

Camfel Productions
presents

THE GOLDEN RULE

Teacher's Discussion Guide

THE GOLDEN RULE

Discussion Guide

CAMFEL'S MESSAGE:

Empowering individuals to stand on a foundation of character values and encouraging them to act responsibly when faced with tough decisions.

When studying for a test, the amount and quality of input directly affects output. The same is true with character. What goes into the mind and heart of a student is reflected in their actions and behavior. So, with the absence of good role models and character education, why do we question student behavior when we see what they are putting into their minds? Character values are the foundation of how we think and act.

Here at Camfel Productions our mission is to be a messenger of hope to a generation in desperate need of positive, life-altering influences. We want to help your students realize their worth by building up their character...character that is built on a foundation of integrity and trust.

PROGRAM OVERVIEW:

THE GOLDEN RULE addresses students' willingness to misbehave in class, or be rude and mean to others, in order to gain popularity or respect from their peers. The presentation demonstrates that "true" respect is earned over time. Students will be presented an alternative to negative behavior. They'll discover that "true" respect is gained as they do well in class and when they build up others instead of being mean. Basically, "true" respect is earned when we treat others the way we wish to be treated—following The Golden Rule.

OBJECTIVES:

THE GOLDEN RULE helps student recognize that "true" respect isn't something you just get, it's something you earn. Too many believe they can get respect by looking tough, cheating, or bullying others. THE GOLDEN RULE helps students realize that "true" respect is defined by their character. Your students will discover that the pursuit of respect is a lifelong journey sustained and proven by their actions every day. They will discover that by following THE GOLDEN RULE they will develop good friendships, do well in school, and earn the respect of those around them.



Pre-Show Discussion Session

Preparing for the Assembly

A message to the instructor:

In a short time your students will be viewing a tremendous program called THE GOLDEN RULE. We have provided some short discussion sessions for you to use before and after the presentation. These sessions will help you increase the effectiveness of this learning experience. Please feel free to use your creativity to enhance this learning experience as you adapt it for your students.

A few pre-assembly discussion ideas:

Soon we will be seeing a program called THE GOLDEN RULE but before we go to the assembly, we need to talk about a few ideas that will be presented.

The Golden Rule is treating others like you wish to be treated.

Talk about:

How do you follow the Golden Rule with your words?

How can you follow the Golden Rule while playing a sport?

How can you follow the Golden Rule when you encounter a bully?

Too often, in our attempts to gain the respect of those around us we get involved in saying or doing wrong things. We demonstrate our respect for others and ourselves through our actions each day.

Cool Thought::

Respect for ourselves guides our morals, respect for others guides our manners.

Concluding comments:

Our ability to listen to others, speak encouraging words, and desire to treat others fairly says a lot about how much we respect them and ourselves. We'll discover that "true" respect is earned as we follow the Golden Rule. When we treat others the way we would like to be treated we'll develop close friendships and gain the respect of those around us.



Discussion Session #1

Summary of the Program

Sections of the Program to Discuss:

1. **Adventures in Virtues:** Plato is settling a disagreement between Arie and Sock when Annie and Zack interrupt to discuss their problem. Plato reminds them that they are being disrespectful. He asks Zack and Annie to wait their turn. Talk about the importance of being considerate of others and how we demonstrate our respect for others when speaking or asking questions in a group setting.
2. **Auto B Good:** EJ is an excellent soccer player. However, during this game he is trash talking the other team. He receives a yellow card and then the red card for his negative attitude toward those on the soccer field. He is ejected from the game. We respect people like EJ who are good at a sport but we don't respect them when they disrespect others. How should someone like EJ demonstrate the Golden Rule on the soccer field?
3. **Bullying & Negative Behavior:** Too many think they will be respected if they are popular. To become popular, some use foul language, show off new clothes or electronic gadgets, tell jokes or speak in class when they are not supposed to or mock others to get a laugh. Talk about how to apply the golden rule to the above situations or other types of things students do to get attention or appear popular.
4. **Donny Robinson—BMX Racer:** Donny Robinson started BMX racing when he was eight years old. He was smaller than most of the other riders. Several people told him that he could never make as a professional BMX racer because he was too small. This hurt Donny's feelings but he was determined to do well. He went on to become a four-time national champion and Olympic medalist in BMX racing. Discuss the how self-respect and the determination to succeed can help you overcome bullying.
5. **Challenger Baseball Program:** The Challenger Baseball league is a baseball program for students with special needs. The program gives these students an opportunity to be a part of a team. Additionally, it gives teenagers in the local schools the opportunity to become a buddy to these students and make a difference in their lives. The buddies learn the power of mutual respect, seeing first-hand how someone who experiences bullying, criticism, or strange looks reacts when someone takes time to get to know them and befriends them through this sporting event. Talk about how helping others can improve their lives and improve the respect you have for yourself and those around you.

