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| **Section: Our best defence** | | | |
| **Objective:** | | Learners will listen to a story standing up for yourself without hurting others. By answering in a clear, calm and firm, yet not aggressive manner to other people’s aggressions we defend ourselves properly. If we don’t do anything or if we answer aggressively, the situation will most likely continue or get even worse (for example, the other person may keep on attacking us, even more intensely).  SEL Competency: Relationship Skills  Developmental level: Foundational  Key message: I can stand up for myself by being assertive  Time: 15 mins | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | STANDARD INTRODUCTORY JINGLE NO.xx |
| **2.** | Host | | Today we are going to learn how to stand up for ourselves without hurting other people.  Sometimes other people say or do things to us that we don’t like or that make us feel upset or mad.  For example, we may feel sad or angry when someone hits or pushes us, calls us mean names, or makes fun of us. Especially if this happens a lot and becomes bullying. |
|  | FX (sound FX) | | FADE IN sad music, sounds of school yard, children laughing (mean spirited) |
|  | Host | | When I was in school, I was a lot smaller than the other children in my class and sometimes the other students made fun of me.  I used to be afraid to even go to school because I knew I would have a horrible day. The things that the other students called me were so mean and made me feel like I’d never fit in anywhere. |
|  | FX (sound FX) | | FADE OUT sad music, sounds of school yard, children laughing (mean spirited)  FADE IN happier music,sounds of school year, happier children’s laughter |
|  | Host | | Thankfully, I learned some useful tips to help me speak to the other children. I started to love school so much that when I grew up I became a teacher! I went from being too afraid to go to school to choosing to work in a school! |
|  | FX (Sound FX) | | FADE OUT happier music,sounds of school year, happier children’s laughter |
|  | Host | | Today we’re going to learn how to speak in a way that helps us deal with people that make us feel bad. How does that sound? |
| **3.** | All | | Good! |
| **4.** | Host | | In some schools and some neighbourhoods, there are children who bother other children a lot. For example, they can hit or push us, calls us mean names, or makes fun of us. This is called bullying and it is not ok.  Today we will learn how to face these situations in case it happens to us, or to someone we know.  Are you ready? |
| **5.** | All | | Yes |
| **6.** | Host | | Ok!  Usually, when we’re faced with mean people, we can respond in three different ways: |
|  | FX (Sound FX) | | Boiiing/gong/lightbulb switching on ding |
|  | Host | | **Passively!**  **This is when w**e do not tell anyone what we feel or think, and when we do not defend our rights. It means we don’t do anything or we just keep silent even though we are really unhappy. |
|  | FX (Sound FX) | | Boing/gong/lightbulb switching on ding |
|  | Host | | **Aggressively!**  **This is when** we do tell people what we feel or think and we do defend our rights, but we do it by hurting others. It means hitting someone when they call you a nasty name, or pushing someone over when they try to slap you or screaming and shouting at someone who leaves you out of their game. |
|  | FX (Sound FX) | | Boing/gong/lightbulb switching on ding |
| **7.** | Host | | **And Assertively!**  **This is when w**e tell peole what we feel or think, and defend our rights without hurting other people. This is the best way to deal with problems like namecalling and bullying.  Let’s see how well you were listening to three ways we can respond!  Who can tell me what responding passively means? Say your answer out loud at home! Who can tell me what responding passively means? |
|  | FX (Sound FX) | | 20 seconds of sound for children to respond |
|  | Host | | Who can tell me what responding passively means? |
|  | Child D | | Umm… is it when you just ignore when someone is mean to you? |
|  | Host | | Ignoring is part of it! well done! Responding passively is when you don’t do anything to tell people how you feel, what you think, what you want or what you need. It means ignoring what’s best for you. Sometimes we respond passively because we are too scared to stand up for ourselves. This is ok! Sometimes children might need the help of a grown up to deal with mean people.  How about responding aggressively? Does anyone remember what this means? |
|  | FX (Sound FX) | | 20 seconds of sound for children to respond |
|  | Host | | Who can tell me what responding aggressively means? |
|  | Child A | | When you’re really, really mad and you hurt the people who were mean to you first |
