

Prep:

- Prepare examples of Put Downs (some ideas can be found in the Guidebook)
- Have flip chart or whiteboard available.

Meeting Agenda:

Welcome and Opening Activity – 2 min.

- Begin by welcoming everyone and taking attendance.
- Check-in with your Ambassadors to see how they are doing.

Activity and Ambassador Skill Development – 15 min.

- **What To Do about Put Downs:** Role Plays
 - Directions: Read a couple of examples of someone being put down from student observations (see previous lesson), ask for a volunteer to share an observation or make up your own. Discuss how they think the person being put down (the target) felt.
 - Ask: What could you say to the Aggressor(s) to Balance the put down? Get examples and list on a flip chart called “Balancing Sounds Like”. Explain that these words are called “Balancing.”
 - Note: If Ambassadors mention what they would say to the Target (rather than the Aggressor), acknowledge this as a perfectly acceptable Action and remind them that since it is addressed to the Target, it is called Supporting.
 - Divide your family group into groups of 4-5. Give a situation (in which someone is being put down) to each group. Have each group role play the mistreatment and what an Ambassador could do to PUT UP the put down. Ask the other groups (that are watching) what else they could say or do in this situation. Is there a time when it would not be helpful to Put Up a Put Down?

Closing – 5 min.

- Bring meeting to a close by talking about setting a goal for using “Balancing” over the next week.
 - Ask: How many times do you think you can notice Put Downs and use Balancing with your friends and family and maybe even your classmates? Have Ambassadors write down their goal.
- Encourage them to set realistic goals.
 - We recommend a goal of 1 Action a day for a week.