



COMPASSION IN ACTION

BULLYING PREVENTION

Nobel Peace Laureates Mentoring Youth to Change the World
TEACHERS GUIDE FOR STUDENTS 12-18





11200 Ralston Road • Arvada, CO • 80004
tel (303) 455-2099 • fax (303) 455-3921 • info@peacejam.org • www.peacejam.org

Dear Educator or Group Leader:

We are proud to present PeaceJam's powerful and unique Bullying Prevention Program for young people ages 12-18. **Compassion in Action** takes your students and school community on an engaging journey that explores bullying from a personal, social, and institutional perspective, builds their skills and understanding, and provides them with insights and lessons from amazing heroes of peace from around the world.

PeaceJam is the only youth development program led by 13 Nobel Peace Laureates. Students will learn about five of them through the **Compassion in Action** program: the Dalai Lama from Tibet, Rigoberta Menchú Tum from Guatemala, Desmond Tutu from South Africa, Jody Williams from the United States, and Shirin Ebadi from Iran (check out PeaceJam's full curricular programs that feature all 13 Nobel Peace Laureates at Peacejam.org).

The PeaceJam Foundation has been nominated for the Nobel Peace Prize and received the Man of Peace Award for its award-winning youth programming. PeaceJam also received the Outstanding Service-Learning Award for this innovative approach to engaging youth as change makers.

The curriculum is flexible, allowing schools and youth organizations to adapt it to their anti-bullying policies, academic schedules, and school climate, while meeting the best practices of Bullying Prevention. **Compassion in Action** can be implemented over **7 months, 7 weeks, or 7 days**, depending on the school's needs.

Schools participating in **Compassion in Action** are invited to attend a PeaceJam Youth Conference with a Nobel Peace Laureate and to host a **Day Without Hate** event in their school or community on **the last Friday of April**.

The PeaceJam Foundation and its regional offices (see www.peacejam.org for listing) are available to support you in the implementation of this exciting curriculum.

MEMBERS OF THE PEACEJAM FOUNDATION

The Dalai Lama • Betty Williams • Rigoberta Menchú Tum • Oscar Arias
Desmond Tutu • Aung San Suu Kyi • Máiread Corrigan Maguire • Adolfo Pérez Esquivel
José Ramos-Horta • Jody Williams • Sir Joseph Rotblat (Emeritus) • Shirin Ebadi • Leymah Gbowee

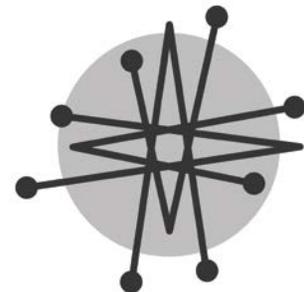
Nobel Peace Prize Winners Mentoring Youth to Change the World

With 20 years of experience around the world, the PeaceJam Foundation is a leader in developing engaged, informed, and compassionate young leaders who are addressing the root cause of issues in their local and global communities - including bullying, ignorance, and injustice - to build friendships, collaboration, and acceptance.



PeaceJam students working to address school violence with Nobel Peace Laureate Desmond Tutu

The mission of PeaceJam is to create young leaders committed to positive change in themselves their communities and the world through the inspiration of Nobel Peace Laureates who pass on the spirit, skills, and wisdom they embody.



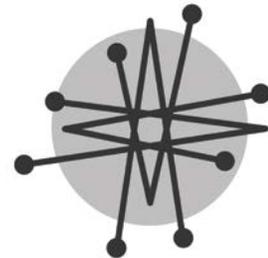
Our Impact

Positive Change. Powerful Impact.

- **1.2 million young people** worldwide have participated in PeaceJam programming.
- **PeaceJam Curriculum** has been implemented in over **20,000 schools in 39 countries**.
- **Hundreds of Youth Leadership Conferences** have been held, connecting young people directly with Nobel Peace Laureates.
- **Millions of new service projects** have been developed by PeaceJam youth activists addressing issues of violence and injustice.
- PeaceJam has **created thousands of new leadership and volunteer opportunities** for young people and adults in their local communities.

Impacts of our programs include:

- Evaluations have shown that **incidents of violence decrease** in schools and community-based organizations where PeaceJam programs are implemented.
- Evaluations have shown that young people who participate in PeaceJam programs show statistically significant gains in:
 - **Academic skills & knowledge**
 - Moral development
 - **Understanding of social justice**
 - Life purpose
 - **Compassion, altruism & empathy**
 - Acceptance of diversity
 - **Increased school & community engagement**
 - Social emotional skills such as self-awareness, social awareness, and responsible decision-making
 - **Commitment to positive action**

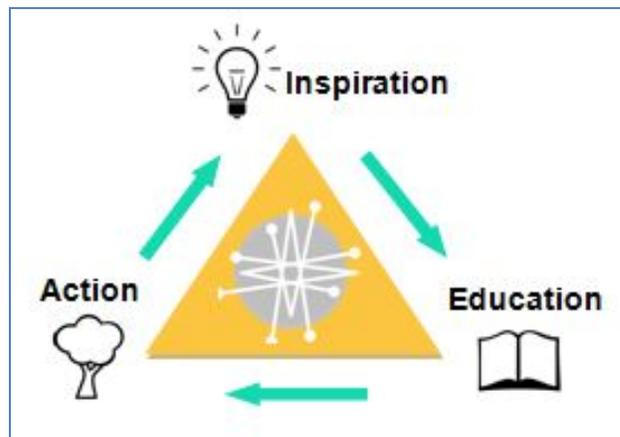


Our Formula

3 Pillars of PeaceJam's Award-Winning Programs

EDUCATION: Curriculum for young people of all ages that fosters new skills and knowledge, as well as a deeper understanding of the factors that shape positive youth development and create inclusive communities.

INSPIRATION: Nobel Peace Laureates whose wisdom and experience inspire young leaders to create positive change. Each Laureate's choice to stand up against injustice and oppression in their own communities inspires young people to respect each other and work together to address the issues they are most passionate about.

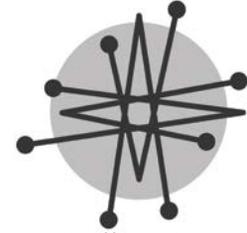


ACTION: Engaging young people as change agents in their schools and communities, giving them the tools they need to address the roots of hate and intolerance in their schools and communities. Students contribute to PeaceJam's One Billion Acts of Peace -- an international citizens' campaign led by 13 Nobel Peace Laureates and designed to tackle the most important issues facing our planet.

Schools participating in PeaceJam's Bullying Prevention Program are invited to host a **Day Without Hate** event in their school or community on **the last Friday of April**. We have all the tools you need to host a powerful day of solidarity and inclusion! Visit daywithouthate.org for more information.

Our Role Models

13 World Leaders for Peace



The Dalai Lama was awarded the Nobel Peace Prize in 1989 for his nonviolent efforts to resolve the Tibetan conflict and for his worldwide role as a man of peace and advocate for the environment.

Betty Williams, along with Máiread Corrigan Maguire, was presented with the Nobel Peace Prize in 1976 for her efforts to create a grassroots movement to end the violence in Northern Ireland. She currently serves as the president of World Centers of Compassion for Children.

Rigoberta Menchú Tum was awarded the Nobel Peace Prize in 1992 for her work as a peaceful advocate of Indigenous people's rights in Central America and for her leadership among Indigenous peoples worldwide.

