Building Assets Reducing Risks

Angela Jerabek, M.S.

A School Improvement Model for Grades 6-12
BUILDING ASSETS
Reducing Risks

A SCHOOL IMPROVEMENT MODEL FOR GRADES 6–12

CLASSROOM CURRICULUM
VOLUME 2

BARR
Angela Jerabek, M.S.

Listed in SAMHSA’s National Registry of Evidence-based Programs and Practices (NREPP) and recognized by the Collaborative for Academic, Social, and Emotional Learning (CASEL)
Contents

Acknowledgments ........................................................................... vii
How to Use This Classroom Curriculum Manual ................................. ix
Introduction to Building Assets, Reducing Risks ................................. 1
Introduction to the Classroom “I-Time” Curriculum, Volume 2 .............. 7
I-Time (Volume 2) Scope and Sequence .............................................. 11
Related National Academic Standards ............................................... 13

Section 1: Building a Connected Community

Session 1: School Autobiography (30 minutes) ..................................... 22
Session 2: Conversation Dice (30 minutes) .......................................... 26
Session 3: Putting the Pieces Together (50 minutes) ............................ 30
Session 4: Kindness Counts (30 minutes) ............................................ 32
Session 5: Freeze and Thaw (30 minutes) ............................................ 35
Session 6: Who Is Your Champion? (30 minutes) ................................. 38
Session 7: Creating Connections (30 minutes) ..................................... 43

Section 2: Goals

Session 8: Adventure Journal (30 minutes) ......................................... 50
Session 9: North Star (30 minutes) .................................................... 55
Session 10: Dream Mobile (30 minutes) ............................................. 59
Session 11: My Life Auction (30 minutes) .......................................... 61

Section 3: Self-Discovery

Session 12: Letter of Understanding (30 minutes) ............................... 69
Session 13: Reflection (50 minutes) .................................................. 72
Session 14: Personality Portrait (30 minutes) .................................... 76
Session 15: Words That Resonate (30 minutes) .................................. 79

Section 4: Communication

Session 16: Picture This (30 minutes) ............................................... 85
Session 17: Looks Can Be Deceiving (30 or 40 minutes) .................... 88
Session 18: Communications x 3 (30 minutes) ................................. 92
**Section 5: Strengths/Assets**
- Session 19: Do You Know You? (30 minutes) ................................. 97
- Session 20: Assets Scavenger Hunt (30 minutes) ............................ 101
- Session 21: Strengths Commercial (30 minutes) .............................. 106
- Session 22: Self-Talk (30 minutes) ................................................ 109
- Session 23: Lollipop Moments (30 minutes) ................................. 114

**Section 6: Grief and Loss**
- Session 24: Creating Hope (30 minutes) ........................................ 118
- Session 25: The Power of Words (30 minutes) ............................... 124

**Section 7: Bullying**
- Session 26: Groupthink (30 minutes) ............................................. 131
- Session 27: They Came (30 minutes) ............................................. 134
- Session 28: What Is Cyberbullying? (30–50 minutes) ....................... 138
- Session 29: What Happens When You Post? (30 minutes) ................. 144

**Section 8: Diversity**
- Session 30: I Am (30 minutes) ....................................................... 151
- Session 31: Geography of Living (30 minutes) .............................. 154
- Session 32: Perceptions (30 minutes) ............................................. 156

**Section 9: Risky Behavior/Risk-Taking**
- Session 33: Positive Risk-Taking (30 minutes) .............................. 162

**Section 10: Dreams**
- Session 34: Letter to My Senior Self (30 minutes) ......................... 166
- Session 35: Dream School (30 or 50 minutes) ............................... 170

I-Time Energizers ................................................................. 177
List of Handouts ................................................................. 183
About the Author ............................................................... 185
Session 23: Lollipop Moments

Purpose

• To help participants recognize that simple interactions can impact others
• To demonstrate to participants that relationships are built one interaction at a time

TED TALK SUMMARY

Everyday Leadership
Drew Dudley

Drew Dudley opens his talk by asking how many people comfortably call themselves “leaders”—very few people raised their hands. Dudley believes we have mistakenly made leadership about “changing the world.” In the process, we have devalued the moments when we or others act as leaders doing everyday things.

To illustrate, he tells a story from his last day at college. A young woman approached him to thank him for being “an incredibly important person in her life.” They had encountered each other on her first day at college four years earlier, even though they hadn’t spoken since.

She was standing in the registration line with her parents, and she was scared about starting college. Drew was giving away lollipops to promote a charity event. He handed one to a guy standing next to her, telling him, “You need to give a lollipop to the beautiful woman next to you.” Then he turned to her parents and said, “Look at that! First day away from home, and already she’s taking candy from a stranger?”

Everyone around them laughed, and in that moment she decided not to quit but to go ahead with college. She also told Drew that she went on to date the guy who gave her the lollipop. (They eventually married.)

Drew Dudley didn’t remember meeting her that first day. Most of us, he says, have had a “lollipop moment” where someone affects us profoundly and the person does not even know it. By redefining leadership to mean “lollipop
moments,”—positively impacting one person’s experience at a time—he believes we have the power to change the world. The website provides the six-minute video and a full transcript of the talk.

Instructions

1. Show participants the Everyday Leadership TED Talk by Drew Dudley. The talk is about six minutes in length.

2. As a group, discuss the TED Talk using the following questions:
   - What part of the video resonated with you?
   - Have you had an interaction with someone that made a difference for you?

3. Think of a person who has been your “lollipop moment” or, in other words, a person who has greatly affected you and likely doesn’t know it.

4. Hand out the blank paper, a pen, a lollipop, and an envelope to each participant. Have participants write a letter to a person who has made an impact on their lives, who has given them a “lollipop moment.” Stress the point that this person will likely not realize the impact he or she has had on the participant. Encourage participants to think of someone at school, if they can, but let them write a letter to someone outside of school, if they strongly prefer to.

5. Explain that, along with a lollipop, you will hand-deliver the letters to the people within your school community and mail the letters to people outside your school community. Have participants help locate addresses, if needed.

Optional Follow-Up

Bring lollipops during the year to remind participants of “lollipop moments.”

Grades 6–8 Adaptations

No adaptations are needed.