

Office of Safety and Youth Development

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Let's Talk about Bullying Circle

Purpose: to increase our understanding of the impact of bullying behaviors; to increase the capacity to recognize bullying; to strengthen bystanders' ability to support targets of bullying.

Mindfulness Moment: take and count out 10 deep breaths.

Opening: *"I can choose peace or love or patience or compassion or understanding. Which one I choose is up to me. Today I will let go and be my self, calm, clear, and aware. There is another way of looking at the world."*

Values round: *Please share a value that for you is connected to Respect. (Write a list of those values as participants name them and place the list in the center of the Circle, serving as our Centerpiece).*

Create and Review Community Agreements for Today's Circle

Check-in Round

If you were a kind of weather today, what would the weather be?

Main Activity: Reflecting on Bullying Behavior and Our Options for Responding

Round 1: What does it feel like to be bullied?

Round 2: What actions make you feel bullied?

Round 3: Why do you think that a person bullies?

Round 4: Remember a time when you saw someone else being bullied. How did that feel?

Round 5: What could you do the next time you see someone being bullied?(After hearing out the students/participants please emphasize they can tell an adult, don't be part of the audience and support the target by being their ally).

Check-Out Round

What are you taking away from this Circle that could help you or someone else in the future?

Closing Ceremony

“Feel No Pain” Sade

Help them to strive

Help them to move on

Help them to have some future

Help them to live long

Help them to live life

Help them to smile

Thank everyone for participating in the Circle Today!

Thank you.