President Oscar Arias Sánchez, former President of Costa Rica, was awarded the Nobel Peace Prize in 1987 for his efforts to negotiate a peaceful resolution to the years of conflict and war in Central America.

Archbishop Desmond Tutu was awarded the Nobel Peace Prize in 1984 for his courageous leadership in efforts to find a nonviolent solution to the conflicts over the policy of apartheid in South Africa.

Aung San Suu Kyi was awarded the Nobel Peace Prize in 1991 for her nonviolent leadership of the democratic opposition in Burma, following the principles of Gandhi. She was under house arrest four times from 1989-2010

Máiread Corrigan Maguire, along with Betty Williams, was presented with the Nobel Peace Prize in 1976 for her efforts to create a grassroots movement to end the violence in Northern Ireland. She continues to work for peace and understanding in Ireland and around the world.

Adolfo Pérez Esquivel was awarded the Nobel Peace Prize in 1980 for his leadership for human rights and true democracy for the people of Latin America.

President José Ramos-Horta was presented with the Nobel Peace Prize in 1996 for his sustained efforts to end the oppression of the East Timorese people.

Shirin Ebadi was awarded the Nobel Peace Prize in 2003 for her efforts for democracy, peace, and women's right in the Middle East.

Leymah Gbowee was awarded the Nobel Peace Prize in 2011 for her nonviolent efforts to end the civil war in Liberia.

Our Programs

Each PeaceJam program includes curricular activities that enhance both the academic and social-emotional skills of participating students, fostering the essential skills necessary to create positive change in the world.



PeaceJam Juniors: Easy to use literacy-based curriculum that explores the lands, lives, and lessons of 13 heroes of peace with a step-by-step guide for engaging youth ages 5-11 in service.

PeaceJam Leaders: For youth ages 11-14, this program explores the adolescent stories of 13 Nobel Peace Laureates and engages youth in activities that explore positive identity development and decision-making.

Compassion in Action: A Multicultural Approach to Bullying Prevention: For young people ages 12-18, this program builds empathy and understanding, and the tools to addressing bullying through insights and lessons from amazing heroes of peace from around the world.

Compassion in Action: Creating Inclusive Communities: PeaceJam's newest program for students ages 12-18 provides an antidote to fear, discrimination and hate facing our communities by helping students value diversity and create inclusive communities within their schools and neighborhoods through the inspiration of Nobel Peace Prize winners.

PeaceJam Ambassadors: For youth ages 14-19, this program explores issues related to peace, violence, and social justice along with the study of the work of 13 Nobel Peace Laureates. It includes an annual Youth Conference with a Nobel Peace Laureate, giving youth an unprecedented opportunity to learn from and be inspired by a world peace leader.



PeaceJam Juvenile Justice: This curriculum is for youth who are in the juvenile justice system. It addresses issues of gangs, drugs and alcohol, and other risky behaviors. Participants develop skills in the areas of civic responsibility, reconciliation, and leadership while being challenged to rewrite their life stories and learn the power of peace.

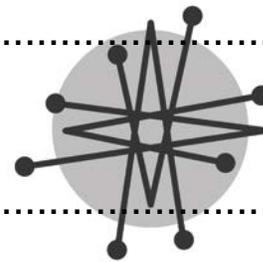
PeaceJam Scholars: This program is for university age students ages 18-25 who serve as mentors for participants at PeaceJam Youth Conferences, support local PeaceJam groups, and study international issues connected to the work of the Nobel Peace Laureates. They have opportunities to engage in service and research that extends into the community as well as participate in internships and international service trips.

Compassion in Action: PeaceJam Bullying Prevention

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Chapter Assessments..... 108

A short assessment of students' learning is provided for each chapter. These are also available online for easy access to student scores for summative and formative assessment purposes. There is also a teacher reflection.

Student Handouts

Handouts are provided at the end of each chapter, and can be copied and handed out to the young people in your group/class.

Components of Compassion in Action

Best Practices in Bullying Prevention

Compassion in Action provides a powerful and unique Bullying Prevention Program that meets the needs of the educators in school and out-of-school settings through a comprehensive approach that goes beyond "behavior modification" approaches to anti-bullying. We take students and school communities on an engaging journey that explores bullying from a personal, social, and institutional perspective, building their skills and understanding, and providing them insights and lessons from five amazing heroes of peace from around the world - our Nobel Peace Laureates. *Compassion in Action* blends the best practices from Bullying Prevention with those from the fields of social emotional learning, positive school climate, multi-cultural education, service-learning, and 21st century education.

Bullying Prevention Best Practices¹ - How PeaceJam addresses these best practices:

- **Comprehensive, whole-school approach** that reaches all students, staff, parents, and the community.
- **Focus class time on bullying prevention.** *"It is important that bullying prevention programs include a classroom component. Teachers, with the support of administrators, should set aside 20-30 minutes each week (or every other week) to discuss bullying with students. Anti-bullying themes and messages also can be incorporated throughout the school curriculum."*
- **Give young people an active and meaningful role in bullying prevention efforts.** *"Students should be involved as both participants and leaders in planning, implementing, and other key activities. Keep in mind that the great majority of kids are neither perpetrators nor victims of bullying, but many witness it on a regular basis. They are the majority, and they are the students who are most likely to be won over to creating change."*

Compassion in Action Aligns with Education Standards

by relating bullying prevention to history, political science, geography, social justice, human rights, citizenship, language arts, and much more. It enhances academic skills through historical analysis, research, writing, public speaking, critical thinking, group projects, and reflection.

Compassion in Action Engages Young People in Meaningful Service

through service-learning, a teaching methodology that combines academic learning with community service. Students of all ages assess the needs of their school or community and carry out service projects that address those needs. Through service, students learn 21st century competencies and have an authentic context for applying newly learned content and skills. PeaceJam's exciting **One Billion Acts of Peace** Campaign provides the context for service and allows students to engage with others from around the world.

¹ Best Practices in Bullying Prevention- US Dept. of Ed. & US Dept. of Health & Human Services, UK and Australia.

- **Develop cultural competency** strategies and skills that are inclusive and enhance communication and relationship building.

“Cultural competency is an ongoing process and practice that builds a climate that understands, accepts and respects the unique contributions of all people regardless of ability, age, disability, ethnicity, gender, gender identity, geographic region, health, language, mental health, race, religion, sexual orientation, socioeconomic status or spirituality. Cultural competency is the most neglected area of research in the bullying prevention field, and many prevention and intervention models do not address cultural competency appropriately, or not at all.”



Compassion in Action Builds Cultural Competency & Multicultural Skills that students need to be successful in an increasingly interconnected world. It provides students with opportunities to interact, negotiate, and communicate with people from diverse groups and backgrounds while exploring their own identity and culture. Students who participate in PeaceJam have **higher scores on measures of cultural competency**, including "valuing diverse perspectives," "understanding of prejudice," and "overcoming stereotypes."

- **Go beyond bullying behaviors to systemic change.** New evidence suggests interventions that say, “you shouldn’t do this,” or “you shouldn’t do that” may unintentionally increase bullying. Efforts must move beyond individual factors and focus on the complex and systemic reasons why bullying happens and is reinforced.

UK researchers recommend that schools promote good role models to address social factors, embed bullying prevention curriculum into the school day that relates to broader issues in history, current events, etc., and use assemblies to reinforce the concepts being taught and help create a positive school climate.



