



Think Things Through

What can you do to help your school community embrace civility?

Think of a time when you saw someone being treated badly and you wanted to step in to help, but didn't. Why didn't you?

What might you do differently now?

Think of a time when you saw that someone was being treated badly and you reached out to be kind. What did you do to reach out to be kind?

What happened?

What did you learn from this experience that can help you reach out to be kind again in the future?

Think of a time when you saw that a friend was being hurtful.

Did you try to help your friend stop, own it, and fix it?

If you did, what happened?

If you didn't, what held you back?

What did you learn from this experience that can help you help someone else stop, own it, and fix it in the future?

Think of a time when you saw something happening that you thought was seriously wrong, when someone was or could get hurt. Did you report this situation to an adult who could help?

If you did, what happened?

If you didn't, what held you back?

What did you learn from this experience that can help you recognize when something is really serious that should be reported and how to do so effectively?

What are the most important reasons that you would not be hurtful?

Think of a time when you made a mistake and were hurtful.
Did you stop, own it, and fix it?

If you did stop, own it, and fix it, what happened?

If you didn't stop, own it, and fix it, what held you back?

What commitments do you make for the future of you make a mistake and are hurtful to another?

If someone is hurtful to you, what are some ways you could respond that use your personal strengths?

What are the special and unique things that make you the truly AWESOME person you are?

Each month, you will be provided with this document. Please write some of your thoughts on some things that happened during the month that relates to any of the above questions, noting:

- What happened?
- What role or roles did you play?
- What did you think of how you played that role or roles at the time?
- What did you think of how you played that role or roles later?
- What are the most important things that you learned from this experience?