

## **Be SAFE Safe, Affirming & Fair Environments**

### **Sample Program Plan**

**Objective:** Promote social and emotional learning and development and to address and reduce bullying.

**Audience:** Youth ages 11-14

**Lesson Time:** Each lesson is approximately 1 hour

**Lesson 1:** Icebreaker

Essential Activity: Creating Guidelines for our group, pg 37

**Lesson 2:** Essential Activity: What Makes Bullying Real for You?, pg 51

Going Deeper Activity: Exploring Spheres of Influence, pg 57

**Lesson 3:** Essential Activity: And Words (and Images) Can Hurt Forever, pg 71

Extending Our Learning Activity: Steps to Cyber Safety, pg 83

**Lesson 4:** Essential Activity: Moving to Circles of Support, pg 149

Going Deeper Activity: Speaking Up and Standing With: Skills for Being an Ally, pg 155

**Lesson 5:** Essential Activity: Creating a Safety Plan, pg 173

Going Deeper: Standing Up: Assertive Versus Aggressive Responses, pg 177

**Lesson 6:** Essential Activity: Seeing Is Believing- Or Is It?, pg 189

Going Deeper: Wake Up and Smell the Messages, pg 195