

Cypress Palm Middle School

Stand up for Justice Applicaiton

- Describe the precipitating events that motivated you to initiate these lessons or activities

Here at CPM we are always looking to spread kindness. We do this by having different student led- activities that promote kindness and making good choices. A couple of years ago, we wanted to celebrate National Kindness Day with the students who sent a “kindness snack pack” to another student with a kindness quote included. The students really enjoyed it, and Bob Votruba who has the Kindness Bus, reached out to the students with an awesome video message thanking the students for spreading kindness. We then had an amazing opportunity to collaborate with Florida Gulf Coast University and the students from their Roots of Compassion and Kindness program (ROCK). I work with the professor from FGCU and her students who comes out to our school, and will do activities with the students that focus kindness, compassion, and respect. We are now in our 4th year partnership with ROCK.

- Describe the lessons or activities; and if adapted from another source please reference
 - FGCU students visit the school to lead interactive activities that foster positive outcomes including self-esteem, resilience, community-mindedness, and perspective-taking. Students will participate in artistic projects and game-based activities that align with the Connect For Success topics, ““The 7 Habits of Highly Effective Teens,” and “Leader in Me” topics at CPM that include students:

- Engaging in discussions about compassionate leadership and teamwork, how to reframe difficult situations
 - Taking responsibility
 - How to be self-compassionate about mistakes
- Explain how the lessons or activities teach students the importance of respecting others no matter what religious, racial, cultural, or other differences exist

The lessons focus on self-compassion, listening, and bringing out the best in one another. All lessons incorporate information about accepting, respecting, and to be understanding of the fact that people come from different backgrounds. To be more specific, we use “The 7 Habits of Highly Effective Teens” with the examples below.

Self-Compassion
What does it mean to give compassion to yourself? We will discuss how self-compassion can help you be proactive in your relationship with yourself and others.

Aligns with Leader in Me Habit #1 – Be proactive. You’re in charge.
 HB7: Understanding and respecting other viewpoints and backgrounds; kindness

Listening
What does it mean to be a good listener? We will discuss tips for how to be a great listener.

Aligns with Leader in Me Habit #5 – Seek First to Understand, then to be Understood (goal of understanding others, their perspectives and needs)
 HB7: Understanding and respecting other viewpoints and backgrounds; kindness

Bringing Out The Best in One Another
What are the benefits of working in a team or thinking with a win-win team mentality? We will discuss how you can understand how to bring out the best in yourself and others.

Aligns with Leader in Me Habit #5 – Think Win-Win. Everyone can win.
 #6 – Synergize. Together is better.
 HB7: relationship skills and conflict resolution; leadership; managing stress and expectations; kindness

- Explain how it helped them counter bigotry and bullying and prepared them to stand up for Justice

ROCK focuses on having compassion and kindness for others, and knowing when to stand up for themselves and others if they are being treated poorly. Students actively participate in discussions about being student leaders, and a big part of that is being example for the other students. Our students take the initiative to stand up to their friends if they hear something that is hurtful or mean by asking them to stop. They also know to report any hurtful or mean statements to an adult as well because they know that that person may be also saying hurtful or mean comments to other people, and the adult addresses it with the student and parents. Since having ROCK at CPM, we have seen more students coming forward about themselves or others being mistreated. The students will reference the ROCK lessons, and will say that they wanted to report it because they do not want others to have to experience that.

- PROVIDE EVIDENCE/PROOF OF EFFECTIVENESS SUCH AS, BUT NOT LIMITED TO: QUESTIONNAIRE, INTERVIEWS, DOCUMENTED ANECDOTAL CONVERSATIONS, AND STUDENT WRITINGS, VIDEO, ETC.

Please see the attached video in the follow up email.