Concluding comments:

We respect those who make others feel better about themselves. Those who follow the Golden Rule. No one said it was going to be easy. But you'll find greater satisfaction in life when you treat others the way you wish to be treated. When you follow the Golden Rule you'll discover you have better friends and the respect of those around you.

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Discussion Session #2

Using Words You Like to Hear

Activity:

Materials Needed: Blank Paper, Pen

Everyone likes to hear encouraging words. But sometimes the traditional “Good,” “Very good,” and “Fine” don’t quite express enough. Have the students make a list of encouraging words or phrases they would like to hear from their teacher, their friends, and their parents.

Communicate the following:

“Kind words can be short and easy to speak, but their echoes are truly endless.”
Mother Theresa

The words we choose to use when speaking with others express our respect for them. Those words can encourage, comfort, or build others up. Or, your choice of words could tear them down or make them feel bad. You see, spoken words can have a lasting impact on the lives of others causing them to feel bad or motivate them to excel and reach for their dreams.



Talk about the following:

1. Talk about a time you saw someone being cut down or criticized with words. How do you think you would have reacted if you were that person?
2. When someone encourages you with their words, how does it make you feel? How likely are you to continue doing the activity they encouraged you at doing?
3. Why is it easier to cut others down with our words than it is to build them up?

Concluding comments:

The next time anyone asks, “How are you?” respond with an energetic “Great!” or “Fantastic!” First, it will be hard for you to do without a smile on your face, and you are likely to get one back. Second, you will likely feel a physical response of increased energy. Your words will send a message to your mind that will be consistent with feeling Great! Or Fantastic! Finally, see how the Golden Rule works. Take note concerning the power of these types of words. How did these words alter your day, your outlook on life, or improve the mood of those you contact each day? You see, your mood or your words can change how others feel. Let’s decide to use those words with others that we would like to hear ourselves.

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Discussion Session #3

Treating Others Fairly

Activity:

Materials Needed: School Yearbooks

Get a few of your school yearbooks from the 90's, 80's, 70's or older if you have them. Have your students check what students' thought was "cool" back then. Note: An alternate to yearbooks are rock albums from the 60's to the present.

How did the perception of what is "cool" change through the years? Those students and styles were popular then. How would they be seen today? What do students think is "cool" today that students twenty-years from now will think is funny?

Communicate the following:

Did you know that high heeled shoes, worn primarily by women today, were commonly worn by men several hundred years ago? It's true. Look at pictures of various Kings from 1600-1800. Then check out some of the other odd types of clothes they wore. Imagine someone walking around today wearing what was really "cool" back then.



Questions to Ponder:

1. Why do we think it's important to have the "right" clothes or shoes?
2. Do our clothes, shoes or gadgets we own define who we are inside? Why or why not?
3. Why do people pick on those who don't have the latest "cool" clothes or shoes?
4. How can you apply the Golden Rule to having the latest "cool" stuff?

Concluding comments:

It's not fair to mock or put someone down simply because they look or act differently than we do. That's disrespectful. We need to treat others the way we would like to be treated. The world would be boring if everyone looked, talked, and acted exactly the same. Differences, those unique things about us need to be appreciated, built up, and enjoyed.

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Discussion Session #4

Seek First to Understand then Be Understood

Activity:

Materials Needed: Paper, Pencil, Whiteboard

Write four simple math problems on the board. For example, $5+4$, $3+4$, $1+3$, $3+2$. Read the following statement only once: **Please tell me the following: What number will I have if I add the answer from the second problem with the third?** Do not repeat the question.

