

STAND UP

Taking positive steps to self-confidence

Materials: Worksheets, pre-cut foot templates (one set per youth), pencils, markers, scissors, large sheet of chart paper, glue

Directions: Read the worksheet, complete the activity and discuss with the Group.

Self-confidence is a powerful trait. It helps you feel capable, lovable and accepted. When you're self-confident, you can better approach difficult situations and challenges.

Self-confidence is an important tool when it comes to confronting bullying behavior.

But confronting a bully can be difficult, because we feel the faster we get away, the better it will be for us.

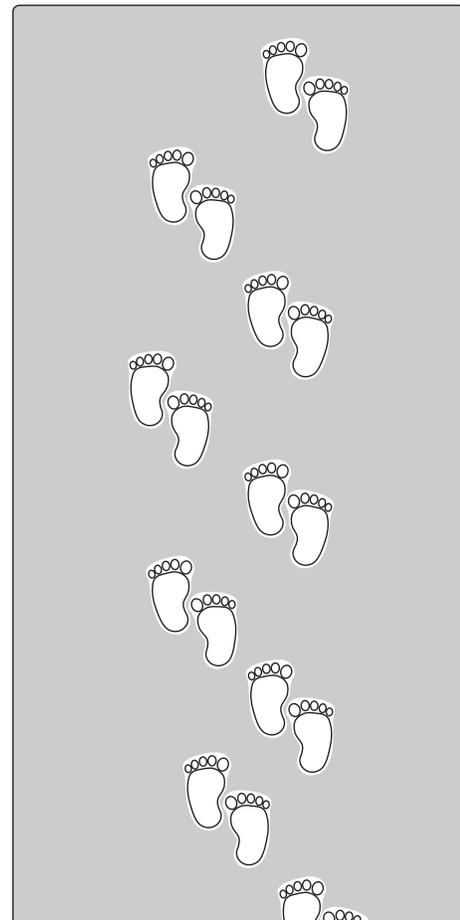
Running away isn't always the answer, though. By standing up to a bully, by showing you're secure about yourself and your worth, you often can calm the situation and ease the stress. When a bully sees you're not running away, it takes away their power.

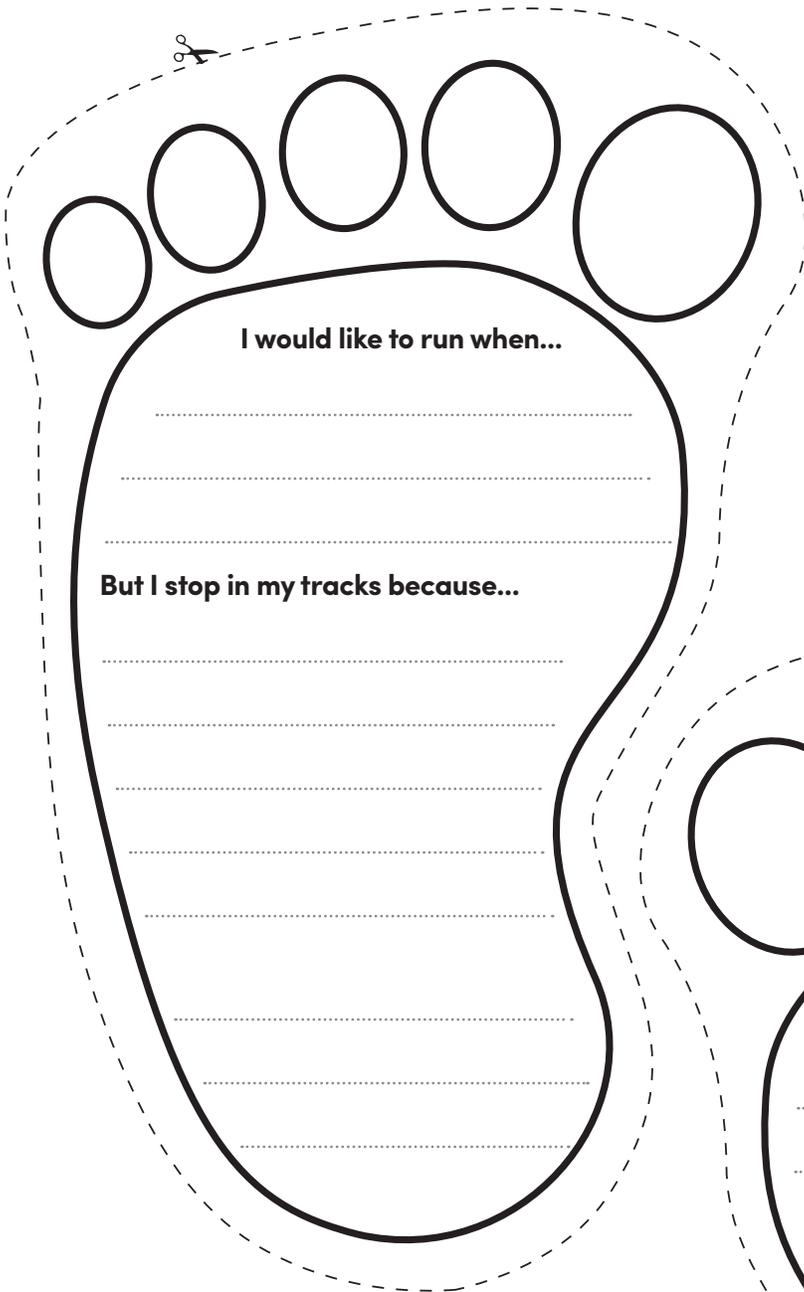
In today's activity, we're going to look at bullying behaviors and ways we can stand up to bullies instead of running away.