|  | Host | | Good start (Child A)! Responding aggressively is when you do stand up for yourself but you do it by hurting other people. So, for example, if a bully stole your pencil case, responding aggressively might be hitting him, or stealing his backpack or breaking his favourite toy. We should never do this, even if you are just responding to something that someone else started.  Does that make sense? |
|  | Child A | | But what if they are really, really mean to you? |
|  | Host | | (KINDLY) We have to try to respond assertively! Does anyone remember what that is? |
|  | All | | Ummmm…. No |
|  | Host | | (KINDLY) That’s ok! These are all really big words! Responding assertively is when we do stand up for ourselves. It’s when we do tell people how we feel and what we need. But we do it in a calm and respectful way. We do it without hurting people, either with our words or our actions.  Does that make sense? |
|  | Child A | | (SUSPICIOUS) hhhmmmm….. that will never work… |
|  | Host | | (KINDLY) I understand why you think that it would never work, (Child A).  I’m going to read you a story about two children called Tiger and Oswald. Tiger is the biggest and strongest student in the class and sometimes he makes the other students do things for him that they don’t want to do. Tiger is a bully.  We’re going to think about what would happen for Oswald if he responds to Tiger passively, aggressively or assertively. I think you’ll see how being assertive can work when we’re finished!  Will you listen to the story with us? |
|  | Child A | | Ok |
|  | Host | | Great! I’m so happy to hear that! Ok everyone, are you ready to hear the story? |
| **8.** | All | | Yes |
| **9.** | Host | | Ok! Listen carefully. Remember after the story, we’re going to think about what might happen if Oswald responds passively, aggressively or assertively.  Ready?? |
| **10.** | All | | Yes |
| **11.** | FX (sound FX) | | Sound to introduce read aloud story |
| **12.** | Host | | Tiger is the biggest and strongest student in the fifth grade. He has many friends and his classmates do whatever he says.  Just yesterday Tiger was hungry and forced Oswald to buy him food at the school store. Oswald didn’t have much money, but he felt he couldn’t say no and so he did what Tiger ordered.  Oswald, on the other hand, is a small, shy and quiet student. He doesn’t have many friends, and some people say he is weird because he is always by himself during the lunch break at school.  Tiger thinks Oswald looks funny and he makes fun of him all the time, saying, “Oswald is a loser!”  Oswald feels very frustrated. Going to school has become a nightmare, as he knows Tiger will make his school-day unbearable from beginning to end. |
| **13.** | FX (sound FX) | | Sound to end read aloud story |
| **14.** | Host | | What did you think of the story? Have you ever met any children like Tiger? |
| **15.** | All | | Yes |
|  | Host | | Are you ready to answer some questions? |
|  | All | | Yes |
|  | Host | | Ok! Join in with us at home by saying your answers out loud! |
|  | FX (sound FX) | | Sound to indicate questions |
|  | Host | | Question 1: What will happen if Oswald responds passively, if he doesn’t do anything to defend himself? (pause)  Again, what will happen if Oswald responds passively, if he doesn’t do anything to defend himself?  Remember, say your answers out loud at home! |
|  | FX (sound FX) | | 30 seconds sound to let children think and respond |
|  | Host | | Well, what do you think? what will happen if Oswald responds passively, if he doesn’t do anything to defend himself? |
|  | Child A | | Tiger won’t stop being mean to him |
|  | Host | | Very good! And how do you think that will make Oswald feel? |
|  | FX (sound FX) | | 30 seconds sound to let children think and respond |
|  | Host | | Well, what do you think? How do you think that will make Oswald feel? |
|  | Child A | | Umm… he will be sad and scared |
|  | Child B | | He won’t ever want to come to school |
|  | Host | | Exactly. Ready for the next question? |
|  | All | | Yes |
|  | FX (sound FX) | | Sound to indicate questions |
|  | Host | | Ok!  Question 2: What will happen if Oswald responds aggressively, if he tries to insult or hit Tiger to defend himself? (pause)  Again, what will happen if Oswald responds aggressively, if he tries to insult or hit Tiger to defend himself? |
|  | FX (sound FX) | | 30 seconds sound to let children think and respond |
|  | Host | | Well, what do you think? what will happen if Oswald responds aggressively, if he tries to insult or hit Tiger to defend himself? |
|  | Child C | | Tiger might become angry |
|  | Child D | | He could say even more mean things or maybe he could hit Oswald |
|  | Host | | Very good! It can be dangerous to respond aggressively. If Oswald is aggressive, Tiger might also become aggressive and there might be a fight. Oswald could get really hurt.  Ready for the next question? |
|  | All | | Yes |
|  | FX (sound FX) | | Sound to indicate questions |
