

September
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KIDS2KIDS

Students Uniting to Create Positive Change

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Week of Respect 2016

With Week of Respect right around the corner, it is time to begin thinking about what your school is going to do celebrate. While planning keep in mind this year's Summit theme is **Never Underestimate The Power Of One**. Here are some ideas of what local schools have done in previous years...

- * During lunch students took part in mixing it up by eating lunch with people they usually don't sit with
- * Students created bulletin boards with positive sayings
- * Created a RESPECT garden
- * Read books out loud to younger students
- * Stuck Post-It notes with positive messages on lockers
- * Assisted in cleaning up around the school
- * Created a student safety committee
- * Hosted workshops on bullying/cyberbullying
- * Began a buddy system where older students were paired with younger ones
- * Created a "buddy bench" on their playground

6 Steps to be Kind

1. Volunteer
2. Work with others who need help
3. Practice active listening
4. Speak with kindness and compassion
5. Say "Thank-you"
6. Perform acts of kindness

Use your voice for **kindness**, your ears for **compassion**, your hands for **charity**, your mind for **truth**, and your heart for **love**.

How to Deal with Pressures

Pressures are a normal part of life. What really matters, though, is not how much pressure you have, but how well you keep it all in perspective and deal with it. Here are some positive, healthy ways of dealing with pressures.

- * Take a time out
- * Do something else for a while— exercise, read, watch a movie, or listen to music
- * Don't be overly critical of yourself; give yourself a break
- * Think about your past accomplishments
- * Think about your positive qualities
- * Talk to someone— friends, parents, a teacher or counselor
- * Ask for help
- * Take a fresh look at the problem, brainstorm new solutions
- * Learn your limits; don't take on more than you can handle
- * Put things in perspective; pressures usually pass
- * Write in a journal



Accepting Others

Can you imagine being teased about something that is beyond your control at this time in your life? Can you imagine what a typical day at school would be like if you felt that you were not accepted by your peers?

Accepting others means deciding to treat them the way you would like to be treated. It means putting yourself in their shoes, and asking yourself, "How would I feel if someone treated me this way or made fun of me?" The ability to put yourself in someone else's shoes is called empathy. Having empathy is an important part of accepting and having consideration for others.

Accepting others means understanding that they too, have circumstances that are beyond their control, as well as positive traits and abilities. It means accepting them regardless of your differences. Accepting others does not mean condoning actions and attitudes that are negative, disrespectful or immoral. Nor does it mean agreeing with someone who is wrong, even if he or she is your friend.

Accepting others simply means treating them with the same respect, empathy and consideration with which you would want to be treated.

Accepting Others was reprinted from *The Peaceful Solution Character Education Program*, Sample Intermediate Lessons.



R-E-S-P-E-C-T

When you respect other people, you show good manners toward them and settle disagreements peacefully. And when you respect yourself, you expect other people to treat you the same way.

GOOD MANNERS

There are lots of other ways to show good manners toward people.

- Sometimes you don't agree with what another person is saying, but you can disagree without putting the person down.
- Your teacher will appreciate the respect you show by listening quietly when she is talking. You can show that you respect your school by not running in the halls or throwing trash on the floor.

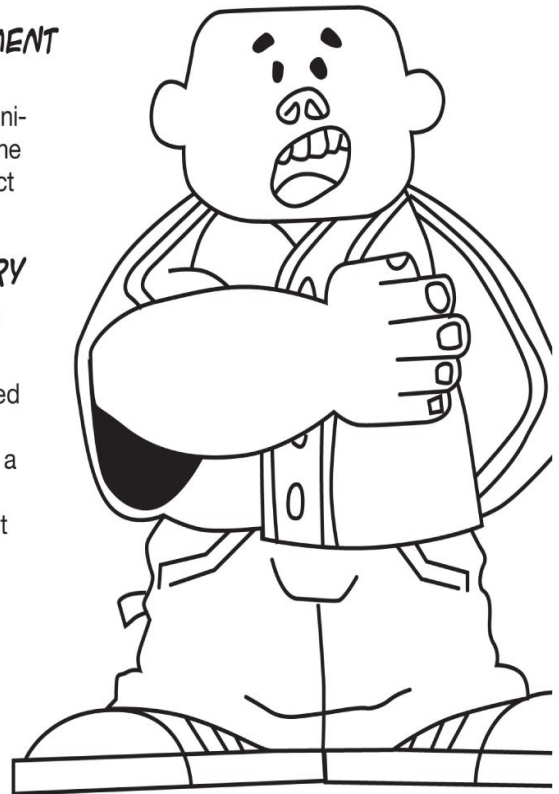
RESPECTING THE ENVIRONMENT AND YOUR COMMUNITY

When you work to keep your community looking good and to take care of the environment, you are showing respect for the people who live there.

RESPECTING YOUR COUNTRY

Showing respect for your country is called patriotism.

When the National Anthem is played at a ball game or other event, you stand up to show your respect for a symbol of your country. You also show respect to the flag because it is a symbol of the United States.



activities

WORD SEARCH

CLIP WORDS FROM THE NEWSPAPER TO FINISH THESE SENTENCES. PASTE THE WORDS ON THE LINES.

IT WOULD MAKE ME _____ IF MY FRIENDS WOULDN'T LET ME PLAY A GAME WITH THEM.

I WOULD BE _____ IF EVERYBODY LISTENED TO MY IDEA.

I WOULD FEEL _____ IF OTHER STUDENTS LAUGHED WHEN I GAVE A WRONG ANSWER.

GETTING TO KNOW YOU

Look through the newspaper and find a photo of someone who seems to be unlike you. Perhaps the person is much older or lives in a different part of the world.

Clip the person's picture and paste it on your paper. Write three questions you would like to ask the person about his or her life. Then write three things you would like to tell the person about yourself.