Compassion in Action Offers a "Big Picture" Approach that engages students. The curriculum explores bullying as not only personal, but also social and institutional, by introducing students to **Nobel Peace Prize Winners** as role models who have overcome extreme hatred and prejudice to create positive change. Students also have the opportunity to host their own **Day Without Hate** assembly or full-day program at their school each April.

Research Alert

Meta-analysis of current research in the field finds that the most WIDELY ADOPTED bullying prevention programs have NOT been proven EFFECTIVE with **diverse populations** - and that these programs drastically drop in effectiveness by 7th grade, with instances of BULLYING actually INCREASING by 11th grade.²

² http://www.researchgate.net/publication/271197008_Declines_in_efficacy_of_anti-bullying_programs_among_older_adolescents_Theory_and_a_three-level_meta-analysis

Curriculum at a Glance

Chapter	EDUCATION Lessons	INSPIRATION Case Study of a Nobel Peace Laureate	ACTION Service-learning
Getting Started	Educator’s Guide Getting Started <ul style="list-style-type: none"> • Group Norms • Civil Discourse 		<ul style="list-style-type: none"> • Overview of service-learning • Youth as Change Makers
Empathy & Compassion	<ul style="list-style-type: none"> • Impacts of Bullying • Words that Hurt • Listening & Speaking Skills • Compassion • Empathy for yourself 	The Dalai Lama from Tibet and his struggle against bullying based on religion and being displaced from his home.	<ul style="list-style-type: none"> • Compassion Challenge • 1 Billion Acts of Peace
Identity & Difference	<ul style="list-style-type: none"> • Defining Bullying • Dimensions of Identity • LGBTQ • Bullying Checklist • Visible & Invisible Differences 	Desmond Tutu from South Africa and his struggle against bullying based on race and sexual orientation .	<ul style="list-style-type: none"> • Proud to be Me Challenge • 1 Billion Acts of Peace
Building Community	<ul style="list-style-type: none"> • Facts about Bullying • Community • Teamwork • Cross-Cultural Awareness 	Rigoberta Menchú Tum from Guatemala and her struggle against bullying based on being indigenous .	<ul style="list-style-type: none"> • School Climate Survey • 1 Billion Acts of Peace
Inclusion & Being an Ally	<ul style="list-style-type: none"> • Why People Bully • Inclusion – Exclusion • Influence of Media • Being an Ally 	Jody Williams from USA and her struggle against bullying based on disabilities and marginalization.	<ul style="list-style-type: none"> • Hosting Volunteer Day • 1 Billion Acts of Peace
Overcoming Stereotypes	<ul style="list-style-type: none"> • Bullying & Your Rights • Understanding Biases and Prejudices • Overcoming Stereotypes 	Nobel Peace Laureate Shirin Ebadi from Iran and her struggle against bullying based on gender .	<ul style="list-style-type: none"> • Human Rights Scan of Your School • 1 Billion Acts of Peace
Taking Action	<ul style="list-style-type: none"> • Taking Action Against Bullying • Addressing Issues in Our Community 	Highlights the work of young people around the world who are taking actions to create positive change!	<ul style="list-style-type: none"> • 1 Billion Acts of Peace Project • PeaceJam Conference • Host Day Without Hate

Using the PeaceJam Curriculum

The **Compassion in Action** Bullying Prevention Curriculum is for young people **ages 12-18**. It is designed to be flexible so it can be implemented to fit your school or organization's schedule, structure, and goals. There are **7 total chapters**, including the "Getting Started" chapter, which we recommend you do first. The remaining chapters can then be **done in any order**.

We know from Bullying Prevention research that "**sustained and ingrained**" programs are the **most effective**, thus, we recommend implementing the PeaceJam Program over the academic year. However, we also understand the reality of implementing programs, and thus the curriculum can easily be implemented in shorter time frames. Just **start where you are...**and do it over 7 months, 7 weeks, or 7 days!

7 Months

Implement the PeaceJam Program over 7 months, doing one chapter a month.

7 Weeks

Implement the PeaceJam Program over 7 weeks, doing one chapter a week.

7 Days

Implement the PeaceJam Program over 7 days, doing one chapter a day or a few activities from various chapters. Schools/groups hosting a **Day Without Hate** event or assembly may choose this shorter time frame if they are just introducing the program to their school or community.



Spend a weekend with a Nobel Peace Prize Winner

PeaceJam offers young people the opportunity to spend two days interacting with a world leader for peace. We encourage groups to attend a **PeaceJam Youth Conference with a Nobel Peace Prize Winner**, if one is offered in your region (Visit peacejam.org, Upcoming Events, to find the conference nearest you).

[Right click image to watch a PeaceJam Conference in action.](#)



Host a "Day Without Hate" Event

Day Without Hate is an international program started by students that promotes nonviolence, unity, and respect in our schools. There is information in the "Taking Action" chapter to help you plan your Day Without Hate event to take place on the final Friday in April.

[Right click image to watch video about Day Without Hate.](#)

Education Standards Addressed

Below are sample standards addressed through this curriculum.

Language Arts

- **Apply knowledge of language** and media techniques to create, critique, and discuss print and other media.
- Develop an understanding and **respect for diversity** in language across cultures, geographic regions, and social roles.
- Participate as **knowledgeable, reflective, creative, and critical members** of a variety of communities.
- **Use spoken, written, and visual language** to accomplish students' own purposes.
- **Compare multiple points of view** and how similar topics are treated the same or differently.
- Integrate **quantitative or technical analysis** with qualitative analysis.
- Use **technology**, including the Internet, to produce, publish, and update individual or shared writing products.

21st Century Skills

- Communication & Collaboration
- Critical Thinking & Problem Solving
- Creativity & Innovation
- Technology & Media Literacy
- Flexibility & Adaptability
- Initiative & Self-Direction
- Social & Cross-Cultural Skills
- Productivity & Accountability
- Leadership & Responsibility

Civics & Social Studies

- Learn **elements of culture** through interpersonal and collective experience.
- Build **awareness and knowledge of other cultures** as part of a connected society and an interdependent world.
- Learn how the complex and varied interactions among individuals, groups, cultures, and nations contribute to the dynamic nature of **personal identity**.
- Understand concepts such as: mores, norms, socialization, ethnocentrism, cultural diffusion, competition, cooperation, conflict, assimilation, **race, ethnicity, and gender**.
- Evaluate different interpretations of the **influence of groups and institutions on people and events** in historical and contemporary settings.
- **Distinguish among fact, opinion, and reasoned judgment** in a text.
- Investigate **causes and effects** of significant events in world history.
- Examine and evaluate issues of **unity and diversity in world history**.

Speaking & Listening

- Work with peers to set rules for **collegial discussions and decision-making** (e.g., informal consensus, taking votes on key issues, presentation of alternate views).
- Posing and responding to questions that relate the current discussion to broader themes or larger ideas; and clarify, verify, or challenge ideas and conclusions.
- **Respond thoughtfully to diverse perspectives**, summarize points of agreement and disagreement, and, when warranted, qualify or justify their own views and understanding and make new connections in light of the evidence and reasoning presented.

Create Caring Communities

The first step to creating a caring community is to establish a safe and brave space for young people to share, explore, challenge, and thrive!

