

## Module 7: Inclusion

### Education: All about inclusion

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This module's education piece focuses on inclusion. Share the presentation with your students to start the conversation about what inclusion means and why it's important in bullying prevention. Your students will learn different ways to be inclusive at school and in the community, and will then brainstorm their own ideas.

View the [PowerPoint presentation](#), with educator notes.

### Interaction – Inclusion and bullying prevention

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#### Elementary school students – Kindness Catcher

A fun way to inspire ideas for including others!

Steps for your students to participate:

- First, share with students the blank version of the kindness catcher
- In each of the blank spots, have students write an idea about how to include others. Examples of ideas may include:
  - Invite someone new to sit with you at lunch
  - Write a positive note to a classmate
  - Reach out to a classmate that is having trouble
- Once students have completed their kindness catcher, have them print, cut, and fold it. Steps on how to fold can be found at [wikiHow.com - How to Fold a Fortune Teller](https://www.wikihow.com/Fold-a-Fortune-Teller).
- Then practice and share with others

A blank template of the Kindness Catcher can be found [here](#). A template with pre-written, inclusive responses, can be found [here](#).

#### Middle and high school students – “I Was Bullied Because...”

1. Share the digital copies of the [PEOPLE Magazine article](#) with your students
2. Along with sharing the article, also provide your students with the PEOPLE Magazine Article [“I Was Bullied Because . . .”](#) worksheet
3. Ask students to complete and then share their responses in your distance learning class or by connecting peers online

Along with the discussion questions on the worksheet, you can also ask the class the following questions:

- Ask the class to name people – celebrities, fictional characters, etc. – whom they would call “individuals.” Discuss why those people may have been excluded.
- Ask the class, “Do you think there is a lot of pressure to fit in?” Discuss why or why not.
- You can also discuss why people want to fit in, what's so great about fitting in, and why it's hard when you feel like you don't

## Additional media activities

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### Elementary school – Video – **A Wave of Kindness: Ride the Wave!**

Falmouth Public School District created a video titled “A Wave of Kindness” to show the ripple effect that kindness can have in schools and communities. This video shows that kindness, support, and hope are things everyone can give that make a positive impact on students experiencing bullying.

**As a follow-up activity**, have your students complete the kindness acrostic poem. The “**Kindness Poem**” is an activity in which students can write a word or line of poetry that starts with each letter in the word KINDNESS. It can be about helping others, making a difference, or being a good classmate. Kindness is something that everyone can share—and it makes a difference!

### Middle and high school – Video – **Student-to-Student Advice on Bullying**

In this 8-minute video, high school students give advice to middle school students about bullying. They share their thoughts about the types of bullying that happens, as well as advice on what to do if you experience or witness bullying. This video is a great way for students to reflect on their own experience around bullying and what advice they might give to younger students.

**As a follow-up activity**, have your students craft their own advice that they would give to younger students about bullying. For high school students, this will be directed for middle school students. For middle school students, this can be directed at elementary school students or new incoming middle school students. Students can answer similar questions as those in the video and write their answers on notecards, posters, or in a digital letter format. Once finished, have the students send you these responses. As an educator, if you have a connection with a local middle or elementary school, consider sharing these advice notes with the younger students for the upcoming school year.