**Lesson #6**

**Skills into Action**

**Specific Expectations:**

Students will:

- analyse situations (ex. hitchhiking, gang violence, violence in that are potentially dangerous to personal safety

- demonstrate respectful behaviour towards the feelings and ideas of others

- identify support services (ex. the school guidance department, shelters, Kids’ Help Phone) that assist victims of violence and explain how to access them

**Materials:**

- Making Good Decisions (6.1 H)

- Scenarios (6.2 H)

- Empathy Journal (2.5 H) from Lesson #2

**Teaching/learning strategies:**

- **Activity #1** - Decision-Making Model

- Explain to students that before acting on a situation it is important to assess and think about the situation before acting on it. Hand out a copy of “Making Good Decisions” (6.1 H) to each student. Read through the decision-making model with students and discuss. (5 min)

- **Activity #2** - Analysing Scenarios and Acting on Decisions

- Hand out a copy of the “Scenarios” (6.2 H) handout to each student. Have a student volunteer read through the first scenario aloud. Ask another student to read through the “What I’m Thinking.” Ask students to refer to their Making Good Decisions (6.1 H) handout to decide which option they would

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Skills into Action

choose and why. Discuss their decisions orally. (5-10 min)

- Now that students have had an opportunity to practise working with one scenario, divide the class into pairs. Assign four or five scenarios to each pair of students to complete. Students should refer to their **“Empathy Journal”** (2.5 H) that was handed out in lesson # 2 to guide them in their thoughts about how the victim might feel in that particular scenario. In addition, their **“Making Good Decisions”** (6.1 H) handout should be used to guide them through their thinking and decision making process scenario. (20-25 min)

- Explain to students that their responses will be discussed at the beginning of the next health lesson. In addition, students will also need to bring in their homework from lesson #5 which they completed with their parent/guardian.

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Unit 1 - Lesson 6

6.1 H

**Making Good Decisions**

|  |  |  |
| --- | --- | --- |
| I | Identify the problem | - What is the problem in this situation?  - How am I feeling?  - What is the other person feeling? |
| D | Decide upon possible decisions that could be made | - There are usually many different solutions to a problem and many different decisions that could be made.  - What would you like to have happen instead of what is currently happening? |
| E | Evaluate the possible decisions | - From the decisions above in “D”, decide how each decision could be a good decision and/or a bad decision. |
| A | Act on your final decision | - Choose the decision that you think is the best one and apply it to the situation. |
| L | What have you learned | - What did you learn about the decision you made?  - When you reflect back on this decision later, do you think it was a good or bad decision? |

(Adapted from: OPHEA Supplement, Grade 9)

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Skills into Action

6.2 H

**Making Good Decisions**

**Social Exclusion**

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| --- |
| You’re in the hallway between classes. One of your good friends invites two other friends over to her house after school. You notice one of the people you usually hang around with hasn’t been invited. |

**What I’m thinking...**

Why, hasn’t everyone been invited? - Is anyone else going to ask why? - Did they get in a fight that I don’t know about? - Should I ask about it? - Will I get left out if ask? - Does it matter if my friend is left out? - How would I feel if I was left out? - How will my friend feel if he/she finds out they were left out and I didn’t say anything? - Is it any of my business? - I wonder what’s going on. - If my other friends didn’t ask about it, why should I? - If I don’t do something, am I saying it is ok to leave him/her out? - What should I do?

**Options:**

1. Do nothing. It is not really my business and my friend can invite who they want.

2. Ask around. Find out if something is going on (the other friend was invited but can’t make it).

3. Talk to a couple other people that were invited and decide what to do.

4. Talk to the person who is having the friends over and ask her why he/she didn’t invite everyone.

5. Talk about the situation with a parent, teacher, or adult I can trust and ask for advice.

6. Other:

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Unit 1 - Lesson

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Gossiping

You are sitting at the lunch table with a group of friends. One of the girls in your grade walks by wearing a really low-cut top. The boys make rude gestures and the girls start whispering about her. You know her from your indoor soccer team and she seems really nice.

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Saying “No” to a friend

Class is about to start when a friend asks to borrow your math homework from the night before to copy your answers. Your friend always has an excuse for never having the homework completed. This has been happening a lot lately and it is beginning to upset you.

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Peer Pressure

While walking home from school, one of your friends invites you and some other friends to a party. It is at someone’s house that you don’t really know. You have heard that the person hosting the party often has alcohol at their parties. One of your close friends really wants to go and is mentioning that they would like to drink.