Creating a safe space for all young people who are in the group is crucial to their involvement. Define with the group what a safe and brave space is and how they will work together to create a space where all participants feel safe but also brave to explore difficult issues and have challenging conversations. Some elements of a safe space include:

- Establish yourself as an adult ally
- Create clear norms and a culture of respect and openness for all participants
- Draw participants and speakers from diverse backgrounds
- Vocally state that your space is safe for all who wish to participate
- Stress importance of confidentiality (aside from your reporting requirements)
- Ask permission before sharing group members' stories or experiences
- Be aware of what is happening in the community and the world that may be impacting the young people.

Toolkit for Engaging Your Group

Be sure to have strategies ready to deal with any potential issue that may arise in your group. Here are few to get you started:

Issue: One or two people dominate the conversation.

- **Tool:** Give everyone five objects (paper clips, pebbles) at the start of each discussion. Explain that they have to use one of the objects every time they talk, and they cannot talk any more once their five objects are used.

Issue: People interrupt or talk over one another.

- **Tool:** Use a talking stick or other object and pass it around the circle and only the person holding the object can speak. The talking stick has been used for centuries by many cultures as a means of just and impartial hearing.

Issue: No one in the group is sharing.

- **Tool:** Do "think, pair, share" by getting the group into pairs to share about a topic or discussion question, then one person in the pair can share out to the group.
- **Tool:** Do "write & read" by having everyone write their ideas down on a strip of paper and put them in pile. Then have each person pick out one slip of paper randomly from the pile and read it aloud to the group.
- **Tool:** In response to a topic, have students line up along a "continuum" (imaginary line) from strongly agree at one end to strongly disagree at the other end, then share why they chose to stand at that point along the continuum.

Supporting Young People to be Changemakers

Service-learning is a central component of the PeaceJam experience because it allows young people to put their academic, civic, and leadership skills to action in their communities.

What is Service-Learning?

Service-learning is a teaching method that allows young people to apply their knowledge and skills to real-world issues in their local and global communities. More specifically, it integrates meaningful community service with instruction and reflection to enrich the learning experience, teach civic responsibility, and encourage lifelong civic engagement.

PeaceJam's One Billion Acts of Peace Campaign

PeaceJam and Google have come together to launch One Billion Acts of Peace -- an international citizens' movement led by 13 Nobel Peace Laureates and designed to tackle the most pressing issues facing our planet. Go to billionacts.org to get ideas for projects, and have your projects count toward the Laureates' ambitious goal of one billion acts of peace.



Think BIG, and then start small!

 <p>ENRICH An estimated 100 million people are homeless around the world right now. Donate some books to a local homeless shelter.</p> <p style="background-color: #A52A2A; color: white; padding: 5px; text-align: center;">Get Started</p>	 <p>UNPLUG In the United States alone, over \$10 billion in annual energy cost are wasted by idle electronics. Look around you, and unplug anything you are not using.</p> <p style="background-color: #A52A2A; color: white; padding: 5px; text-align: center;">Get Started</p>	 <p>REACH OUT 870 million people worldwide do not have enough food to eat. Contact a struggling friend and offer to cook them a meal.</p> <p style="background-color: #A52A2A; color: white; padding: 5px; text-align: center;">Get Started</p>	 <p>RAISE YOUR VOICE Epilepsy affects over 65 million people, more than cerebral palsy, multiple sclerosis and Parkinson's disease combined. Call for an increase in research funding for epilepsy.</p> <p style="background-color: #A52A2A; color: white; padding: 5px; text-align: center;">Get Started</p>	 <p>JOIN THE TREATY More than two million people die every day from armed violence, and hundreds of thousands more are displaced, maimed or lose their livelihood. Sign a petition in support of the Global Arms Trade Treaty.</p> <p style="background-color: #A52A2A; color: white; padding: 5px; text-align: center;">Get Started</p>
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Your Role in this Process

As the adult facilitator, your role is to guide the young people through the service-learning process as they develop and implement a service-learning project. The steps are laid out in each chapter of the PeaceJam Curriculum to guide you in this process. This may be one of the few opportunities that young people have to be leaders, where they can direct their own learning and exploration, assess the needs of their community, and execute service projects that address those needs. Your role is to foster youth voice and youth action.

Getting Started

This section contains activities to do with your class/group before starting the curriculum.

Setting Clear Norms for Interacting (15 minutes)

Brainstorm ideas for group norms and then record your group's ideas on a sheet of flip chart paper. Examples of norms include: wait your turn to talk, listen when someone else is speaking, be respectful of other people's ideas and property (how could they show that?), don't hog the conversation (let others talk), etc. These are just examples. Please encourage everyone to participate in brainstorming the norms that they feel are important!

"As a class/group, let's take a few minutes to create a set of group norms (ways of behaving) or guidelines to help us remember to speak and interact with each other in respectful ways. In order for everyone to feel safe in our group, what are some guidelines and ways of behaving that we can agree upon?"

PeaceJam Group Norms

Below are the norms and expectations that we agree upon to guide the interactions of our PeaceJam Group:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

(add more as needed) - we recommend that you print and display these norms and have each member of the group sign the sheet so it shows everyone is committed to them

Debrief

Decide as a group what you will do if members of the group are not following the norms that everyone has agreed upon. How will you keep each other accountable in ways that are supportive and helpful?

Civil Discourse (15 minutes)

Civil discourse is a foundation of a civil society and allows groups to discuss tough topics in respectful ways. It maintains safe space while talking through issues or diverse topics.

"Now that we have established our group norms for interacting, let us think about some helpful guidelines for our conversations so that we honour each person and their contributions."

As a group, discuss these ways of interacting and the behaviours that go with each one. Then you can structure your meetings, activities, and discussions using these ways of interacting.

PeaceJam Tip

Teaching Tolerance has some additional tools for learning civic discourse (free of charge)
<http://www.tolerance.org/discourse>

The common types of civil discourse are:

- Brainstorm:** Goal is to get many ideas out on the table. All responses are good ones.
- Dialogue:** Goal is to explore ideas by talking through them. This is the time for people to explain ideas and ask clarifying questions.
- Debate:** Goal is to defend an idea. This is the time to pick a position on an idea and defend positions using examples, etc.
- Decide:** Goal is to come to consensus or "sufficient consensus" (agree to a decision although it is not your top choice, etc.) so that the group can move forward.

Debrief

- Why is it important to use these types of civil discourse?
- What would happen if one member of your group is brainstorming ideas about a project while another group member is trying to debate why their project is the best one?
- Why is it important to work toward some kind of consensus before making a decision?

If everyone is clear about when the group is brainstorming, dialoguing, debating, and deciding -- and what behaviours go with each type of interaction -- it allows your group to work together with less frustration and hurt feelings. ***Remember to return to this framework during each of your meetings and decide which type of interaction is best for the discussions and activities you are doing.***

Taking Action

Join PeaceJam

The first step is to register on the PeaceJam website. It is easy and will take only a few minutes! Just go to www.peacejam.org and click "Join" in upper-left corner of the homepage.

Join the One Billion Acts of Peace Campaign

As a group, go to billionacts.org and explore PeaceJam's One Billion Acts of Peace Campaign. Get your group started with a small act of peace and inspired to do more by exploring exciting project ideas. When you submit your own project(s), they will count toward the Laureates' ambitious goal of one billion acts of peace.



billion acts

Join PeaceJam Social Media

Join PeaceJam's social media by clicking the icons at the top of the PeaceJam.org homepage. Your group can also join your regional PeaceJam social media groups (if available).



