
Goal: Practice “Distracting”

Meeting Agenda:

Welcome and Opening Activity – 10 min.

- Begin by welcoming everyone and take attendance (can be taken during the game).
- **Initiate** a game of I Like People Who...

Activity and Ambassador Skill Development – 15 min.

- Check in with your Ambassadors, “How is everything going?” “Any successes or challenges to share from the week?”
- Distracting Skill Development activity. Divide your family group into groups of 4-5. Give a situation (put down, intimidation or non-intense unwanted physical contact) to each group. Have each group role play the mistreatment and what an Ambassador could do to distract. It’s okay for groups to add another action after the distraction (Supporting, Balancing, Reasoning) but ensure the intervention begins with Distracting. Ask the other groups (that are watching) what else they could say or do in this situation.

MIDDLE / HIGH

Closing – 2 min.

- Bring meeting to a close by asking Ambassadors to set a goal for how many times they can use the Distracting Action in the next week.

I like People Who

Materials:

None

Timing:

10 minutes

Preparation:

Everyone stands in a circle

Directions: Choose 1 student to be the starter. The starter stands in the middle of the circle and says “I like people who: _____” and fills in the blank with something that’s true about them.

For example: “I like people who play basketball, or hate green vegetables, or had a rumor started about them, or put up a put down.”

If it’s true about anyone in the circle they will have to move to a new spot in the circle. The last player to find a spot is the new starter.

(It’s sometimes beneficial to have the group leader choose who the next starter will be).