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Skills into Actio

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Stealing/Shoplifting

At the mall on Saturday, you and your friend are shopping in your favourite clothing store. You find a belt you like on the accessories rack. Your friend encourages you to slip the belt into your shopping bag. Apparently your friend does this all the Time. No one ever notices and he/she has never gotten caught. He/she proceeds to put a belt into his/her shopping bag and walk toward the store exit.

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Bullying

You are hanging out with your best friend after school and you confide in her/him that you think you are failing math. The next day at lunch, your best friend makes a joke in front of your group of friends saying, “at least you’re not stupid and failing math...” and makes a gesture in your direction. You are really hurt by this, especially because it isn’t the first time you’ve told your friend something in confidence and it was used against you to make other people laugh.

-----------------------------------------------------------------------------------------------------------------------------------------Gang

After practice, one of your buddies strikes up a conversation and tells you she/he joined a gang about two months ago. Things were ok at the beginning, but now some of the gang members are talking about hurting people. She/he is really concerned that if she/he doesn’t go along with them, she/he might get hurt.

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Unit 1 - Lesson 6

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Supporting a classmate

You are at a classmate’s house doing a school project in her/his bedroom. Her/his parents are arguing downstairs. When you ask about it, she/he says her/his parents fight a lot. Quietly your classmate tells you it is getting worse and the other day, her/his dad hit her/his mom. You ask her/him for more information, but suddenly she/he gets really embarrassed and tells you it’s nothing to worry about. You only know her/him from class but you sense that she/he is very upset.

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Bullying

At recess, a group of your friends start playing a game when the new student at school asks to join. They tell the student he/she can’t play. They have done this many times. Many of them think he/she is not good at sports and do not want him/her on their team. As the new student starts to leave, one of your other friends shoves him/her out of the way, and your other friends start calling him/her a loser.

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Friend and Party

You are at a party with a friend. Plans have been made for him/her to sleep at your house after the party and your parents are coming to pick you up in half an hour. Your friend informs you that he/she is having fun and doesn’t want to leave and won’t be coming home with you. His/her parents are expecting him/her to sleep at your house.

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Skills into Action

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Building Trust with Parents

A few weeks ago your friend threw a big party. Your parents gave you permission to go but you arrived home 45 minutes late for curfew. You have been invited to another party this weekend and you really want to go. Your parents are unsure whether to let you attend because they do not trust you to keep your curfew. You know the party will be great and you miss out on so much if you are not allowed. Your friend keeps saying that anyone who is not at this party is a ‘loser’.

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Reporting or ‘Snitching’

On the morning announcements in the week someone’s Ipod went missing from their backpack and if any students have information, please come to the office. You noticed your friend had been using an Ipod for the past couple days. When you asked to borrow her/his lpod, your friend quickly put it into her/his backpack and changed the subject.

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High School Initiation

During your first week in high school, you notice that a friend from your grade 8 class keeps getting initiated by older students in the school. Different things have happened to him/her including being shoved in a locker, having obscenities drawn on his/her arms and legs, and getting cruelly yelled at down the hallway. They always tell your friend it is part of being in Grade Nine and take it. Last time you witnessed this, one of the older students saw you watching and said, “You are next.”

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Unit 1 - Lesson 6

6.2 REF

**Making Good Decisions**

**Social Exclusion**

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| --- |
| You’re in the hallway between classes. One of your good friends invites you and two other friends over to her house after school. You notice one of the people you usually hang around with hasn’t been invited. |

**What I’m thinking...**

Why hasn’t everyone been invited? - Is anyone else going to ask why? - Did they get in a fight that I don’t know about? - Should I ask about it? - Will I get left out if I ask? - Does it matter if my friend is left out? - How would I feel if I was left out? - How will my friend feel if he/she finds out they were left out and I didn’t say anything? - Is it any of my business? - I wonder what’s going on. - If my other friends didn’t ask about it, why should I? - If I don’t do something, am I saying it is ok to leave him/her out? - What should I do?

