

JUMP

S T A R T

for Scouts and Venturer Scouts



Theme: Bullying and Verbal Abuse



It starts with Scouts.



Scouts and Venturer Scouts Meeting Schedule

Theme: Bullying and Verbal Abuse

Note : These activities were designed to create group interaction and discussion. Please adapt the material with the realistic numbers of your Troop or Company.

Time	Activity	Additional Information	Run by
10 mins	Gathering Activity	Off the Wall - Part 1 Contribute	
5 mins	Opening Ceremony	See Leader Handbook	
15 mins	Theme Activity	Off the Wall – Part 2 What’s the message?	
10 mins	Game	Link tag	
10 mins	Theme Activity	Time to Improvise	
20 mins	Game	Trust Walk	
5 mins	Theme Activity	Off the Wall – Part 3 A New Message	
	Closing Ceremony	See Leader Handbook	

Scouts

Voyageur Personal Development #6
Pathfinder Personal Development #3

Distribute Stay Safe Handout to each youth before leaving.

Please review at future meetings - additional 10 minutes at least for 2-4 more meetings.

Meeting Notes: _____

Equipment:

- Large Banner paper
- Markers, Crayons, Pencils
- Paint & Brushes
- Sticky notes (Enough for 2 per participant)
- Copy and cut out Improvisation cards
- Timer, Whistle
- Enough blindfolds for half the youth
- Several balls of crumpled newspaper
- Stay Safe Handout

Gathering Activity – Off the Wall Part 1 – Contribute

PLAN:

Objective

By contributing to a large piece of banner paper, the Scouts or Venturer Scouts write out texts, graffiti and messages that they have found in public places, online or via text, which they find inappropriate. The youth listen to one another and gain the confidence of belonging to the group, establishing a mutual understanding of what can offend others, what is appropriate or what makes people feel very uncomfortable.

Important - The youth have the right to express their feelings and to take charge. They must feel comfortable listening to what other youth have to say too. They have the right to solve problems with friends.

Main Activity

Materials: 1 large piece of banner paper, painter's tape, markers, crayons or paint and brushes.

Preparation: Tape the banner paper onto a wall: may want to cover floor in case paint drips. Place paint, brushes, markers & crayons near the banner.

DO:

1. Ask the Troop or Company to write on the banner paper a negative message or statement they have seen either on a wall, Facebook status, commented upon, or texted in the public eye.
2. Once they have placed their message, have them continue their normal meeting routine before Opening Ceremony.

REVIEW:

Thank everyone for their contribution.

Theme Activity – Off the Wall Part 2 – What's the Message?

PLAN:

Objective

Review the messages, identifying why certain messages can be inappropriate and offensive. Youth identify how hurtful words can be. What is wrong and what is right?

Main Activity

The youth silently review all the messages written on the banner paper. Have them place sticky notes near the ones they find the most offensive.

DO:

1. Hand out two sticky notes to each Scout.
2. Without talking, Scouts or Venturer Scouts must place their sticky note to only two of the messages they find to be the most offensive or most inappropriate. Provide enough time for the youth to reflect and make their decisions.
3. Once the Troop or Company is done, ask them to come back to the banner paper for discussion about the messages that received the most number of sticky notes. Select the top three if possible.

REVIEW:

Questions to ask the Troop or Company about the top three most offensive messages:

1. Why are these messages the most offensive? Why were they picked? What makes them different than the others?
2. Why would someone write this?
3. Is this the kind of message that makes them feel cool or make them look cool?
4. If this was posted to you, on your Facebook wall, locker door or simply yelled at you, how would you feel?
5. If you saw this happen to someone else, what would you do?
6. What is verbal abuse?

(From <http://www.bullyingstatistics.org/content/verbal-bullying.html>):

When most people think of bullying, they think of physical bullying. However, bullying goes beyond the physical and can encompass the verbal. It may seem strange, but verbal bullying can be just as harmful - in different ways - as physical bullying. With verbal bullying, the goal is still to degrade and demean the victim, while making the aggressor look dominant and powerful. All bullying focuses on creating a situation in which the victim is dominated by the aggressor. And this can happen verbally as well as physically.

"No one can make you feel inferior, without your consent." - Eleanor Roosevelt

Thank everyone for their contribution.

Game – Link Tag

1. Troop or Company gets into a circle.
2. Ask them to buddy up and with their buddy, to take two steps back and link arms.
3. Pick a pair. One becomes "IT", the other is the Target.
4. "IT" chases the Target. If the Target gets touched by "IT", they switch roles.

5. Only way the Target can be safe is to link up to another duo. The person opposite of who he/she is linked up with becomes the new Target.

Fun for hours.

Conclusion

Note that help is always near. Find a friend, that's what they are there for. Especially fellow Scouts.

