



Be

A

Builder

Be A Builder

Identify Problem: Students often think that “teasing” is just for fun and is not hurtful or harmful to others. They may not understand that others may already be struggling with challenges and that teasing can cause real harm or even permanent emotional scars.

Materials: Jenga Game

Exercise: Play Jenga using the original game rules. As each block is removed have the students name a behavior that “tears down” another person. As each block is removed the tower is weakened and more likely to fall. Talk about how this relates to the way we treat others. Then rebuild the tower. Ask each person to name each block as they rebuild the tower. Each block will represent something that will strengthen someone else. The tower will be solid and although can still be knocked down it will take a lot more to make it fall.

Draw a stick figure on the board. Have the arms extended up. Have the students name “unseen burdens” that people carry around with them. Examples may include: parents going through a divorce, abuse, painful relationships, substance abuse, illness, financial stress, family conflict, etc.

For each burden named, draw a box above the arms as if the figure were carrying it. Write the burden represented in each box. Talk about the fact that many students have many burdens that we don’t see. Discuss why it is harmful and even dangerous in some cases to add to the burdens of others.

Suggestion: Talk about how this relates to Risk and Protective Factors

Identify Skills:

- Students will identify negative behaviors which tear others down
- Students will learn ways to build others up
- Students will re-enforce positive behaviors among their peer groups

Source: Teresa Willie