**Options**:

1. Do nothing. It is not really my business and my friend can invite who they want.

2. Ask around. Find out if something is going on (the other friend was invited but can’t make it).

3. Talk to a couple other people that were invited and decide what to do.

4. Talk to the person who is having the friends over and ask her why he/she didn’t invite everyone.

5. Talk about the situation with a parent, teacher, or adult I can trust and ask for advice.

6. Other:

**Gossiping**

|  |
| --- |
| You are sitting at the lunch table with a group of friends. One of the girls in your grade walks by wearing a really low-cut top. The boys make rude gestures and the girls start whispering about her. You know her from your indoor soccer team and she seems really nice. |

**What I’m thinking...**

Does she realize that the clothes she wears causes this reaction? - Why are they making fun of her? - Is what they are saying true? - Is this a rumour? - Should I say something? - If I don’t say anything, does that mean that I agree? - What’s the harm? - If I say something, will my friends get mad? - Do you think she can hear what they are saying or see what they are doing? - Does she like the attention? - Is this rude? - Does the teacher see? - Will they say something? - What does it matter what she wears? - Shouldn’t we be allowed to wear what we feel comfortable wearing? - I wonder what my friends say about the clothes when I’m not around. - Are my friends jealous of her? - What should I do?

**Options:**

1. Nothing. Just continue eating my lunch.

2. Pretend to spill my drink, in hopes of averting their attention from her to me

3. Jokingly tell my friends to be quiet and change the subject. Even if it makes them pick on me, at least they will be leaving her alone

4. Tell my friends to stop and tell them it is not nice to judge someone by the clothes they wear. This is how rumours get started. How would they feel if someone did that to them?

5. Leave the table, making it clear that I don’t approve of how they are talking and gesturing about the girl.

6. Talk to the girl at soccer practice and apologize for my friends’ behaviour

7. Talk to my parents, teachers or an adult. Ask for advice on how to deal with this type or situation.

8. Other:

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Unit 1 - Lesson 6

**Saying “No” to a friend**

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| --- |
| Class is about to start when a friend asks to borrow your math homework from the night before to copy your answers. Your friend always has an excuse for never having the homework completed. This has been happening a lot lately and it is beginning to upset you. |

**What I’m thinking...**

Why does he/she keep asking me for my homework? - Is there some reason he/she’s not doing the homework? - Will the teacher notice that he/she’s cheating? - What’s the harm if he/she copies my homework? - Will I get in trouble for this? - Will my friend get mad at me if I don’t give him/her my homework? - Why does he/she keep asking me? Would he/she do the same thing for me? - Am I a bad friend if I don’t give it to him/her? - What should I do?

**Options**:

1. Nothing. Give my friend the homework.

2. Give my friend the homework, but say next time we should work on the homework together.

3. Say I haven’t finished my homework yet, either.

4. Say no. He/she should finish his/her own homework.

5. Talk to some of my friends to find out if he/she’s asking them for their homework, and to see how they feel about the situation.

6. Talk to my friend and ask if there is a reason why he/she hasn’t been getting her homework done.

7. Ask my teacher or parents for advice about the situation.

8. Other:

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Skills into Action

**Peer Pressure**

|  |
| --- |
| While walking home from school, one of your friends invites you and some other friends to a party. It is at someone’s house that you don’t really know. You have heard that the person hosting the party often has alcohol at their parties. One of your close friends really wants to go and is mentioning that they would like to drink. |

**What I’m thinking...**

Will there be alcohol at the party? - Why does my friend want to drink? - Should I tell him/her how I feel about her drinking at the party? - Am I going to get in trouble if I go to the party? - Will I be forced to drink? - Will people make fun of me if I choose not to drink? - Is it wrong to have one drink? - Will I get caught? - Will my parents find out people were drinking? - Will my friend be mad if I do not go to the party? - What should do?

**Options:**

1. Nothing. Go to the party with my friend.

2. Tell my friend I will go to the party with him/her but I might not drink.

3. Say that I have too much homework or have to do work for my parents and may not be able to go to the party but will let her know.

4. Let my friend know that I am not sure the party is a good idea if there is going to be alcohol and that I’m not sure I want to go.

5. Tell my friend I can’t go to the party because I don’t want to drink.

6. Talk to my other friends to see how they feel about the party and what they plan to do.

7. Ask a trusted adult for advice on what to do.

8. Other:

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Unit 1 - Lesson 6

**Stealing/Shoplifting**

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| --- |
| At the mall on Saturday, you and your friend are shopping in your favorite clothing store. You find a belt you like on the accessories rack. Your friend encourages you to slip the belt into your shopping bag. Apparently your friend does this all the time. No one ever notices and he/she has never gotten caught. He/she proceeds to put a belt into his/her shopping bag and walk toward the store exit. |

**What I’m thinking...**

Is my friend seriously asking me to steal the belt? - Why wouldn’t she/he just pay for it? - Does she/he do this often? - If the sales people notice us talking like this, will they be suspicious? - Will I get in trouble if he/she gets caught with the stolen belt? - Will I get in caught if I take a belt too? - If my friend does it all the time, what’s the harm? - Is it wrong? - Should I say something to him/her? - Will he/she get mad at me if I say something? - How can I tell my friend how I feel without him/her getting mad at me? Will the alarm go off when my friend walks out of the store? - Will we get arrested? - I don’t want to get in trouble! - What should I do?

