



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## ABC ASSET YEAR: STUDENT TOOL KIT

### ❖ **Have You Filled A Bucket Today?**

- Be a *bucket filler*. *Fill buckets* by doing kind actions and deeds for yourself and others.
- *Don't dip* into other buckets. *Bucket dipping* happens when your bucket is low.
- *Use your lid* to protect and guard the good thoughts and feelings inside your bucket.

### ❖ **Simon's Hook**

- *Be a free fish. Swim free!*
- Do little or nothing! Don't react!
- Pretend to agree with the *hook*.
- Change the subject; distract the student doing the bullying.
- Laugh at the *hook* and make a joke of it.
- Stay away from students you know to be hurtful. You may need to stop being friends with a *secret bully* and make new friends.
- *Use your lid to stop, think, and visualize* what is happening.
- *Be in control. You have the power to choose how to react.*

### ❖ **Say Something**

- Be an *UPstander!*
- *Speak up. Reach out. Be a friend!*
- Refuse to join in with bully behaviors.
- Use positive peer influence to help friends do the "right thing".
- *Say something!* Your silence is your agreement.
- *Say or do something* when someone needs help.
- Just *standing by* someone will make him/her feel better!
- Help all kids join the fun. Invite someone new to play!
- Everyone belongs at our school.
- Help friends find positive things to *do and say!*
- Laughing and joking with friends is fun. (But, laughing at a friend can hurt.)
- Help kids "save face" when they are in a tough spot.

### ❖ **Trouble Talk**

- Develop and maintain friendships with *healthy talk*.
- Be a *friendship role model*.
- Make a *real apology*.
- *Stop and think to avoid trouble talk*. Before you speak, ask:
  - Is it **T**True?
  - Is it **H**elpful?
  - Is it **I**nspiring?
  - Is it **N**ecessary?
  - Is it **K**ind?

- *Rumors stop with me!*
  - Refuse to hear when friends are gossiping. Do not repeat the rumor or gossip to others. *Say something* positive about the target.
  - Ignore the *hook*. Change the subject.
  - Question the accuracy of the rumor. Go to the source.
  - "Gee, that really doesn't sound like XXX. Do you think that is really true?"
- Make a *real apology*.

### ❖ ***Nobody Knew What to Do***

- *Tell and make a report.*
- *UPstanders* take action to keep school safe by *saying and doing something*.
- *Tell* an adult when there is danger, an issue of safety or the right thing to do.
- *Making a report* can help prevent something from happening or protect someone from getting hurt.
- Ask an ally to go with you to *make the report*.
- *Tell* as many adults as needed until someone helps you.

### ❖ ***The Empty Pot***

- Act with positive values of CHIRP: courage, honesty, responsibility, integrity, and perseverance.
- *Stand by* your beliefs with others.
- *Stand up* for your beliefs with courage and determination.
- Being honest means telling the truth, even when it is not easy!
- It is important to always *do your best*.

### ❖ ***ONE***

- It just takes ONE to make a difference!
- EVERYONE counts!
- Be a forgiving person and give a person a second chance.
- Offer opportunities to belong and be included.

### ❖ ***Recess Queen***

- Learn and use *conflict resolution skills*.
- Targets can be empowered to become *UPstanders!*
- *Stop, think, and understand* the *bucket dipping* actions of others.
- *Invite and include* all kids.
- *UPstanders* on the playground can help improve your school's climate.
- Practice all the tools in your toolkit.