PeaceJam Film & Video Resources

- **YouTube Channel:** Check out videos on the Laureates, youth projects, and more! www.youtube.com/user/PeaceJamHQ.
- **Google Connected Classroom Session** -- where our Laureates interact virtually with young people available from around the world in a Google Hangout format.
- **Nobel Legacy Film Series:** peacejam.org/films

Watch feature-length documentaries on the life and work of the Nobel Peace Laureates. Additional **Study Guides** are available for each of the films and we encourage you to organise a film showing for your school/community.

- **Download the e-book: "PeaceJam: A Billion Simple Acts of Peace"**
This electronic book is the companion guide to the One Billion Acts of Peace Campaign, and includes a 30-minute video (available at amazon.com). This book profiles Nobel Peace Laureates and their work with teens around the world as they combine forces to help stop the spread of disease, promote women's rights, provide equitable access to food and water, and more.



SAMPLE CHAPTER: Empathy & Compassion

Empathy & Compassion

Chapter Overview: In this chapter, young people will explore issues of empathy and compassion for self and others, active listening, the power of our words by exploring the life and work of the Dalai Lama, one of the world's greatest leaders for peace.

Objectives

1. Young people will understand **empathy** and practice it using **active listening** techniques.
2. Young people will understand and practice having **compassion** for others.
3. Young people will explore the **power of words** to hurt and to heal.
4. Young people will be able to identify the **impacts of bullying** and how these apply to their lives.



Opener: Change Detectives (10 minutes)

with a partner (facing away from each other). Tell them they have 30 seconds to change three things about their appearance that they think the other person will not notice such as rolling up sleeves, changing hair, etc. After 30 seconds, have the pairs face each other and give them one minute to find what each had changed about their appearance.

Debrief

- Which kinds of changes were hardest to detect and why?
- Did anyone notice the color of their partner's eyes?
- How observant are you of other people? Do you really see them?
- What did you learn from doing this activity?
- What can you do differently as you interact with people every day?

Active Listening (20 minutes)

"Empathy means to see and feel things from someone else's perspective. One way we can be empathetic is by listening to others in a way that lets them know that you really heard them. This is called Active or Intentional Listening, and it helps create mutual understanding and helps ensure that what a speaker says is what the listener hears."

Have young people get in pairs and practice these steps by sharing something specific that happened recently and made them feel either upset or happy. Remind them of the steps when they switch roles after 3-4 minutes.

Step 1: Speaker shares what he/she is feeling from his/her perspective.

- Use "I messages" such as "I felt _____ when _____ happened because _____" These types of statements help the speaker take responsibility for their own feelings.

Step 2: Listener paraphrases or restates what she/he heard the speaker say, starting with "What I heard you say is..."

- Be sure to pay attention to the nonverbal cues such as body language and tone to get more clues. Your paraphrasing can include what you "heard" in the nonverbal cues as well.

Step 3: Listener asks if they correctly paraphrased what the speaker is trying to say.

- If the answer is yes, go on to Step 4
- If the answer is no, the speaker should restate any missed points and the listener should paraphrase them.

Step 4: Speaker thanks the listener for listening.

Step 5: Listener and speaker switch roles.

Debrief

- Which of the steps was most difficult for you and why?
- How does active listening help you have empathy?
- Where could you use this style of communication in your life?

Listening with our Hearts: The Dalai Lama believes that we process information not just with our ears, eyes and our brains, but also with our hearts and our bodies. While you were listening to your partner:

- HEAD: What were you thinking when your partner was talking?
- HEART: What were you feeling? What emotions were coming up for you?
- BODY: What physical reactions were you having? What actions did you want to take?

Debrief

- Which of these ways of listening do you rely on first or use most naturally when you hear someone share a powerfully story or experience?
- Which ways of processing information is most valued by our culture or society? Why do you think this is and what impact does it have?

The Power of Words (15 minutes)

Words have a powerful impact on young people. These include the words they are bombarded with all day through the media, friends, teachers, and parents, as well as the words they choose to use.

Step 1: Read the following quotes aloud to students (or select the one that is appropriate for the reading level of your students):

“Sticks and stones may break my bones but words can never hurt me.”

“Language, particularly slang, is often used to dehumanize members of certain groups of people, and this dehumanization is often a precursor of discrimination, isolation, and violence.”

Step 2: Reflect on all the negative slang words used to describe people that students hear at school, at home, and in the media that could cause harm. Have students write the slang words privately on sticky notes or small strips of paper with one word per piece of paper (they can flip them over as they write for privacy). Collect all the sticky notes and put them up on the board (or write them) so that everyone can see them. Have students come up to the board and read the words in silence.

Step 3: Analyze the slang words. Ask students if there are patterns or similarities among the words. Can they be grouped or put in a continuum from least to most offensive, etc.? As students speak, draw arrows to words that they think should be grouped, etc.

Step 4: Slang and the lack of empathy. People often say, "I was just joking around" after using offensive slang words, but they are still hurtful. As a group, reflect on how these words would make someone feel (write the students' reflections next to the slang words).

Debrief

- What power do these words have and why?
- How are these slang words used to bully people?
- What are 3 things you could say or do to reduce the use of these hurtful slang words in your school and community?
- How can you use words to heal?
- What are some times in history or your personal life when words led to bullying or violence against a person or group?

Homework: Affirmations

Small positive words, gestures or a simple smile or “thank you” can be an antidote to harmful slang words. As you go about your day, see how you can reach out to those around you in a positive way. What kind gestures can you offer? What effect do they have on others and you?

Impacts of Bullying (20 minutes)

Step 1: Data on the impacts of bullying. Share the following facts with students:

"Bullying can affect everyone — those who are bullied, those who bully, and those who witness bullying. Bullying is linked to many negative outcomes, including mental health problems, substance use, and suicide.³ Some of the specific impacts include:"⁴

- Students who experience bullying are:
 - at increased risk for **depression, anxiety, and sleep difficulties**.
 - twice as likely as their peers to experience negative **health effects** such as headaches and stomachaches.
 - two times more likely to report **suicidal thoughts** and three times more likely to report a suicide attempt.
- Students who bully others are at increased risk for **substance use, academic problems, and violence** later in adolescence and adulthood.
- Almost **20,000** young people ages 11-15 in the United Kingdom are absent from secondary school due to bullying.⁵
- **25%** of middle school students in the United States reported skipping class or going home "sick" to avoid encountering a bully.⁶
- Students who **witness bullying** are just as likely to report psychological distress as those students who were bullies or victims.⁷

Step 2: Personal Experiences with Bullying. Put students into groups of three, randomly if possible, and have each group sit in small circles.

"Most of us at some point in our lives have experienced being bullied, being a bully, and being a bystander to bullying. We are going share our experiences in these three roles. In your group of three, the person closest to me (the educator) is the "bystander," the person to his/her right is the "bully," and the person to his/her left is the "bullied."

- Take **1 minute** to think of a time when you or someone close to you experienced being in the role that you have been assigned (bullied, bully, or bystander).
- Now each person in the circle has **2 minutes** to explain the "bullying" situation, how they felt during the situation, and why they felt that way. Go around the circle, starting with the "bystander," until all three students in each group have shared.

Debrief

- How were the three experiences different across the groups?
- How were the three experiences similar, if at all?
- What does this activity tell us about bullying?