**Options:**

1. Walk to another part, of the store. When my friend isn’t looking, put the belt down and leave the store without him/her.

2. Say nothing and put the belt back on the rack.

3. Put the belt back and tell my friend that he/she should put the belt back too. Tell my friend it is not worth getting caught and getting into trouble.

4. Tell my friend that I won’t be part of this. Put the belt back on the rack and leave the store.

5. Put the belt back on the rack and talk to my friend once we’ve left the store.

6. Talk to my parents about my friend’s shoplifting habit. Ask for advice about what I can do in that situation.

7. Other:

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Skills into Action

**Bullying**

|  |
| --- |
| You are hanging out with your best friend after school and you confide in her/him that you think you are failing math. The next day at lunch, your best friend makes a joke in front of your group of friends saying, “at least you’re not stupid and failing math...” and makes a gesture in your direction. You are really hurt by this, especially because it isn’t the first time you’ve told your friend something in confidence and it was used against you to make other people laugh. |

**What I’m thinking....**

Why would my best friend say that? - Did he/she say it to make fun of me? - If I say something to my friend, will I be told to lighten up? - Is it ok if I’m upset about this? They were only kidding. - What if my friend says they were just joking? - Shouldn’t it matter that I don’t find it funny? -I said my problem about math was private. - Will anyone listen to me? - Why is this funny to my friends? - What else have they said about me? - Do they think I’m dumb? - I don’t find this funny. - Will anyone stand up for me? - My friends are supposed to support me. - What should I do?

**Options:**

1. Nothing. It’s not really a big deal and it was a joke anyway.

2. Laugh and pretend I don’t care. They obviously didn’t mean it to be mean.

3. Tell my friend that I don’t appreciate him/her sharing my private problems with the whole group, even if was just as a joke. Explain that as his/her friend, my feelings should be more important than getting a laugh.

4. Say something to my friend in front of the group about how that was supposed to be private.

5. Talk to my friend later and find out why he/she made fun of me with private information that I trusted him/her with.

6. Ask a parent, teacher, or trusted adult how to handle this type of situation. Perhaps they can give me advice about what a good friend should or should not do, and how to build trust in friendships.

7. Other:

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Unit 1 - Lesson 6

**Gang**

|  |
| --- |
| After practice, one of your buddies strikes Up a conversation and tells you she/he joined a gang two months ago. Things were OK at the beginning, but now some of the gang members are talking about hurting people. She/he is really concerned that if she/he doesn’t go along with them, she/he might get hurt. |

**What I’m thinking...**

Why is my friend in a gang? - Is this a gang or just friends? - What bad things do they do in this gang? - Does she/he want out? - Is there any way I can help my friend get out? - Will I be in danger if I help her/him (would the gang come after me)? Will people think I’m part of the gang if I talk to my friend or help her/him out? - What kind of danger is she/he in? - Is this true, or is my friend just trying to act tough? - What should I do?

**Options:**

1. Do nothing. It is really none of my business. If my friend wants out, she/he can deal with the problem on her/his own.

2. Keep listening. Maybe she/he just wants someone to talk to.

3. Talk to my friend about it, and ask her/him if she/he wants help getting out of the gang. Is she/he concerned the gang might cause her/him harm?

4. Talk about this with some of my other buddies on the team. Maybe they know more information about what is going on.

5. Talk to my coach, parents or a guidance counselor about the problem. See if they can give some advice.

6. Other:

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Skills into Action

**Supporting a classmate**

|  |
| --- |
| You are at a classmate’s house doing a school project in her/his bedroom. Her/his parents are arguing downstairs. When you ask about it, she/he says her/his parents fight a lot. Quietly your classmate tells you it is getting worse and the other day, her/his dad hit her/his mom. You ask her/him for more information, but suddenly she/he gets really embarrassed and tells you it’s nothing to worry about. You only know him/her from class but you sense that she/he is very upset. |

**What I’m thinking...**

This type of thing doesn’t happen. - It’s none of my business. - I don’t really know her/him. - Is she/he scared? - How can I help? - Should I help? -I can’t believe this is going on. - Should I say something? - Who would I tell? - Why did my classmate stop talking about it? - Is she/he safe? - Is her/his mom safe? - Why is her/his dad so angry? - Can this be true? - Why would my classmate lie about something like this? - If she/he told me about it does that mean she/he wants me to do something? - What should I do?