The answer to the numbers given above: $7 + 4 = 11$.

How well did you students do at listening and understanding your instructions?

Communicate the following:

Most people believe they are good listeners without considering the important differences between hearing and listening. The ability to hear is important to listening but listening means paying attention and making a conscious effort to process what you hear. It's one of the most important skills you can develop to have successful relationships in life.



If you're like most people, you probably seek first to be understood; you want to get your point across. And in doing so, you may ignore the other person completely, pretend that you're listening, selectively hear only certain parts of the conversation or attentively focus on only the words being said, but miss the meaning entirely.

Discuss the following: Why is it important to _____:

1. Pay attention to the person talking.
2. Show that you're listening. What should you be doing while they are speaking?
3. Provide feedback. How can you show you are getting it?
4. Allow them to complete their statement before responding.
5. Respond appropriately by giving a response that you would want someone to give you.

Concluding comments:

What do you hope will happen when you are speaking to those around you? Yeah, you want them to hear you but, more importantly, you wish for them to understand you! One of the greatest needs of a human being is to be understood, to be affirmed, to be validated, and to be appreciated. Good listening requires complete focus on what the other person is saying.

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Discussion Session #5

Talk about others the way you'd like others talk about you.

Activity:

Materials Needed: Pencil, Paper

Divide the students up into groups of roughly ten each. Have them whisper the following message from one person to the next:

Beverly saw Sandra with Ben at 2:45 Saturday afternoon sitting real close together at the movies eating popcorn and mints in the third row.

The last person in the group needs to share it with the remainder of the class. When information is passed verbally from one person to the next, it's easy for the message to get distorted. The line between truth and fiction becomes blurred. It's not done on purpose, it simply happens. We need to be very careful in how we relate information about others to our friends and family.

Communicate the following:

Webster's Dictionary defines gossip as: *Idle talk or rumors, especially about the private affairs of others.*

We can demonstrate our respect for others in how we talk about them when they are not present. However, too often, when talking about those not present, well, that talking leads to spreading rumors. And those rumors get distorted and become filled with half-truths as they are passed along.

1. What do we gain by spreading rumors?
2. Do we respect those who tell rumors or talk poorly about others?
3. Gossip is a form of bullying. It is used to get others to think negatively about someone. What should we do when we hear someone spreading gossip?

Writing Exercise:

Have the students write about the following:

- ▶ How might a gossip be trying to control you with their negative comments?
- ▶ How would you feel if others were spreading gossip about you?
- ▶ What can you do when you hear someone spreading gossip?

Closing comments:

The way we speak about others when they are not present demonstrates the level of respect we have for them. We need to talk about others the way we would like them to talk about us.

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Discussion Session #6

We Respect Those who Follow the Golden Rule

Activity:

Materials Needed: None

Have the students talk about the heroes portrayed in movies they have seen. Discuss what these characters have done to be considered a hero.

Next, discuss the various behaviors of the villains portrayed in the movies they have seen. Talk about what these characters have done to be considered a villain.

How is the hero following the Golden Rule? How is the villain not following the Golden Rule? Which character do we respect and admire? How is the villain similar to a bully?

Communicate the following:

We respect those who stand up to bullies. We respect those who help those who are being bullied. We call them heroes. We admire them for their courage and their willingness to help. If you see someone else being bullied, you should always try to stop it by telling an adult. If you do nothing, you're saying that bullying is okay with you. It is always best to treat others the way you would like to be treated.

Writing Exercise:

Have the students create their own Hollywood film:

1. Create a villain for their story. What does the villain want from others?
2. How are people being bullied by the villain? Why are they finding it difficult to get help?
3. Describe your hero. Does your hero have special powers?
4. How will your hero save the people from your villain and how do they respond to their hero?



Closing comments:

Remember, the Golden Rule is treating others the way you wish to be treated. With that in mind, what would you like others to do if they witnessed you being bullied? You bet. You'd want them to tell an adult. You should show the bully that you think what they're doing is hurtful and mean. Be a hero. Help the person being bullied by getting them some help.