³ <http://www.education.com/reference/article/why-do-kids-bully/>.

⁴ <http://www.pacer.org/bullying/about/media-kit/stats.asp>.

⁵ http://redballoonlearner.co.uk/includes/files/resources/261298927_red-balloon-natcen-research-report.pdf.

⁶ http://www.principals.org/Content.aspx?topic=The_Financial_Costs_of_Bullying_Violence_and_Vandalism.

⁷ <http://www.apa.org/news/press/releases/2009/12/witness-bullying.aspx>.

Case Study of the Dalai Lama

Preparation for reading the case study

copy case study for students

Vocabulary

Review these terms before or during the story as they come up:

- monks
- reincarnation
- compassion
- political asylum
- exile
- sovereignty

Tibet



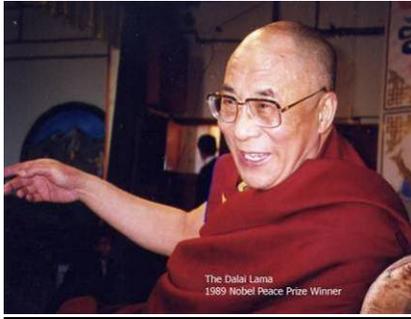
Watch the Dalai Lama talk about Compassion



[Right click image to play video](#)

Nobel Peace Prize Winner

The Nobel Peace Prize was created by Alfred Nobel. He was an inventor from Sweden with more than 350 inventions, and he also wrote poetry and plays. His most famous invention was dynamite. He created it to help blow up areas to make roads and railways. But dynamite soon became the most destructive weapon known to humankind, and Alfred became known as the "merchant of death." So he set aside millions of dollars to create the Nobel Prizes in Physics, Chemistry, Medicine, Literature, and Peace. He died on December 10, 1896. The Peace Prize is awarded each year on December 10th in honour of Nobel's death. **The Dalai Lama received the Nobel Peace Prize in 1989 for his nonviolent efforts to resolve the Tibetan conflict and for his worldwide role as a man of peace and advocate for the environment.**



The Dalai Lama⁸ 1989 Nobel Peace Laureate

The Dalai Lama was born in 1935 in a small village in Tibet called Takstar. His parents named him Lhamo Thondub (*pronounced lamo tondu*). He grew up high in the Himalaya Mountains on his family's small farm.

When Lhamo was three years old, important **monks** from the Tibetan capital city, Lhasa, came to his village. A man called “the Dalai Lama,” the leader of Tibet, had died. These men were looking for the next Dalai Lama. The Tibetans believe that all people are **reincarnated** when they die. One of the important men had a dream that the next Dalai Lama had been reborn in Takstar in a house with turquoise gutters – like Lhamo’s house. The monks and men from the Tibetan government journeyed to Lhamo’s farmhouse to see him. After interacting with him, they determined that Lhamo was the next Dalai Lama. So they took him and his family to Lhasa, where he began a rigorous education to prepare him to be the next leader of Tibet.

Facilitator Note: If time permits, show scenes from the movie Kundun, which tells the life story of the Dalai Lama and how they discovered that Lhamo Thondub was the 14th Dalai Lama.

⁸Adapted from *Biography provided from The Office of Tibet and the PeaceJam Curriculum*.

Lhamo learned to meditate, study, and practice for the day when he turned 21 and would become the official leader of Tibet. Since Tibet is a Buddhist country, the most important lesson that Lhamo learned was how to approach life with kindness and **compassion**. Compassion is about seeing the suffering of others and wishing for their suffering to be alleviated. The Dalai Lama learned how to approach all people and living beings with loving kindness and compassion. This part of Buddhism is very challenging because it is natural for us to dislike or feel angry toward those who do us harm. But the Dalai Lama worked to have compassion and sympathy for all living beings, without exception.

In 1950, when the Dalai Lama was just 15 years old, China invaded Tibet. China is a country just west of Tibet, and the Chinese government wanted to take over Tibet and make it part of China. So they sent 80,000 soldiers to capture Tibet. The peaceful Tibetan people were no match for the Chinese army. Although he was only a teenager, the Dalai Lama had to step up and become the leader of his country.

“They chose November 17, 1950 as the day [that I would take over as the leader of Tibet. I was only 15 years old]. I was rather saddened by these developments. A month ago I had been a carefree young man eagerly looking forward to the annual opera festival [in Lhasa]. Now I was faced with the immediate prospect of leading my country as it prepared for war.”⁹

The Dalai Lama worked for nine years to find a peaceful solution to the problems with China. But it was hard because the Chinese had a different language and culture than the Tibetans. Life in Tibet

⁹Gyatso, T. (1990). *Freedom in Exile: The autobiography of the Dalai Lama*. San Francisco: Harper (p. 53).

became very dangerous. The Tibetans tried to resist the Chinese occupation. On March 10, 1959, thousands of people demonstrated in the capital city of Lhasa, chanting that Tibet was an independent country and that China should leave. The Chinese soldiers attacked the protesters and killed thousands of Tibetans.

The Tibetan people worried that the Chinese army would try to kill the Dalai Lama, so they urged him to leave. However, the Chinese army would not let him go. One night in 1959, he dressed up like a soldier and snuck out of his palace. The Chinese army did not notice him because he looked just like the other soldiers surrounding the palace.

"At a few minutes before ten o'clock pm, now wearing unfamiliar trousers and a long black coat, I threw a rifle over my right shoulder... Then slipping my glasses into my pocket I stepped outside. I was frightened. I was joined by two soldiers who silently escorted me to the gate in the inner wall [of the palace]...With them I groped my way across the park, hardly able to see a thing. ...We successfully negotiated our way through the crowd [of Tibetans who had gathered outside my palace], but now there were the Chinese to deal with. The thought of being captured terrified me. For the first time in my life I was truly afraid."¹⁰

Prompt: If you were forced to leave your home in the middle of the night and never return, what would you bring with you and why?

¹⁰Gyatso, T. (1990). *Freedom in Exile: The autobiography of the Dalai Lama*. San Francisco: Harper (p. 138).

The Dalai Lama travelled for many weeks over the Himalayas, the highest mountains in the world. When he finally arrived in India, the country south of Tibet, he was very sick. The India government gave him **political asylum**, which means that they gave him political protection and a safe place to live since he was not safe in his own country. His parents and family came with him, as did many of his teachers and other Tibetan government officials. More than 87,000 Tibetan refugees followed the Dalai Lama into **exile**. Today, there are hundreds of thousands of Tibetan refugees living in exile in India and around the world.

Since 1960, the Dalai Lama has lived in Dharamsala (*pronounced daramsala*), India, known as "Little Lhasa." It is now the seat of the Tibetan Government in exile.

In the early years of exile, the Dalai Lama went to the United Nations to ask for help for Tibet. As a result, the United Nations General Assembly adopted three resolutions in 1959, 1961, and 1965, calling on China to respect the human rights of Tibetans and to honour their **sovereignty**, or freedom from Chinese control. But China still occupies Tibet today.

Prompt: What is the United Nations? What do they do?

To preserve the Tibetan culture, the Dalai Lama started more than 50 large settlements for Tibetan refugees, and created a Tibetan school system to teach refugee children the Tibetan language, history, religion, and culture. He founded several cultural institutes to preserve 2,000 years of Tibet's arts and sciences, and helped re-establish more than 200 monasteries to keep Tibetan Buddhist teachings alive.