Theme Activity – Time to Improvise

PLAN:

Objective

To respond to situations involving issues Scouts or Venturer Scouts could experience and to think about these issues.

Main Activity

Preparation: Copy and cut out the attached scenarios.

DO:

1. Form into small teams.
2. Ask Patrol leaders or specific Scouts or Venturer Scouts of the group to act as judges. Teams earn points as the judges vote for their favourite team.

Explain the activity. The Leader picks a card and reads it aloud. The teams have 30 seconds to consult among themselves before performing. As per each card, the improvisations can last from 1 to 2 minutes. There are five categories on each card:

Type of improvisation

- Comparative: the teams take turns improvising the same theme
- Mixed: both teams improvise together at the same time

Style:

- Free: the players improvise in any style they choose
- Regular: players can talk
- Mimed: the players are not allowed to talk; the improvisation has to be mimed
- Gibberish: Talk by sounds only

Title:

- The title is the theme of the improvisation

Number of players:

- Number of players who will take part in the improvisation

Time:

- The amount of time allowed for the improvisation performance.

To make sure everyone understands the activity, give a demonstration.

After each improvisation, ask the judges to vote for the team that gave the best performance. Award one point to the team that gets the most votes.

IMPROVISATION THEME CARDS

Type of Improvisation: Mixed

Style: Regular

Title: I hate it when you call me that!

Number of players: 1 per patrol

Time: 1 min

Type of Improvisation: Comparative

Style: Regular

Title: Why is Tim sad all the time?

Number of players: 3

Time: 1.30 min

Type of Improvisation: Comparative

Style: Regular

Title: Hey, who's the new kid?

Number of players: 3

Time: 2 min

Type of Improvisation: Comparative

Style: Regular

Title:
Did you read what was on Julie's Facebook page?

Number of players: 3

Time: 1.30 min

Type of Improvisation: Mixed

Style: Mimed

Title: Fight!!! FIGHT!!!?

Number of players: 2 per patrol

Time: 3 min

Type of Improvisation: Mixed

Style: Free

Title:

This is the best Scout Troop or Company EVER!

Number of players: 1 per patrol

Time: 3 min

Type of Improvisation: Comparative

Style: Gibberish

Title:

How did you get hurt?

Number of players: 2 per patrol

Time: 2 min

REVIEW:

Add up the points! Who won... ?

Thank the Judges!

Points of discussion:

- Is it easy to improvise? Why?
- Best performance of the night? Why?
- Any reactions to particular situations?
- Are you happy with the way the situations were portrayed?
- Did your team help you through this activity? Good insight?
- How do you respond to difficult situations?
- How can we deal with difficult situations without using violence?
- How can we use this activity to raise awareness in our community?

Conclusion

We are trying to prepare you to not have to improvise as much. Be someone who knows what to do in many of these situations. Just like we are preparing you for camping, survival, first aid and ways for you to contribute positively in your community.

Game – Trust Walk

A Trust Walk encourages youth to expand their boundaries and trust one another.

PLAN:

Scatter several newspaper balls on the ground. Be sure the playing area is free of obstructions.

DO:

Form Scouts or Venturer Scouts into pairs and blindfold one of the pair. The other youth must provide verbal directions to the blindfolded youth to the closest newspaper ball. The blindfolded youth then picks up the newspaper ball and attempts to throw it at another blindfolded youth. Scouts or Venturer Scouts should switch roles after a few minutes so that they each get to have both experiences.

REVIEW:

Trust is important - We all need to know that someone is there to protect us, help us and guide us.

- Why is it important to trust someone?
- Do you have someone that you can trust? Parent? Friend?
- Someone you would trust in the Troop or Company?
- Do you have someone on your street that you could go to for help?
- What should you do to keep someone's trust?
- What should you avoid doing to not lose someone's trust?

Theme Activity – Off the Wall Part 3

PLAN:

Objective

Being a force for good. Change the message!

Main Activity

Scouts or Venturer Scouts will write new messages on the banner paper; can be as expressive as they want.

Preparation: Take out the paint, brushes, markers and crayons.

DO:

1. Come back to the banner paper. Ask the Troop or Company with all they have learned during this meeting, what better messages can they deliver, not only as a Scout member, but as someone from the community?
2. Explain that their message can be bigger. Fill the Banner with new messages! Positive ones!
3. If they can, change the bad messages!
4. Let them work.

REVIEW:

Have them look at their new banner and how they have changed the negative into positive. Thank everyone for their contribution.

Provide this video link to inspire the Scouts and Venturer Scouts about changing words.

<http://www.youtube.com/watch?v=pzjEzohHmaM>

Closing Ceremony

Distribute Stay Safe Handout to each youth before leaving. Explain that the information on the Stay Safe Handout provides many tips to help Scouts or Venturer Scouts stay safe.