**Options:**

1. Nothing. It really isn’t my business and I don’t know my classmate very well.

2. Tell my classmate I am always free to listen if she/he needs someone to talk to.

3. Suggest that we can talk to my parents or a trusted teacher to get some advice about the fighting.

4. Talk to my best friend about it, to see if she/he has any suggestions about what to do.

5. Talk to a parent, teacher, or adult about options and advice on how to support my classmate. Perhaps there are community resources I could give her/him to find out more information about how to deal with the situation.

6. Other:

Unit 1 - Lesson 6

**Bullying**

|  |
| --- |
| At recess, a group of your friends start playing a game when the new student at school asks to join. They tell the student he/she can’t play. They have done this many times. Many of them think he/she is not good at sports and do not want him/her on their team. As the new student starts to leave, one of your friends shoves him/her out of the way, and your other friends start calling him/her a loser. |

**What I’m thinking...**

How do we know the new student isn’t good at basketball? - Why can’t he/she just join if it’s only a game at recess? - Should I say something? - If I stand up for the new student, will my friends tell me not to play, too? - If no one else is stepping in, why should I? - I don’t want my team to lose. - Is it ok to join in and exclude him/her from playing? - How would I feel? - Why did they have to shove him/her? - Will there be a fight? - Let’s just get back to playing our game. - How can I shut my friends up? - What should I do?

**Options**:

1. Not say anything, just keep playing.

2. Loudly tell the new student to leave so my friends will leave him alone and they won’t make fun of me, even though I would be ok with him playing the game with us.

3. Say to the new student that we are already in the middle of the game, but that he/she can check back with us after the game is done.

4. Tell the friend that shoved the new student to cool it, and start the game back up.

5. Walk away from the game and say I don’t feel like playing any more.

6. Talk to the new student privately to get to know him/her.

7. Talk to some of my friends privately to see if we can include the new student next recess.

8. Find a teacher to help settle the problem.

9. Othe

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Skills into Action

**Friend and Party**

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| --- |
| You are at a party with a friend. Plans have been made for him/her to sleep at your house after the party and your parents are coming to pick you up in half an hour. Your friend informs you that he/she is having fun and doesn’t want to leave and won’t be coming home with you. His/her parents are expecting him/her to sleep at your house. |

**What I’m thinking...**

Why wouldn’t my friend want to come home with me? - Wouldn’t he/she rather come with me than stay at the party? - Did I do something to make my friend mad? - What will my parents say? - Will they come into the party and make my friend come home with us? That would be really embarrassing. - My friend would be so mad at me. - Will my friend be in trouble with his/her parents if he/she doesn’t come home with me? - Will he/she be ok at the party by herself? - If I tell my friend that I would like him/her to come home with me, will he/she laugh at me? - Should I tell him/her that I’d be upset if he/she didn’t leave with me? - We are supposed to be having a sleepover. - Where will he/she sleep? - Will my friend call his/her parents and tell them the truth? - Will he/she expect me to lie and say he/she slept at my house? - Am I not more important than the party? - Will I be made fun of because I have to leave the party early? - What should I do?

**Options:**

1. Say nothing. Leave the party when my mom comes to pick me up.

2. Make up an excuse to leave and let my friend know I’m going home and he/she can make her own decision.

3. Talk to my friend. Find out why he/she wants to stay longer. Maybe I can call my parents and ask if they can pick us up a bit later.

4. Tell my friend how I feel about him/her wanting to stay at the party. Let him/her know that I am not comfortable leaving him/her alone, but I have to go home.