The Dalai Lama often says, "I am just a simple Buddhist monk - no more, or less." He follows the life of a Buddhist monk. Living in a small cottage in Dharamsala, he rises at 4 a.m. to meditate. During the day he attends meetings, hosts private audiences, and conducts religious teachings and ceremonies. He concludes each day with more prayers. The Dalai Lama has worked hard over the years to bring compassion and loving kindness to the world – even to the Chinese government after all it has done to his people. For him, this is the only way to bring peace to Tibet and the world.

In 1989, on the 30th anniversary of China's invasion of Tibet, the Dalai Lama received the Nobel Peace Prize for his efforts to find a nonviolent solution to the conflict with China.

As part of the One Billion Acts of Peace Campaign, the Dalai Lama urges young people to specifically focus on "access to water and other natural resources." He believes that the lack of access to clean water is becoming a growing human-rights issue around the world, especially because the struggle over limited resources often leads to war and violent conflict. If we work to be sure all people have at least the most basic natural resources, such as food and water, the world will be a more secure place.

Discussion Questions:

1. The Dalai Lama became the leader of his country as a teenager. Have you had to take on responsibility for other people or situations that you felt like you were not ready for? What did you do?
2. Have you ever had to leave your home and move someplace new? How did you feel and what did you do to help yourself cope with the change?

Exploring Compassion (15 minutes)

Find a space where young people can move around (if the classroom is small, you might have to go outside or out into a hallway).

"Compassion is a word that you hear a lot today. In its simplest terms it means 'a deep awareness of the suffering of another, coupled with the wish to relieve it.'

We are going to play a game of similar 'tag,' but with a twist. When I call out a number, you need to run quickly and hook arms with other students to form a group of that number. For example, if I call out 'three' you need to get into groups of three. Everyone who is left out of a group, can form their own group. When it is time to switch you cannot stay with the same people." [this activity can be done in pairs if the group is small]

Then call out the following numbers and when students are in their groups, ask the associated prompt. To get the students warmed up, call out a few numbers and have them group up before you start the prompts below. Give the groups two minutes to discuss each prompt.

- **Call out "3":** When students are in groups of three, ask: "*the Dalai Lama says, 'Be kind whenever possible. It is always possible.' Do you agree or disagree with him and why?*"
- **Call out "2":** When the students are in groups of two, ask: "*The Dalai Lama says that the Chinese government officials are his greatest teachers because he has to work so hard to keep his compassion for them. What person or group do you have hard time having compassion for - or being kind to and why?*"
- **Call out "4":** When students are in groups of four ask: "*What is one thing you can do to show more compassion and kindness to yourself and others?*"

Debrief

- How did it feel to be left out of a group or to exclude someone from your group?
- What were the similarities among your responses and what were the primary differences?
- What did you learn about compassion from this activity?

Self Compassion (20 minutes)

Have the group sit or stand in a circle (or two circles if there is a large group).

"When we talk about bullying and violence we usually think about what people to do each other. But we often overlook the bullying we do to ourselves. We internalize all kinds of messages about how we are not good enough, smart enough, cool enough, etc. that show up as negative self-talk.

Take one minute to think about any thoughts you had today about yourself that were negative - think back to when you were getting dressed, looking in the mirror, sitting in class, interacting with your family, checking social media or text messages, etc.

Now put one part of your body into the circle for each statement that I read that is true for you. For example, if it is very true, maybe you put your leg or arm into the circle, if it is a little bit true, then just a finger or foot).

I had a negative thought to myself about:

1. getting out of bed
2. how your hair, face, or other body part looks
3. what you were wearing or how it looked on you
4. what you think other people were thinking about you
5. something you said to someone else
6. something you did not do well enough (schoolwork, being on-time, etc.)
7. something you messed up
8. not mattering

Debrief

- What did you notice about how people responded to each prompt?
- Would anyone like to share an example of some negative self-talk they laid on themselves today?
- Where do you think these messages come from?
- Why is hard to have compassion for ourselves sometimes?
- What is one thing we can do to help ourselves when we start in with the negative self-talk? Does anyone have a strategy that works for them?

Bullying & Suicide

Most youth who are involved in bullying do NOT engage in suicide-related behavior, but involvement in bullying, along with other risk factors, increases the chance that a young person will engage in suicide-related behaviors. <http://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf>

Helping young people be aware of and analyze their negative self-thoughts may help build resiliency and buffer against the negative effects of bullying.

Journal

Keep a journal of the self-talk you say to yourself throughout your day. How much of it is positive and how much is negative? For each negative thought, write about where you think the messages come from, if they are true or not, and how you could turn them into positive self-statements.

Watch the Dalai Lama



Watch Martin Scorsese film, Kundun

This award-winning film tells the life story of the Dalai Lama, and captures the beauty of Tibet and the struggles of the Tibetan people (Rated PG13, but most sections are G rated). It can be show in short segments or as a school assembly.

Click link to watch: <https://www.youtube.com/watch?v=EC0jChIBwHE>

Taking Action (ongoing)

Kindness Starts with Me: As a group, explore the One Billion Acts of Peace website (1billionacts.org) to see how this international citizens' movement led by 13 Nobel Peace Laureates is tackling some of the most important issues facing our planet. The goal is to engage young people around the world in doing ONE BILLION acts of peace - from simple acts of kindness to in-depth projects that address the root cause of issues.

"We are going to challenge ourselves to follow the Dalai Lama's words, *'Be kind whenever possible. It is always possible'* by joining PeaceJam's One Billion Acts of Peace Campaign and doing an act of peace and kindness."

- **Brainstorm ways you can show kindness to:**
 - Ourselves: when we engage in negative self-talk
 - Others: family, friends, classmates, teachers, etc.
 - Groups that you belong to and those that are different from you or have different beliefs. Be sure to include those people or groups who are marginalized in your school/community.
- Go to billionacts.org and click on "**get inspired**" to explore "small acts you start now."
- **Join PeaceJam's One Billion Acts of Peace Campaign** and log your act of kindness and peace.



School Kindness Challenge: Challenge your school to try to live by the Dalai Lama's quote, "Be kind whenever possible. It is always possible" by sharing his words, and encouraging everyone to do an act of peace as part of the One Billion Acts of Peace Campaign.

- Start by having your class/group do acts of kindness and log them on billionacts.org.
- Post each one on social media (there is a link to share it on billionacts.org)
- Challenging specific teachers, student groups, and friends to do their act of peace.
- Get the school involved by announcing the challenge on morning announcements, through posters, etc.