|  | Host | | Ok, here we go! Remember to say your answers out loud at home!  Question 3: What could Oswald do to respond assertively? How can Oswald defend himself in a non-aggressive way? (pause)  Again, what could Oswald do to respond assertively? How can Oswald defend himself in a non-aggressive way?  What do you think? |
|  | FX (sound FX) | | 30 seconds sound to let children think and respond |
|  | Host | | Well, what do you think? what could Oswald do to respond assertively? How can Oswald defend himself in a non-aggressive way? |
|  | Child A | | Oswald could ask Tiger to stop being mean |
|  | Child B | | He could tell Tiger that it hurts his feelings when he does mean things |
|  | Child C | | He could take a friend with him to speak to Tiger and ask him to stop |
|  | Child D | | Or he could ask an adult for help? Like maybe his favourite teacher? |
|  | Host | | Wow! Very good ideas! These are all assertive ways to deal with challenges.  By answering in a clear, calm and firm, yet not aggressive manner to other people when they are aggressive, we can defend ourselves properly.  If we don’t do anything or if we answer aggressively, the situation will most likely continue or get even worse. For example, the other person may keep on attacking us, even more intensely.  We don’t have to wait for a scary or aggressive situation to practise being assertive. All we have to do is tell people what are needs are in a clear and direct way.  For example, when you are doing your schoolwork and your friend wants to talk to you, or distract you in class, you can calmly say “no” or “not right now”, and tell them that you’ll listen after class or when you’re done with the task you are working on!  Can anyone think of another example of where we can practice being assertive? |
|  | Child A | | How about when I’m really, really tired but my sister wants me to play with her? |
|  | Host | | Very good example (Child A)! thank you for sharing it! How do you think you could be assertive in this situation? |
|  | Child A | | (WORRIED) Umm… I don’t know. Do I have to say yes or no? |
|  | Host | | (KINDLY) You don’t have to say anything! Think about what you need in your example. Remember you are tired and your sister wants to play chasing. What do you want when this happens? |
|  | Child A | | To rest… |
|  | Host | | Of course you do! It’s totally normal for you to want tor rest when you’re feeling tired. You have to be really awake to play a game like chasing!  Don’t you? |
|  | Child A | | Yes |
|  | Host | | Instead of agreeing to play with your sister when you are really tired, you can tell her how you feel and say no!  Do you want to practice saying that? |
|  | Child A | | (HESITANTLY) Umm… ok… I could say.. Sorry (name) I ‘m too tired to play chasing with you? |
|  | Host | | (KINDLY) very good! You can also tell your sister that you’ll play chasing with her when you’re feeling a bit less tired! |
|  | Child A | | And maybe I could say we could do something else together more slowly |
|  | Host | | Very good! If you practice being assertive in situations like this, you will find it so much easier to be assertive when you find yourself in a scary situation!  Ok, so to finish! Can anyone remind us of what being passive is? When we respond passively? What do you think at. home? |
|  | FX (sound FX) | | 15 seconds sound to let children think and respond |
|  | Host | | **This is when w**e do not tell anyone what we feel or think, and when we do not defend our rights. It means we don’t do anything or we just keep silent even though we are really unhappy.  What about aggressive? What does it mean to respond aggressively? |
|  | FX (sound FX) | | 15 seconds sound to let children think and respond |
|  | Host | | **This is when** we do tell people what we feel or think and we do defend our rights, but we do it by hurting others. It means hitting someone when they call you a nasty name, or pushing someone over when they try to slap you or screaming and shouting at someone who leaves you out of their game.  And finally, what about assertive? What does it mean to respond assertively? |
|  | FX (sound FX) | | 15 seconds sound to let children think and respond |
|  | Host | | **This is when w**e tell peole what we feel or think, and defend our rights without hurting other people. This is the best way to deal with problems like namecalling and bullying.  How are you going to handle situations like Oswald’s from now on? |
|  | All | | Assertively! |
|  | Host | | (KINDLY) Well done! I’m so happy that you are going to respond assertively when faced with mean people and bullies! Remember, you can always ask a grown up you trust for help whenever you need it, ok? |
|  | All | | Ok |
|  | Host | | Especially when dealing with bullies. Don’t ever be afraid to ask for help! |
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