

## Example of BRAVE Program for Classroom

- Introduction (Introduce yourself)
- Thank the classroom teacher for having you.
- Ice Breaker (Ask the students to shut their eyes and put their heads down. Tell the students to raise their hand if they have ever been bullied. Keep your hand up. Now ask the students to raise their hand if they have seen someone being bullied. At this point have them OPEN their eyes. Look around the room. Talk about the fact that bullying affects everyone. Look around.
- Tell why you are here (To talk to the students about Bullying)
- Tell the name of the program BRAVE and what it stands for.
- If you have a personal story about being bullied ...this is a good time to tell your story.
- Give facts about bullying.
- Treat Everyone with Respect (See first page)
- What to Do if You're Bullied (See first page)
- Protect Yourself from Cyberbullying (See first page)
- Stand up for others (See first page)
- Great time to show a video or read a book to classroom
- Ask the students to make a pledge (See "Pledge" Page) and Challenge the students to help make their school a Bully Free school! Another way the classroom can sign the "pledge" is to bring a white poster board with the BRAVE logo in the middle. Have the students recite the pledge and sign the poster board. You then can leave the poster board in the classroom as a reminder of their pledge.
- Thank the students and teacher again for having you in her classroom.

### Things to remember:

- Speak slow and loudly.
- Stick to the facts provided. Sometimes your opinion might not be the best advice for a child, so it is important to stick to the facts.
- Make the program "your own". If you have a personal story, share your story if the audience is age appropriate.
- Be sure to personally thank the teacher and administration when you leave for having you.