



# Inclusiveness

**Sub-Concepts Covered: Equity, Fairness, Kindness**

Kindness in the Classroom lessons teach kindness skills through a step-by-step framework of Inspire, Empower, Act, Reflect and Share. Each lesson starts with the ‘share’ step to reinforce learning from previous lessons. The ‘act’ piece is woven into the lessons but really takes place in the projects.

This is the third unit of the *Kindness in the Classroom* curriculum. Utilizing the respect and caring concepts previously learned, students will expand their knowledge base regarding inclusiveness, fairness and equity from both a personal and communal perspective. This can quickly become a hot topic within today’s environment, so it is extremely important to set up a safe space for students to share and discuss their own thoughts and opinions. Encourage open dialogue within the context of pre-established boundaries.

## Unit Objective

Students will:

- Evaluate their school environment for inclusiveness.
- Learn four strategies for being an upstander when they see bullying behavior.
- Brainstorm ways to avoid accidental exclusion of people who might have different needs or experiences than the majority group.
- Differentiate between positive and negative peer pressure.

## Student Introduction

Inclusiveness—this just means include everyone right? In the younger grades, this simplistic definition was all that was needed. However, as we grow up, this term has many levels of understanding. This unit will dive deeper into the concepts of fairness, equality, and equity. How are they different? How do we understand them for ourselves and within our own community? Keep an open mind and be prepared to learn something new about both the successes and struggles of those around you and within this community. Our focus during this unit includes:

- Increasing Inclusiveness
- Becoming an Upstander
- Empathy as it Relates to Inclusiveness, Fairness, and Equity
- Responding to Peer Pressure

## Unit Lessons

Main Lesson Title	Weekly Objectives	Main Lesson Materials	Mini Lessons
<b>Lesson 1</b> Inclusive School Discussion	<ul style="list-style-type: none"> <li>Evaluate their school environment for inclusiveness and for fostering a sense of belonging among students.</li> </ul>	<ul style="list-style-type: none"> <li>Whiteboard, smartboard, or other note taking device/materials</li> </ul>	<p><u>Small Group</u>- Bullying vs. Teasing</p> <p><u>Partners</u>- What to do About Bullying</p> <p><u>Individual</u>- How I Belong</p> <p><u>Technology Focus</u>- Stopping Bullying with Tech</p>
<b>Lesson 2</b> Becoming an Upstander	<ul style="list-style-type: none"> <li>Learn four strategies for being an upstander when they see bullying behavior.</li> </ul>	<ul style="list-style-type: none"> <li>Smartboard or other device to show the NED video</li> </ul>	<p><u>Small Group</u>- Burger King Stands Up to Bullying - Do We?</p> <p><u>Partners</u>- Bystander vs. Upstander</p> <p><u>Individual</u>- My Upstander Mission</p> <p><u>Technology Focus</u>- Upstanders in the Media</p>
<b>Lesson 3</b> Walk in Their Shoes	<ul style="list-style-type: none"> <li>Use different perspectives to evaluate the inclusiveness of a given situation.</li> <li>Brainstorm ways to avoid accidental exclusion of people who might have different needs or experiences than the majority group.</li> </ul>	<ul style="list-style-type: none"> <li>Walking in Someone Else's Shoes handout (see lesson)</li> <li>Scissors</li> <li>Writing utensils</li> </ul>	<p><u>Small Group</u>- Why We Bully, Tease, or Gossip</p> <p><u>Partners</u>- How Can We Include Everyone?</p> <p><u>Individual</u>- What Your Shoe Says About You</p> <p><u>Technology Focus</u>- The Illusion of Inclusion</p>
<b>Lesson 4</b> Responding to Peer Pressure	<ul style="list-style-type: none"> <li>Differentiate between positive and negative peer pressure.</li> </ul>	<ul style="list-style-type: none"> <li>No materials are required for this lesson</li> </ul>	<p><u>Small Group</u>- Just Say No Role Play</p> <p><u>Partners</u>- The Power of Choice</p> <p><u>Individual</u>- Making My Own Decisions</p> <p><u>Technology Focus</u>- Online Peer Pressure</p>

## Unit Project

<b>Project Title</b>	<b>Project Overview</b>	<b>Materials Required</b>
Building A Kind & Caring Culture	Students will create an action plan for how their school or classroom (teacher choice) can be more inclusive.	☐ TBD - whatever aids in the planning and drafting processes (likely note-taking and visual-aid making materials)