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**Prep:**

- Review true/false statements or create your own.

**Meeting Agenda:**

**Welcome and Opening Activity – 5 min.**

- Begin by welcoming everyone and take attendance (can be taken during the game).
- **Facilitate** game of Change 3 Things.

**Activity and Ambassador Skill Development – 15 min.**

- Check-in with your Ambassadors
- Ask Ambassadors to define intimidation (“when the target feels afraid”). How is it different than Exclusion or Put Downs?
- Hand out a list (or read it aloud) of True/False Questions (see below). Go over each question and answer one by one. Have students guess the correct answer (individually or as a group). After they come up with their guess, go over the correct answers one by one.
- Ask, does the answer surprise you? Why or why not? Do you think that it is true at our school? Ask if they can think of any examples of intimidation that they have seen at their school. (If not give them some examples). Have they ever been bullied or bullied others? How did it make them feel?

**Closing – 2 min.**

- Bring meeting to a close by asking Ambassadors to be “detectives” and look for any intimidation between now and the next meeting.

## Change 3 Things

**Materials:**  
None

**Timing:**  
5 minutes

**Preparation:**  
None

**Summary:** Two volunteers change three things about themselves, and the group attempts to identify what the changes are, giving Ambassadors an opportunity to practice their noticing skills.

**Directions:**

- Ask for two volunteers who will be the Changers.
- The Changers stand in front of the group and get studied for one minute.
- The Changers leave the room and once outside change three things about their appearance. For example, they can untie their shoe, put rings on different fingers, change their hairstyle, untuck their shirt, etc.
- Once they have made the changes they come back to stand in front of the group. The other players have three minutes to identify the changes.
- If time allows, the Changers can pick two people to take their place for another round.

**Variation:** This can be done with partners: The Observer studies the Changer for a minute, and then turns away & closes eyes. The Changer changes 3 things about her appearance and, when ready, calls to the Observer to turn around and face her. The Observer tries to identify the changes made by the Changer. They then switch roles.

### True/False Questions

1. 160,000 children stay home from school every day because they fear what is going to happen to them at school or going to and from school.

(TRUE: National Association of School Psychologists)

2. It is not intimidation if the Target and Aggressor are friends.

(FALSE-Intimidation is when a person feels afraid of what will happen (physical or emotional). This can occur among friends.)

3. Bullies are never targets.

(FALSE- About one third of bullies are themselves targets of intimidation, and these children have a higher risk of depression and suicidal thoughts than other children: R. Kaltiala-Heino et al., "Intimidation, Depression and Suicidal Ideation in Finnish Adolescents: School Survey," British Medical Journal 319 (1999): 349-351)

4. Children who are picked on over and over are more likely to be depressed, feel bad about themselves, and stop doing things with others. Some may even end up killing themselves.

(TRUE)