We're taking positive steps to self-confidence!

ACTIVITY INSTRUCTIONS

- 1 On the top of each of your foot templates, write down one bullying behavior that makes you want to run away.
- 2 On the bottom of each of your foot templates, write down ways you can react to the bullying behavior instead of running away. You'll have 5 minutes to write.
(Set the timer for 5 minutes.)
- 3 When the timer sounds, cut out each of your footprints. Then, we'll glue each set of footprints to the chart paper like the illustration. It will show everyone how we're taking positive steps to self-confidence!





I would like to run when...

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But I stop in my tracks because...

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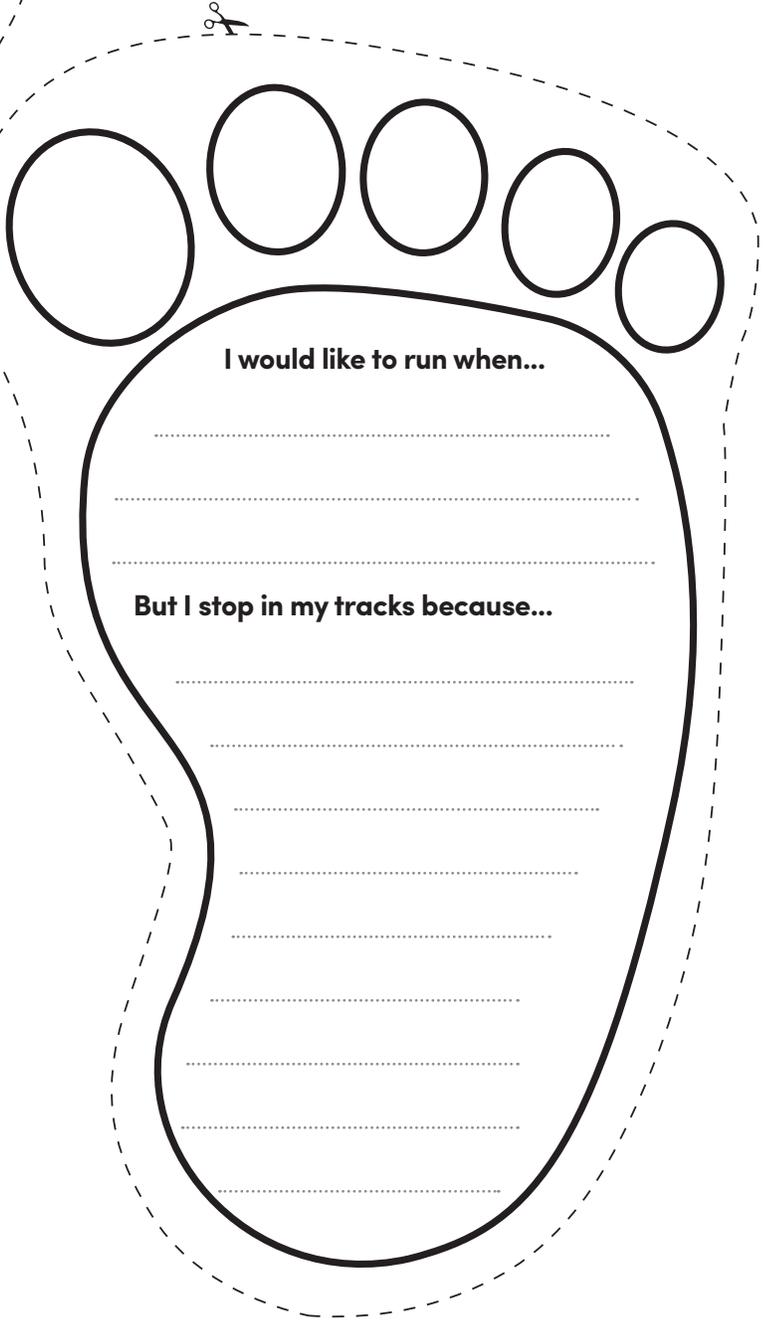
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