



Independence Youth Court
Serving the youth of Independence since 1985

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This booklet, once completed, may be worth from 1 to 6 hours of community service. The number of hours YOUR completed booklet will be worth is entirely dependent on the quality and detail of your work.

***The number of hours credited for your completed booklet will be determined by Youth Court's adult court Judge, and Youth Court staff.**

The booklets must be turned in no later than 6 days after your court date to receive credit. Late booklets will not be credited. Please put your email and phone number on the booklet to be notified of the credit.

Learning with the Club Crew

A great activity to think about how decision making and bullying.

First: Read each one of the Club Crew member introductions.

Next: read the questions for EACH Club Crew member and answer all of the questions on each page.

Then: Pick one or more Club Crew member who you feel the most connected with and answer these questions:

- Which Club Crew member did you choose?
- I feel connected to this crew member because _____.
- How does this crew member feel about bullying?
- What advice would you give the Club Crew member about bullying?



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Brad

Hey, you. Yeah, you. I'm Brad. Rhymes with bad. You know what my favorite thing is? Making babies like you cry. Don't even think about telling the teacher I said that. If you do, I'll give you something to really cry about.



- **What are some reasons that Brad might behave badly?**
- **Brad says his favorite thing to do is, "Make others cry." How do you think kids feel when they are treated that way?**
- **Brad's name may rhyme with bad, but it also rhymes with glad! What can Brad do to make others glad? How can he show respect?**



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Carmen

iHola! I'm Carmen! Not many people know this, but I have epilepsy. The signals in my brain get mixed up. Sometimes I space out. I take medication so it hardly ever happens anymore. But once it happened at school. Some kids made fun of me. I felt so bad. I don't want anyone to feel that way.

When I see kids picking on other kids, it makes me so mad! Usually I just grab some friends and we march right over and say, "stop it!" Together we can stop bullying.

- **Carmen has been made fun of because she spaced out once at school. Instead of teasing Carmen, what could kids have done to include her?**
- **When Carmen sees kids being picked on it makes her mad. How do you think it feels to be the person who gets picked on?**
- **What are some ways to stop bullying?**



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Chandra

Hi. I'm Chandra.

I just moved here with my mom and dad and little brother. He has autism. I don't really know many people yet. But I see a lot of things going on. Like kids being picked on because they're different.

It's just wrong. I try to stop it--even if I feel afraid. Two things I know for sure: Nobody likes bullying, and everyone deserves respect.



• Chandra says she has been picked on for being different, but differences are what make us unique! What would the world be like if everyone was the same?

• Chandra tries to stop bullying even when she feels afraid. Why is it sometimes scary to do the right thing?

• Everyone deserves respect, just like Chandra says. How can everyone show others respect and kindness?



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Jay

Hi, I'm Jay.

Yep, I use sign language. That's because I'm hard of hearing. My hearing aids help a little, but I don't hear like most people. When I talk, people have trouble understanding me sometimes. But you know what's cool? I can read lips! It's, it's like being a super spy!

Maybe you could come over sometime. We could watch TV! I could show you how closed captioning helps me understand what they're saying.



• Jay is hard of hearing, but he can read lips like a super spy! Our differences make us special. What are some ways that our differences make the world better?

• What are ways to celebrate everyone's unique qualities?

• Sometimes kids are bullied because they are different. No one deserves to be bullied! Instead of hurting someone who is different than you, how can they be included?



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Mickey

Hi! I'm Mickey. I have Down syndrome. Sometimes when I talk, you might not understand me. But I usually understand you. In school, I am in special ed classes.

I LOVE baseball. I even won a medal! Cool!



- **Mickey is great at baseball and he has even won a medal! We are all good at different things. What is something you are great at doing?**
- **Kids are sometimes mean because they feel jealous. It's okay to wish you had a medal like Mickey, but it's not okay to hurt someone to make yourself feel better. What are positive ways to handle negative feelings?**
- **If you saw someone being unkind to another person because of jealousy, what could you do to help?**



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Molly

My name is Molly! Want to play with me at recess?

