



STAND UP

FAMILY CONNECTION LESSON

<p>CONCEPTS TO REINFORCE:</p>	<ul style="list-style-type: none"> • Stand up to bullies • In a polite voice say, “Please stop” • Never forward negative rumors or material • Do NOT be a victim—be strong and confident • Tell an adult if you need help • Stand up for what is right in a polite way
<p>MATERIALS:</p>	<ul style="list-style-type: none"> • Extra large paper doll (boy or girl) • Tape
<p>ACTIVITY:</p>	<p>Instructions: Make an extra large paper doll of a girl or boy. Illustrate the paper doll with markers/crayons/yarn etc. Give the paper doll a name.</p> <p>Sit the paper doll down on a chair and introduce the boy/girl by name to the family. “I want you to meet _____. We are good friends but sometimes he/she is annoying.” When you say that, tear off a good-sized piece of the doll.</p> <p>Have the other family members say something slightly rude and tear off a bit of paper each time. After everyone is finished with their negative remarks, tape the paper doll back together again.</p>
<p>ACTIVITY TALKING POINTS:</p>	<ul style="list-style-type: none"> • What are some ways people tear each other apart? • How can you can stand up politely to someone who is hurting another? • Is it okay to watch someone be bullied without trying to help them? • Why do you think people are mean to others? • Is it better to remain silent, or let someone know you are being bullied? • Who can you go to for help if you have a problem with a bully?
<p>FAMILY DISCUSSION:</p>	<p>• Tearing someone apart is never funny. Even though we taped the doll together again, he/she will never be the same. Scars, like these taped tears can last a lifetime. You don’t see these scars because they are on the inside. We need to stand up for others and ourselves and never allow someone to ever tear you or anyone apart.</p>

CONCLUSION:	Let's make a goal to stand up in a kind way for others this week.
TREAT:	<p>“STAND FIRM” PEANUT BUTTER FUDGE</p> <p>PEANUT BUTTER FUDGE RECIPE</p> <p>1/2 c butter 2 - 1/4 c brown sugar 1/2 c milk 3/4 c peanut butter 1 t vanilla extract 3 - 1/2 c confectioners' sugar</p> <p>Directions: Melt butter in a medium saucepan over medium heat. Stir in brown sugar and milk. Bring to a boil and boil for two minutes, stirring frequently. Remove from heat. Stir in peanut butter and vanilla. Pour over confectioners' sugar in a large mixing bowl. Beat until smooth; pour into an 8' x 8' inch dish. Chill until firm and cut into squares.</p>
ADDITIONAL RESOURCES:	<ul style="list-style-type: none"> • <i>My Troll Patrol: Stand Up</i> by Courtney Johnson • <i>Stand Tall, Molly Lou Melon</i> by Patty Lovell • <i>Spaghetti in a Hot Dog Bun: Having Courage to Be Who You Are</i> by Maria Dismody • <i>The Juice Box Bully: Empowering Kids to Stand Up for Others</i> by Bob Somson • <i>Swimmy</i> by Leo Leoni

"A bully wants to have friends too, and often being rude and mean to others, is the only way a bully knows how to get attention."

