

Prep:

- Set up flipchart paper or whiteboard. Have music ready to play.

Meeting Agenda:

Welcome and Opening Activity – 10 min.

- Begin by welcoming everyone and take attendance (can be taken during the game).
- **Facilitate** game of “Talking Behind Your Back”.

Activity and Ambassador Skill Development – 10 min.

- Check-in with your Ambassadors
- Sometimes Ambassadors say, “I’m not seeing anything. Nobody’s fighting,” and need to be reminded that physical violence is only one kind of mistreatment and students get left out, put down and teased every day at school. Remind Ambassadors that the “smaller stuff” can lead to escalation and more physical violence at school. As Ambassadors, they have the power to change or interrupt the mistreatment before it escalates.
- **Exclusion Game Instructions:**
 - “As I play this music, walk anywhere around the room. I will stop the music without warning and call out a number. Stop and grab hands (or sleeves) with enough people to make a group of that number. Don’t let any extras break into your group. Hold hands to maintain your group until you hear the music start again.”
 - Start the music as Ambassadors move around the room. Stop the music and call out “Form groups of three!” As they stop and grab hands (or sleeves) to form groups of three, others will be left out (excluded). Tell those students to sit down. If there are any groups of more or less than three, also have them sit down.
 - Repeat calling out a different number. In the next round, call out a number that is more than half the size of the group. End the activity and begin a discussion.
- Write answers on a flipchart or whiteboard.
- Possible Questions:
 - “How did it feel to be left out? How did you feel about the way you were treated during the activity?”
 - “Do people at school ever treat others this way?”
 - Save the scenarios for the next meeting.

ELEMENTARY

Closing – 2 min.

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

Talking Behind Your Back

Materials:

Index Cards

Pens

Tape

Timing:

10 minutes

Preparation:

None

Directions: Distribute an index card and pen to each person.

Instruct each person to write his/her name on one side then help one another tape the index card on each person's back (NAME NOT SHOWING).

The group has 5 minutes for each person to quickly go around the room and write something POSITIVE (funny is OK too) about each person on the index card that is placed on their back.

The Family Group Facilitator then removes all index cards and lays them out for everyone to view the comments. How well do you think you know yourself or what others think about you? What would other people say behind YOUR back?

After reading them, participants may predict which one they think may have been on their back. Then, everyone can turn them over and find their own index card, and keep it, feeling great about what others had to say about them "behind their back".