



Shawn is the key football player but does not want Rob to play because he doesn't think Rob is good enough. Whenever Shawn sees Rob, he makes mean comments toward him.

What would you do?

Jennifer is new at school and is trying to fit in, but Madison is popular and does not want another person in her group. Madison is creating rumors about Jennifer so other girls will not let her in the group.

What would you do?

You see Rebecca crying as she walks into school. Shortly after, you see a group of girls walking together, laughing, and pointing at Rebecca. You are concerned for Rebecca, but you are afraid the other girls might choose you as a target if you stick up for her.

What would you do?

John is a freshman in high school and is trying to be tough by picking on 6th graders as they cross paths in the hallway. Every day, John tries to shove or hurt younger students.

What would you do?

Devon is always causing problems for Rachelle during the school day. He continues to talk badly about her on social media.

What would you do?

Adam and Elliott hold hands as they walk in the hallway. Every day, Justin calls out different degrading comments toward them.

What would you do?

Eliza has been in a wheelchair her whole life because of cerebral palsy. Each day, as she gets off the bus, there is a group of students who stand in the way of where the wheelchair ramp is so she cannot enter school. You are walking in at the same time.

What would you do?

In Danielle's culture, women wear burqas. Danielle wears a burqa to school every day and continually gets made fun of.

What would you do?



Dignity Acronym

Define problem

Indicate possible choices

Group consequences as positive or negative

Note: Is it legal? Healthy? Safe?
Responsible? Respectful? In line with values?

Identify best option

Talk to a trusted adult, and then take action

You evaluate the decision



Example: Patrick leaves the room each day to attend special education class. Every day David stands up and says, “There goes Patrick; he’s not smart enough to stay in a normal class.” What would you do?

Define problem:

Indicate possible choices:

Group consequences as positive or negative:

Note: Is it legal? Healthy? Safe? Responsible? Respectful? In line with values?

Identify best option:

Talk to a trusted adult, and then take action:

You evaluate the decision:



Example: Patrick leaves the room each day to attend special education class. Every day David stands up and says, “There goes Patrick; he’s not smart enough to stay in a normal class.” What would you do?

Define problem:

David's words are hurtful to Patrick.

Indicate possible choices:

Say nothing, talk to adults and share your concerns, talk to Patrick and ask him how he would like to manage this.

Group consequences as positive or negative:

Saying nothing would be a negative consequence for Patrick, talk to adults and share concerns: could be positive or negative depending on the results, talk to Patrick and ask him how he would like to manage this: would empower Patrick and give him a voice which would be positive.

Note: Is it legal? Healthy? Safe? Responsible? Respectful? In line with values?

Yes it is legal and healthy. It might not be safe to say something if David lashes out. It is respectful for Patrick and is in line with his values.

Identify best option:

Best option is to talk to Patrick and ask how he would like it managed.

Talk to a trusted adult, and then take action:

Turn to a safe contact who is a trusted adult that Patrick feels comfortable with and who can help with the situation.

You evaluate the decision:

The results were amazing because Patrick feels empowered and has found his voice.



A decision is the “act of making a choice or coming to a solution.” Many decisions involve risk, which is a behavior with an element of danger that may cause injury or harm to oneself or others. A person can minimize health risks in a situation when they plan ahead and take precautions. Well-planned, preventative action BEFORE an event increases the chances of a safe and healthy outcome.

Think about a situation in your life where you need to make an important decision. This worksheet outlines six steps to find a healthy solution to your problem.

1. DESCRIBE THE SITUATION REQUIRING A DECISION.

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2. WHAT ARE THE OPTIONS?

OPTION ONE	OPTION TWO	OPTION THREE

3. LIST ONE POSITIVE AND ONE NEGATIVE CONSEQUENCE FOR EACH CHOICE.

OPTION ONE POSITIVE CONSEQUENCE	OPTION TWO POSITIVE CONSEQUENCE	OPTION THREE POSITIVE CONSEQUENCE
OPTION ONE NEGATIVE CONSEQUENCE	OPTION TWO NEGATIVE CONSEQUENCE	OPTION THREE NEGATIVE CONSEQUENCE

4. ASK YOURSELF “THE QUICK 5.”

- | | | |
|---|------------------------------|-----------------------------|
| 1. Is it safe? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 2. Is it healthy? (Emotionally, physically, socially, etc.) | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 3. Is it legal? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 4. Is it respectful? | <input type="checkbox"/> YES | <input type="checkbox"/> NO |
| 5. Is it in line with my values? (And the values of my family and friends.) | <input type="checkbox"/> YES | <input type="checkbox"/> NO |

5. MAKE A DECISION.

6. EVALUATE YOUR DECISION.

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Think about a situation in your life where you need to make an important decision. This worksheet outlines six steps to find a healthy solution to your problem.

1. DESCRIBE THE SITUATION REQUIRING A DECISION.

You observed Pat tell Chris that he is ugly and stupid.

2. WHAT ARE THE OPTIONS?

OPTION ONE	OPTION TWO	OPTION THREE
<i>Say Nothing</i>	<i>Confront Pat using an "I Message".</i>	<i>Tell an adult.</i>

3. LIST ONE POSITIVE AND ONE NEGATIVE CONSEQUENCE FOR EACH CHOICE.

OPTION ONE POSITIVE CONSEQUENCE <i>Allows Chris to be an upstander for himself.</i>	OPTION TWO POSITIVE CONSEQUENCE <i>Bullying behavior stops.</i>	OPTION THREE POSITIVE CONSEQUENCE <i>Bullying behavior stops.</i>
OPTION ONE NEGATIVE CONSEQUENCE <i>Chris feels disrespected and powerless.</i>	OPTION TWO NEGATIVE CONSEQUENCE <i>Pat bullies you.</i>	OPTION THREE NEGATIVE CONSEQUENCE <i>Pat bullies you.</i>

4. ASK YOURSELF “THE QUICK 5.”

- | | | |
|---|---|-----------------------------|
| 1. Is it safe? | <input checked="" type="checkbox"/> YES | <input type="checkbox"/> NO |
| 2. Is it healthy? (Emotionally, physically, socially, etc.) | <input checked="" type="checkbox"/> YES | <input type="checkbox"/> NO |
| 3. Is it legal? | <input checked="" type="checkbox"/> YES | <input type="checkbox"/> NO |
| 4. Is it respectful? | <input checked="" type="checkbox"/> YES | <input type="checkbox"/> NO |
| 5. Is it in line with my values? (And the values of my family and friends.) | <input checked="" type="checkbox"/> YES | <input type="checkbox"/> NO |

5. MAKE A DECISION. *Option 3*

6. EVALUATE YOUR DECISION.

You and a teacher fill out a bullying report with Chris and Pat stops bullying.

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