

Presentation Reinforcement Guide

This is a guide to help teachers reinforce the bullying principles emphasized during Josh's presentation. Holding classroom discussions on these topics will strengthen the overall SEL of each student.



Principles to Highlight

Represent: To stand as an ideal for people to rally behind

1. The objective of the speech is to inspire students to choose to be kind and respectful in their social interactions.

The Mascot Code: Underlying Principles

1. Resiliency (Keep Your Head On)

- a. The ability to become strong, healthy, and successful again after something bad happens
 - i. Teaching students strategies to cope with, stand up against, and report any instances of bullying

2. Empathy (Understand Your Audience)

- a. The ability to share someone else's feelings
 - i. Teaching students to walk in someone else's shoes, putting others first, and selflessness

3. Potential (Be the Hero)

- a. The ability that someone has that can be developed to help that person become successful
 - i. Helping students to increase their self-esteem and realize what they are capable of accomplishing

Learning Outcomes

1. Inspire students to represent themselves well in their social and physical interactions with others.
2. Develop resiliency by learning to cope with, stand up against, and report any instances of bullying.
3. Teach empathy by combatting stereotypes, judging others, and learning to walk in someone else's shoes
4. Help students remember their self-worth and increase their self-esteem by embracing their uniqueness
5. Construct an understanding of their moral responsibility to their school and peers

"SEL is the process through which children and adults acquire the knowledge, attitudes, and skills they need to recognize and manage their emotions, demonstrate caring and concern for others, establish positive relationships, make responsible decisions, and handle challenging social situations constructively"

-Collaborative for Academic, Social, and Emotional Learning

Questions to ask in the classroom

1. What did you personally walk away with from the speech?
2. What can we as a class/school do to defeat bullying positively?
3. What are you going to do differently in your life?
4. What are the 3 rules of the “Mascot Code”?

Resiliency

1. Why is it important to keep your head on?
2. How can you take control of your circumstances?
3. How did Josh learn to adjust to his elementary school audiences?
4. How can you move from being a victim, to a survivor, and eventually a thriver?
5. What are some moments you’ve experienced where it seems like life is not fair?
6. How does developing a skill help you handle potential bullying experiences?
7. What are your talents and skills?

Empathy

1. Why is it important to understand your audience?
2. Why was Josh’s brother made fun of?
3. Why did Josh determine to try out for the cheer squad?
4. Why did the cheer coach put Josh on the team?
5. What was the biggest thing Josh learned as a cheerleader?
6. What is something you can do to understand others?

Potential

1. What does it mean to “be the hero”?
2. How can you know when someone has crossed the line from joking to bullying?
3. What is your specific action plan to stand up when someone needs you?
4. How can you make others feel safe and welcome at school?

Represent

1. Why did Josh get in trouble for interrupting ESPN gameday?
2. What are some things/people that you represent?
3. How can you represent yourself and your peers in your social interactions?
4. How can you represent yourself better through social media?
5. Why do you have a responsibility to represent this school?

Outline

1. Mascot Tryouts
 1. Students participate in a series of scenarios that mascots face in a fun and entertaining way to introduce "The Code," which is a set of moral obligations that a mascot has to represent the school well.
2. Represent
 1. Students learn the essence of mascotting: to stand as a symbol for people to rally behind.
 2. Story: Cancer Christmas Party
 1. Standing up for others and how Josh determined to become an anti-bullying speaker.
 3. Introduce purpose: to inspire students to represent themselves well.
 4. Outline the program and introduce "The Code"
3. "The Code"
 1. Keep Your Head On
 1. Story: Elementary School Attack
 1. Helping targets of bullying develop a 'bounce back' attitude by moving from 'victim' to 'survivor' and eventually become a 'thrivers'
 2. Story: The Paintbrush Assault
 1. Teaching "bullies" self-control strategies despite unfair advantages
 3. Technique: develop a skill/talent
 1. Demonstrate beatbox
 2. Know Your Audience
 1. Story: "How I Became a Mascot"
 1. Developed empathy for younger brother by becoming a cheerleader with him
 2. Learned to walk in his shoes by experiencing 'male cheerleader' stereotype
 3. Learning to be less judgemental and understanding of others
 3. Be the Hero
 1. Improv activity: Build a Mascot
 1. Students learn that everyone has their own strengths
 2. Developing your own style for standing up to bullying when you see it happen
 3. Strengthening self-worth
4. REPresent
 1. Story: ESPN Gameday
 1. When you wear the mascot suit it's not about you, it's about what you represent.
 2. Reinforce purpose: represent yourself and others well in your interactions.
Choose yourself to be kind and respectful.
 1. Resiliency= Keep Your Head On
 2. Empathy= Know Your Audience
 3. Potential= Be the Hero
5. Finale
 1. Final words of advice and beatbox