I like it when kids have fun together. Sometimes I see kids being picked on, and I feel scared. I want to make it stop, but I don't know what to do. Do you ever feel that way? No one has picked on me yet. I don't know what I would do if they did. Usually I try to hang around with my friends, 'cause together we're amazing!



- **When Molly sees kids being picked on, she feels scared. How do you feel when you see bullying?**
- **Molly hasn't been picked on before, and she doesn't know what she would do if it happened to her. What can Molly do if she is ever bullied by someone?**
- **How could Molly and her friends work together to help stop bullying at their school?**



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Mrs. Bridge

Hi! I'm Mrs. Bridge. I'm so glad you're here! I hope you have fun and learn a lot about how to stop bullying.

I have a little secret. When I was your age, kids picked on me. It's true! That's because I had a disability called ADHD. That's short for "attention deficit hyperactivity disorder." I even landed in trouble with my teachers. And now I am a teacher!



- As a teacher, Mrs. Bridge is a trusted adult who students can talk to about bullying. Why is it important to talk with an adult?**
- Someone might bully because they think adults don't care about bullying. But the truth is adults care a lot, just like Mrs. Bridge! Is it tattling to tell a teacher about bullying?**
- How can students work with their teacher to stop bullying in their school?**



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Matt

I'm Matt. You got something to say?

Hey, I'm better at sports than you'll ever be. Hit a grand slam in Little League last year. I scored the winning run! Bet you couldn't do that in a million years. I'll probably do it again this year, if I feel like it. Yeah, I'm the best hitter on the team. On any team. Better'n you, that's for sure.



- **Matt says that he is better than everyone at sports. How do you think other students feel when Matt tells them they are bad at sports?**
- **Instead of being hurtful to others about their athletic skills, how could Matt be helpful?**
- **What are some ways for teammates to include everyone to make them feel valued?**



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Nick

Hi, I'm Nick.

Am I the only one who isn't sure what to do when someone's being bullied?

I wish people could just get along like me and my friends. Sometimes I see a kid being picked on and I don't know what to do. I feel really bad. Should I tell? Should I try to stop it? If I do, will the kids doing it come after me? Or will I be blamed? I want to do something, but sometimes I just feel helpless.



- Nick isn't sure what to do when someone is being bullied and sometimes he feels helpless. One idea Nick had for stopping bullying was to step in. What would you say to someone you saw bullying?**
- It's not always safe to step in when someone is being bullied. What else could Nick do to help?**
- Nick wishes everyone could get along. How could Nick and his friends spread friendship and kindness in his school?**



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Pip

My name is Pipsqueak. You can call me Pip!

Before I came here, I lived in a pet shop with about a gazillion other hamsters. I was the littlest one. Boy, did the other hamsters let me know it! They teased me and called me names. Hamsters can be so mean! That's where I learned something about bullies: They just want you to cry and feel bad so they can feel powerful. Know what I did when I was picked on? I just twitched my nose and said, "Pifflesticks!"



- **When Pip lived in the pet shop, he was teased and called names. How do hurtful words make kids feel?**
- **Pip says that bullies just want to make you cry and feel bad so they can feel powerful. Can showing kindness make someone feel powerful?**
- **When Pip was bullied, he just twitched his nose and said, "Pifflesticks!" What else could you do if you were being bullied?**



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Sally



Hi, I'm Sally! I have cerebral palsy. My muscles don't always do what I want them to do. But I have this cool red wheelchair. I can go just about anywhere and do almost anything. Last summer I even went to camp and went horseback riding! It was so fun.

Do you like computers? I do. A lot! You should see me surf the Web and play adventure games. I'm awesome!

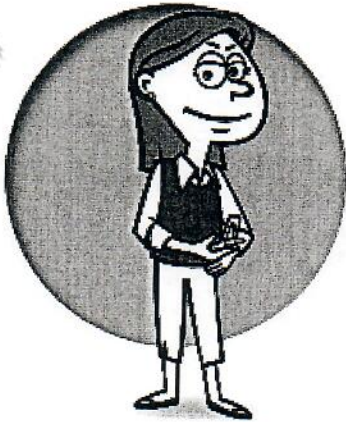
- Sally's muscles don't always move the way she wants them to, but she still likes to have fun and play like every other kid! What is a fun activity you could invite Sally to do with you?
- If Sally was ever bullied because of her differences, what could she do?
- How can others be there for Sally if she is ever bullied?