Empathy & Compassion Chapter

Student Assessment

Name: _____ Grade: _____ Date: _____

School or Organization Name: _____

State/Province: _____ Country: _____

Circle the best answer for each question:

1. What does it mean to be **empathetic**?
 - A. Feeling sympathy toward others
 - B. Feeling jealous of another person's success
 - C. To see and feel things from someone else's perspective
 - D. Continually repeating yourself to secure your point of view
2. How do you use **active listening** in a conversation?
 - A. Think about 2 conversations at the same time
 - B. Paraphrase or restate what you heard
 - C. Anticipate what you will say in response
 - D. None of the above
3. The Dalai Lama was given **asylum** by India, which means he was:
 - A. Declared unfit to rule his country
 - B. Given a neutral place to host meetings with the Chinese officials
 - C. Asked to sign a treaty with India
 - D. Given protection because he was a political refugee

Circle True or False for each statement:

4. True/ False: Bullying can affect everyone- the bullied, the bully and the witness.
5. True/ False: Students who experience bullying are at a low risk for depression/anxiety.
6. True/ False: 5% of Middle School students reported skipping class to avoid bullying.
7. True/ False: Witnesses of bullying are just as likely as victims to report psychological distress.
8. The **Dalai Lama** was born in:
 - A. Mongolia
 - B. Nepal
 - C. Tibet
 - D. India

9. Buddhism follows the lesson of **compassion** which is expressed by:
- A. Wishing for others' suffering to be alleviated
 - B. Getting rid of our anger towards those who harm us
 - C. Approaching life with kindness
 - D. All of the above

Circle True or False for each statement:

10. True/False: There were no deaths reported during the Tibetan's peaceful demonstrations in Lhasa.
11. True/False: The Dalai Lama believes equal access to natural resources could resolve violent conflict.

Check all that apply.

12. Did you learn something new about:

Yourself? If yes, what? _____

Other people? If yes, what? _____

Other groups in your school/community? If yes, what? _____

The rules, laws or policies of your school, government, etc.? If yes, what? _____

Empathy & Compassion Chapter

Teacher/Adult Advisor Reflection

Name: _____ Grade: _____ Date: _____

School or Organization Name: _____

State/Province: _____ Country: _____

1. Which **activities** did you do with students (check all that apply) and how **engaged** were they on average in the activity?

(scale of 1-5 with 1 being not very engaged and 5 being very engaged):

Activities Completed	Level of Engagement
<input type="checkbox"/> Opener: Change Detectives	[Level of Engagement:_____]
<input type="checkbox"/> Active Listening	[Level of Engagement:_____]
<input type="checkbox"/> Power of Words	[Level of Engagement:_____]
<input type="checkbox"/> Impacts of Bullying	[Level of Engagement:_____]
<input type="checkbox"/> Case study of the Dalai Lama	[Level of Engagement:_____]
<input type="checkbox"/> Exploring Compassion	[Level of Engagement:_____]
<input type="checkbox"/> Self-Compassion	[Level of Engagement:_____]
<input type="checkbox"/> Watch experts from Kundun	[Level of Engagement:_____]
<input type="checkbox"/> Taking Action: Kindness Challenge	[Level of Engagement:_____]

2. How much **total time** did you spend on the chapter and its activities? (check one)

- less than an hour
- 1 hour
- 1.5 - 2 hours
- 2.5-3 hours
- more than 3 hours

3. **How many students** participated in activities (on average)? _____

4. **Average age** or grade-level of students? _____

5. Percentage of students who classify as **minorities** _____ and/or as living in **poverty** _____

6. What **new skills and information did you learn** as a result of implementing this chapter with students? _____

7. What were the primary **skills or knowledge** that you think students gained from the activities in this chapter? _____

8. Looking over your students' chapter assessments,
 a. which concepts did they seem to **master**? _____
 b. which concepts did they **not seem to master**? _____
 c. What **factors** do you think played a role in their results? _____

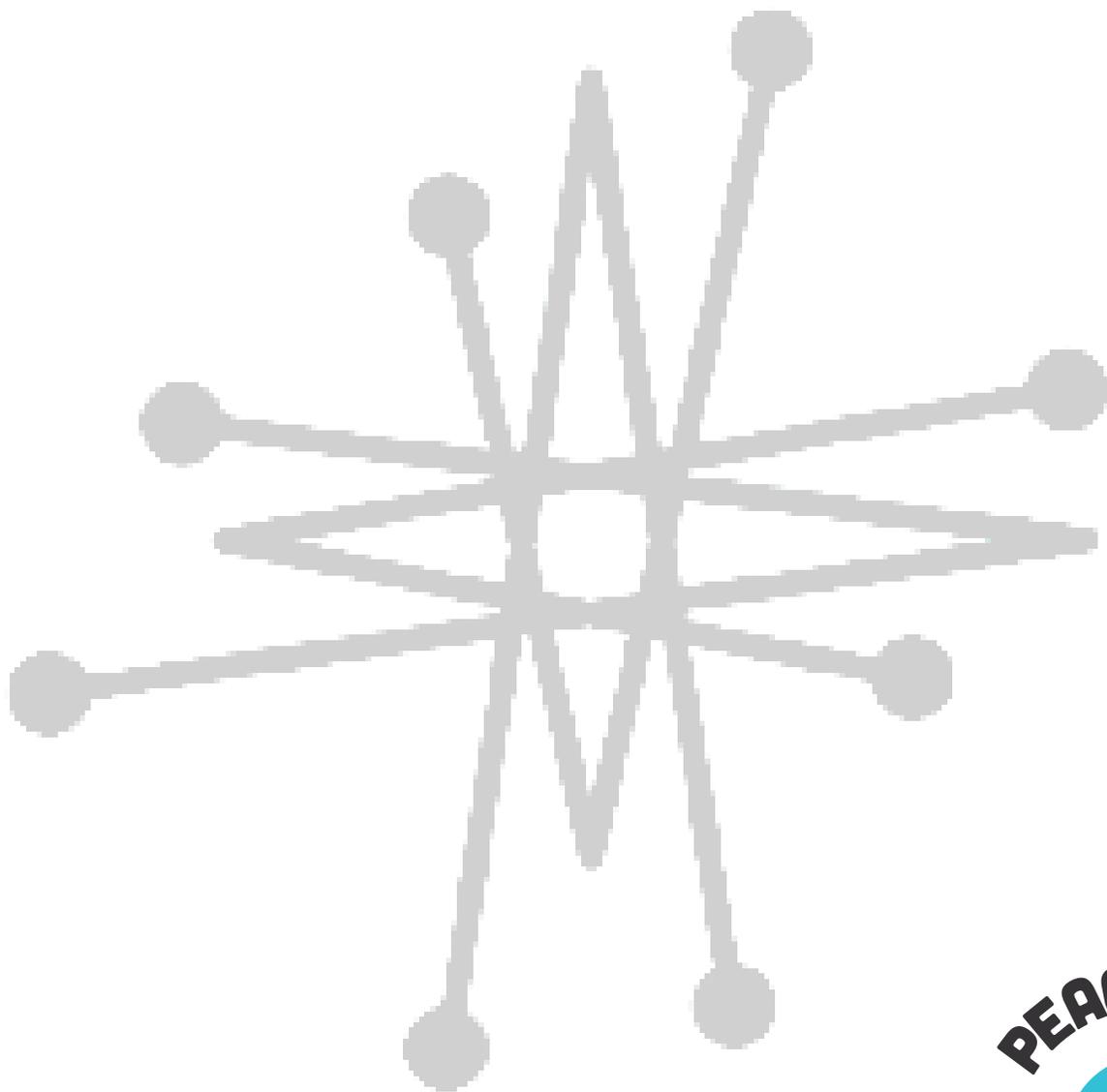
9. How could you **expand some of the concepts and activities** in this chapter to allow student to go deeper? _____

10. **What would you change** about the content, flow or implementation of the activities in this chapter to make it more effective? _____

Student Chapter Assessment Key:

- 1. C
- 2. B
- 3. D
- 4. True
- 5. False
- 6. False
- 7. True
- 8. C
- 9. D
- 10. False
- 11. True

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11200 Ralston Road
Arvada, CO 80004
303-445-2099
www.peacejam.org

