote an overall well-being. We as people feel much better when we know that we have the help and support of someone who cares about us, as well as themselves.

### **Homework for Classroom Activity**

Bullying is an issue that many schools face around the world. Bullying needs to be prevented and stopped before it even happens. What we are going to do as a class is establish a “buddy system”. There are parameters and limitations to our own “buddy system” and they are listed below.

- You must make at least 2 public agreements to be a buddy to someone else, but you cannot create any more than 4 public agreements.
- You must make at least 1 private agreement to be a buddy to someone else, but you cannot create any more than 3 private agreements.