



2019-2020

Elementary School Programs

Hands Are Not For Hitting (Pre K – 1st Grade)

A simple and straightforward explanation for why hitting is harmful and unhealthy.

- **Help children understand that they do have the power to choose not to hurt people.**
- **Help children feel empathy toward others, solve problems, control negative impulses, and cope in constructive ways with intense feelings like anger and jealousy.**

Personal Space Camp (Pre K - 2nd Grade)

A humorous and simple approach to an introduction of learning others personal space.

- **Help children begin to understand personal boundaries.**
- **Demonstrate with activities the concept of your own and others comfort level of personal space.**

F is for Feelings (Pre K-2nd Grade)

This program invites children to share, express and embrace everyday emotions.

- **Helps children give words to what they are feeling.**
- **Helps children to express emotions with appropriate behaviors.**

Cool Down and Work Through Your Anger (Pre K- 2nd Grade)

Helps children to learn it is okay to feel angry//but it's never okay to hurt others with words or actions. Discover skills for self-calming, talking and listening, apologizing, and being patient so they can feel peaceful again.

Gum in My Hair (2nd Grade upwards)

This program looks at what bullying is, its effects on people and how it makes them feel. It deals with the cycle of bullying and what makes someone turn into a bully. It also discusses peer pressure and the responsibility of bystanders. Discussions of the myths and facts about bullying, coping skills, along with avoidance body language and verbal cues will be held.

When a Joke Is Not Funny (Grades 1st - 6th)

Joking is a normal part of friendships, unfortunately sometimes it can become a form of teasing that might lead to bullying.

- **Learn not all jokes are the same to everyone.**
- **Learn the power of words and effects on others.**
- **Laughing with others is fun; laughing at others is Not Funny.**

Behind Her Back (4th grade upwards)

An adaptation of the 'Behind Your Back' program. This program focuses on female bullying behavior, gossip, rumors, and how females manipulate their social relationships to attack their victims.

- **Defining female bullying:** Identify and recognize the characteristics and the differences between typical male and female bullying.
- **Dynamics of female bullying:** Identify and explore how females use gossip, rumors and their social relationships to indirectly bully their peers.
- **Impact of female bullying:** Explore the impact on both the victim and the bully, and how it spreads to their personal, family and school relationships.

Boys on Bullying (4th grade upwards)

This program focuses on the male stereotypes that can contribute to isolation and bullying. Following the stories of 4 young men and their experiences of bullying, the program emphasizes the importance of acknowledging feelings and finding someone to talk to in order to move on.

- **Defining male bullying:** Identify and recognize the characteristics of male bullying and why it occurs.
- **Being a 'Man':** Identify and explore how males use the aggressive male stereotype to dominate and bully their peers
- **Impact of male bullying:** Explore the impact of bullying on the victim, the importance of finding someone to talk to and getting support to move on.

No More Drama (Grades 4th -6th)

Anti-bullying program is to create positive and supportive relationships with other students. It discusses rumors, gossip and how friends can become the bully. Discussions on types of bullying and ways bystanders can help those being bullied.

- Improve knowledge of healthy vs unhealthy friendships, words and actions.
- Increase positive interactions while decreasing negative.

For information on any programs or to schedule a presentation for your school, please contact Chandra Breese, Education Coordinator at (570) 823 6799 or by email to cbreese@dvsclc.org

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