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Shannon



I'm Shannon—but I'm sure you already know that. Don't you think I'm, like, the coolest girl in school? I do. Do you like my new cell phone? Maybe I'll use it to take a picture of that new girl. I could post it on the Internet with a message about what a loser she is.

Good thing my older sister, Marla, and her friends haven't thought of doing that to me. They are, like, so mean! Marla even told one of my friends that I still suck my thumb at night. I do not!

- Instead of excluding other students, how could Shannon make someone, including new students feel welcomed?
- Hurting someone is never cool! How could Shannon be a leader against bullying in her school, rather than take part in it?
- What is something Shannon could do next time Marla and her friends hurt her feelings by spreading rumors?



Meet the Club Crew!

PACER's Kids Against Bullying Club Crew is a group of students, a teacher, and a hamster who all care about bullying prevention. The Club Crew has been in a lot of different bullying situations and now they want to help others!

Help the Club Crew fill in their yearbook! Read through each crew member's introduction at the bottom of PACER's Kids Against Bullying homepage to learn more about them. Once you have read their introductions, write each crew member's name underneath their picture!

Website: PACERKidsAgainstBullying.org





Scavenger Hunt

The Kids Against Bullying website is a great place to learn about bullying prevention and discover ways to take action! It covers topics such as what bullying is, what to do if you are being bullied, and ways to take action if you see bullying.

Explore the Kids Against Bullying website to learn more about this important issue. Then answer the questions below based on what you have learned!

Website: PACERKidsAgainstBullying.org

How do you know if a behavior is bullying? _____

What defines someone who bullies?

Write down two things you can do if you see bullying:

1. _____

2. _____

What is one way you can join the cause?



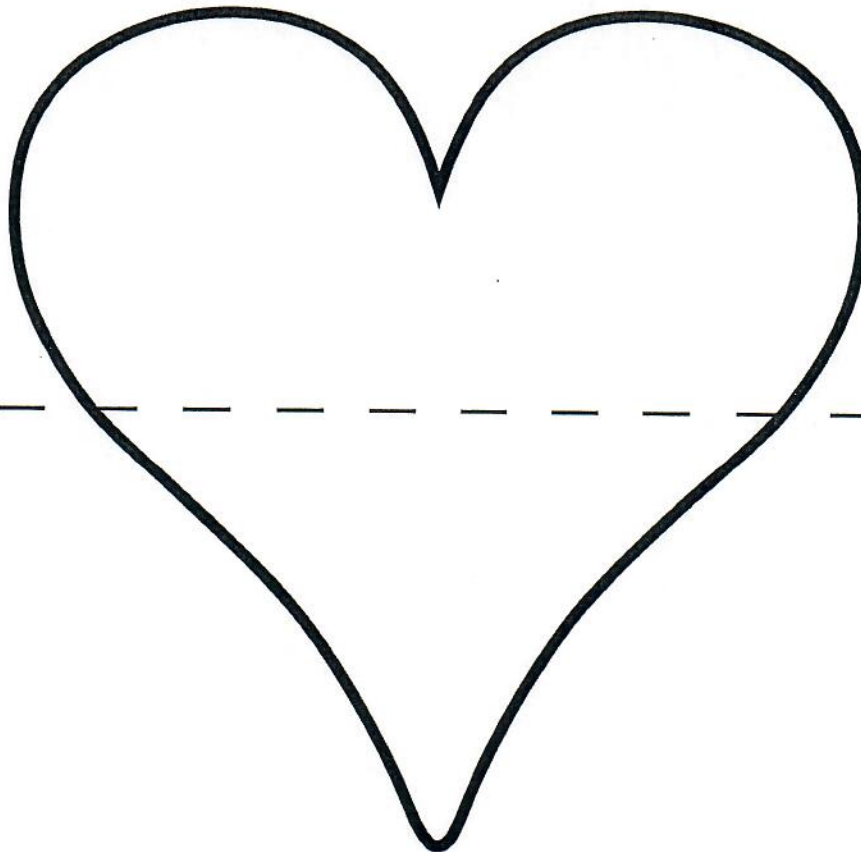


Thinking About Feelings

Our words and actions can leave a lasting mark! Kids who are bullied often feel alone – let them know that someone cares!

On the top half of the heart, write positive behaviors that make others feel good. This can include ideas to spread kindness, support someone being bullied, and include others.

ON the bottom half of the heart, write negative behaviors that may hurt. This can include bullying behaviors or things that might make bullying worse.



Behaviors can have a positive or negative effect on friends, classmates, and others. As a Kid Against Bullying, remember to use above the line, positive behaviors, especially if you see someone experiencing bullying!





What Would Pip Do?

Before joining the Kids Against Bullying Club Crew, Pip lived in a pet shop with about a gazillion other hamsters. He was the littlest one, and was often teased and called names. After experiencing bullying, Pip now speaks up against bullying! He knows it's important to reach out to those being bullied and be a friend.

Imagine you saw a classmate that was being bullied by another student. What could you do to help? Think about what Pip might do or say when answering the questions below. He even shared a few examples to help you get started!

Is...

(What is a helpful action?)
Speaking up

Looks like...

(What would you do?)
Invite them to sit with you at lunch

Supporting someone being bullied...

Sounds like...

(What would you say?)
I'm here for you!

Is not...

(What is something that makes the situation worse?)
Joining in with the bullying



K.I.N.D.N.E.S.S Poem

Kindness is something that everyone can share – and it makes a difference! Write a word or line of poetry that starts with each letter in the word **KINDNESS**. It can be about helping others, making a difference, or being a good classmate.

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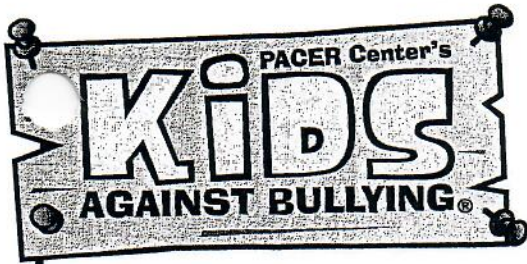
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Take the Pledge

**I am a Kid Against Bullying!
And I will:**

SPEAK UP
when I see bullying

REACH OUT
to others who are bullied

BE A FRIEND
whenever I see bullying





Dealing with Anger

You can handle your angry feelings:

1. Cool off, stay calm.

- ⊗ Count to ten.
- ⊗ Walk away.
- ⊗ Take a deep breath.
- ⊗ Use calming self-talk.

2. Give yourself some time to sort things out.

- ⊗ Write the problem down on paper.
- ⊗ Think it through.
- ⊗ Talk it over with a friend or adult you trust.

3. Turn your angry energy into a change for the better.

- ⊗ Tell how you feel to the person making you angry.
- ⊗ Channel your angry energy into a physical activity.
- ⊗ Try to solve the problem.
- ⊗ Try to accept situations you can't change.

ANGER BEHAVIORS



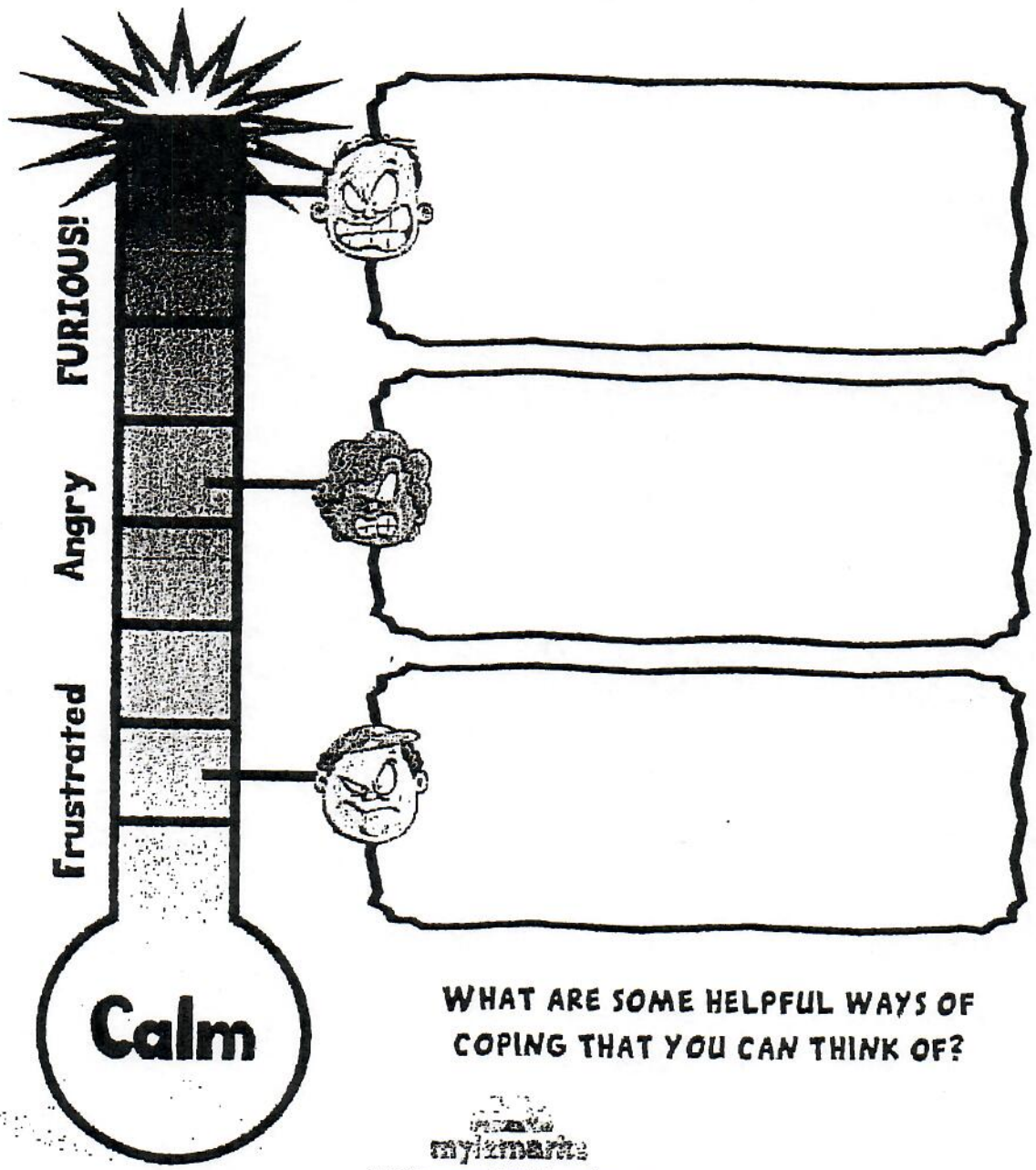
Place a check mark next to how often you show these behaviors whenever you feel frustrated or angry.

	NEVER	SOMETIMES	USUALLY
Yelling and screaming			
Slamming doors			
Walking or running away			
Throwing objects			
Crying			
Backtalking			
Hurting others physically			
Hitting or punching things			
Name-calling or insulting			
Swearing or using foul language			
Avoiding the other person			
Using threatening words or actions			
Making comments under breath			
Shutting down or withdrawing			
Posting on social media			
Getting back at the other person, sneakily			
Making insulting gestures			

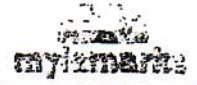
What are some *positive* ways that you cope with your anger?

ANGER THERMOMETER

WHAT ARE SOME THINGS OR SITUATIONS THAT MAKE YOU FEEL FRUSTRATED, ANGRY, OR FURIOUS?



WHAT ARE SOME HELPFUL WAYS OF COPING THAT YOU CAN THINK OF?



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