5. Let my friend know that his/her parents expect him/her to be sleeping at my house. I can’t lie and cover for him/her if he/she stays over at this party,

6. Talk to my parents, an older sibling, or friend. Ask for advice on how to handle this type of situation.

7. Other:

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Unit 1 - Lesson 6

**Building Trust with Parents**

|  |
| --- |
| A few weeks ago your friend threw a big party. Your parents gave you permission to go but you arrived home 45 minutes late for curfew. You have been invited to another party this weekend and you really want to go. Your parents are unsure whether to let you attend because they do not trust you to keep your curfew. You know the party will be great and you will miss out on so much if you are not allowed to attend. Your friend keeps saying that anyone who is not at this is a ‘loser’. |

**What I’m thinking...**

I really want to go to this party! - I probably won’t be allowed to go. - What will I say if I can’t go? - Should I tell my friend that I can’t go? - Is it worth asking my parents for permission? - Is there anything I can do to regain their trust so that I can go to the party? - I don t want to look like a loser for not going. - My parents don’t understand what I will miss by not going to the party. - How can they not see that I’ll be left out and made fun of? - If I talk to my parents about it, will they understand? - How can I make them understand that I made a mistake and it won’t happen again? - What should I do?

**Options:**

1 Do nothing. Pretend that I am going.

2 Let my friend know that I am going away for the weekend with my family Even if I’m not, it is better than saying I’m not allowed to go to the party.

3 Tell my parents that I’m going 10 a friend’s house to do homework, and go to the party.

4. Tell my friend what happened last time I went to a party and that I don’t think I’ll be allowed to go. Ask for advice about how to talk to my parents.

5 Talk to an older sibling or friend. Maybe they have been in a similar situation and can provide you with advice or support.

6 Talk to my parents about the party. Perhaps there is a way to gain their trust again.

7 Other:

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Skills into Action

**Reporting or “Snitching”**

|  |
| --- |
| On the morning announcements in the week someone’s Ipod went missing from their backpack and if any students have information, please come to the office. You noticed your friend had been using an Ipod for the past couple days. When you asked to borrow her/his lpod, your friend quickly put it into her/his backpack and changed the subject. |

**What I’m thinking...**

Where did my friend get the Ipod? - Could it be the one that went missing? -I haven’t seen the Ipod before. - Should I ask her/him about it? - Is it stolen? - Would I have to report it? - Would she/he get in trouble? - How do I know it was her/him for sure? - My friend wouldn’t do something like that, would she/he? - If I told on my friend, would she/he get mad at me? - Would I get in trouble if she/he gets caught and I didn’t tell anyone? - Should I tell the principal or am I ratting out my friend? - What if I say something and it wasn’t my friend? - What would she/he do? - Would my friend know it was me that snitched? - Would we still be friends? - What should I do?

**Options:**

1. Do nothing. It’s not my Ipod.

2. Say nothing. I don’t know for sure if my friend stole the Ipod and I don’t want to be the one who “snitched”.

3. Talk to my other friends. See if they noticed her/his Ipod or know where she/he got it from.

4. Ask my friend about the Ipod. If it seems like she/he stole it, encourage her/him to anonymously return it the office or the student.

5. Tell my friend that I think he stole the Ipod and that he should return it or turn himself in to the principal.

6. Anonymously leave a note at the office or with my classroom teacher telling them what I know.

7. Talk to a trusted teacher or my parents. Ask them for advice about the situation.

8. Other:

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Unit 1 - Lesson 6

**High School Initiation**

|  |
| --- |
| During your first week in high school, you notice that a friend from your grade 8 class keeps getting initiated by older students in the school. Different things have happened to him/her including being shoved in a locker, having obscenities drawn on his/her arms and legs, and getting cruelly yelled at down the hallway. They always tell your friend it is part of being in Grade Nine and to shut-up and take it. Last time you witnessed this, one of the older students saw you watching and said, “You are next.” |

**What I’m thinking...**

Why are they doing this? - Should I step in and help my friend? - Is Grade Nine initiation normal? - Will they physically hurt him/her? - Did my friend do something annoy the older students? - Will they come after me next? - If they do come after me, should I just put up with it or should I defend myself? - Are other students getting initiated? - My teachers tell me that initiation is not accepted at this school - Why is it happening? - Should I talk to someone about this? - What should I do?

**Options:**

1 Do nothing. They are not bothering me yet.

2 Say nothing. If I keep my head down, maybe they won’t pick on me.

3. Avoid walking down that hallway so the older students won’t initiate me.

4. Anonymously leave a note at the office or with one of my teachers telling them what I witnessed. Hopefully they will get involved without anyone knowing I told.

5 Talk to my friend about getting initiated. Encourage him/her to talk to a teacher or the principal.

6. Talk to other friends about it. Find out if they have experienced the same thing.

7. Talk to a trusted teacher or parent about initiation. Ask them for advice about how to handle the situation or help someone who is being initiated.

8. Other: