

Standing Up for Yourself

Unit and Module here



AGENDA



1. Brainstorm what it means to stand up for yourself and to stand up for others.



2. Practice standing up for yourself using different scenarios.



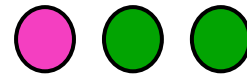
3. Reflect on a time when you have stood up for yourself or someone else.



BRAINSTORM



- What do you think it means to stand up for yourself?
- What about standing up for others?
- Is there a difference?

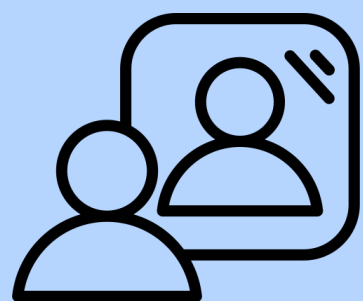
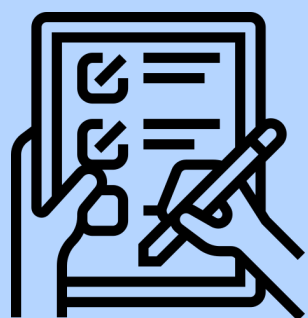


DISCUSS



Pressure to act a certain way or to do something happens to most of us. It could be pressure from a family member to go to a specific college or pressure from a friend to do something you know you shouldn't do. Or sometimes we observe someone pressuring someone else doing something that they don't appear to want to do. This could happen within your own group of friends! Maybe they're pressuring a friend to host a party at their house when their parents are not home. Either way, there is pressure from one person to another to do something that they are not fully sure of or comfortable with.





DIVE IN



How can Peer Pressure Affect You?

Pressure from a family member to go to a specific college

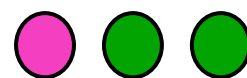
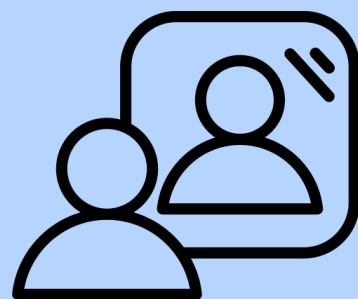
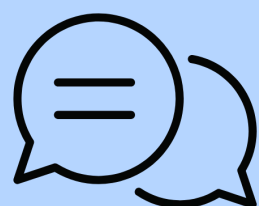


Pressure from a friend to do something you know you shouldn't do.



Observing a friend pressuring another friend to host a party at their house when their parents are not home.



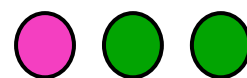
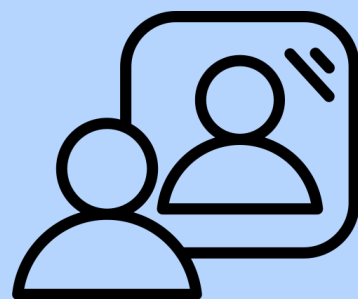


DIVE IN



3 steps to express yourself:

1. State your position
2. Explain your reason
3. Express understanding



DIVE IN



— Know what you Believe

Knowing what is important to you is the first step to taking a stand. Review the activities we covered on our strengths and interests, self-confidence and self-esteem, our values and integrity and our point of view.

— When to Take a Stand

Consider whether or not this is a “battle” that you need to fight. Knowing what you value will help you to determine whether this is something you must take on. Not all situations require you to defend what you believe.

— Taking action

Once you decide to stand up for yourself or someone else, take action.

- Say it clearly.
- Strive to be respectful.
- Use words that do not attack or hurt the other person.
- Put downs and swearing have no place in this discussion.

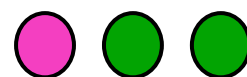
— Remain Calm

It can become very easy for emotions to become heated during these types of situations but try to remain objective and calm. It is more effective:

1. There is less chance that you will regret something you regret.
2. People are less defensive when they aren't being yelled at.

— Remain Objective


Remember what your objective is during these types of situations. It is not necessarily for you to change the other person's mind, merely to express where you stand.



ACTIVITY



Working with a partner, complete the worksheet. If there is time, share the responses as a class. Discuss which statements you most agree with.

 **High School**

Worksheet

Name: _____ Date: _____

Standing Up for Yourself

Use the 3 steps, write down statements that apply to the scenarios:

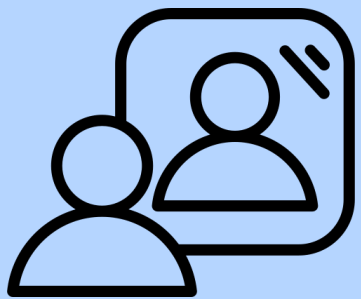
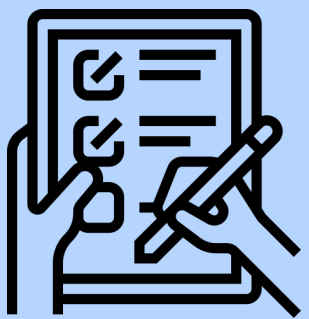
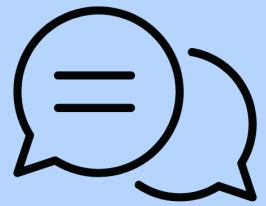
1. State your position.

2. Explain your reason.

3. Express understanding.

Scenario	Stating your position:
You are at the mall with your friend when you notice that he/she is stealing and is encouraging you to take something that you've said you like, but don't have enough money to buy.	<div>1.</div> <div>2.</div> <div>3.</div>
You overhear one friend trying to pressure another friend to cut class next period.	<div>1.</div> <div>2.</div> <div>3.</div>
Your friend suggests you try vaping because it's "not as bad for you as smoking cigarettes".	<div>1.</div> <div>2.</div> <div>3.</div>
One of your friend's parents is going away for the weekend. Another friend begins to pressure them to have a party while the parents are away.	<div>1.</div> <div>2.</div> <div>3.</div>
A parent is insisting that you go to a state college, but you are more interested in going to a trade school.	<div>1.</div> <div>2.</div> <div>3.</div>

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REFLECT



- In thinking about a time I had to stand up for myself or someone else, what values was I drawing on?
- Did I communicate my point of view in a way that was effective?
- What might I have done differently?
- Why would this benefit me?
- Share class results from the Independent reflection.



Extend & Enrich

Extend and Enrich

- Look at the biography of Greta Thunberg here: <https://www.biography.com/activist/greta-thunberg>
- Listen to Greta's speech at the United Nations COP25:
- <https://youtu.be/Eo-mxvGnq8>
- What can we learn from Greta's methods for delivering her messages? What makes her so effective? How can we use these insights to help us stand up for our values?



Home Connection



Home Connection

Standing up for Yourself

Dear _____,

Today in class, we learned **standing up for yourself** or others is easier if you are clear on what you believe. Knowing what is important to you is the first step to taking a stand. We learned 3 steps to defend our values:

- 1. State your position.
- 2. Explain your reason.
- 3. Express understanding.

Please encourage your student to practice using the 3 steps when defending their values at home.

Please do not hesitate to reach out with any questions or concerns.

Best,

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Professional Development



The podcast 52 Essential Conversations to Inspire Children for Life is hosted by Harvard researcher, educator and parent, Jenny Woo. Listen to the episode at <https://52convos.libsyn.com/001-standing-up-how-to-find-your-voice> to learn about ways to teach your students how to find their voice, and then answer the following questions:

1. How do you empower your students to find their voice?
2. Does your classroom create a space where students are able to find and speak their truth?





Further Study

For Further Study

Assertive communication

<https://youtu.be/vlwmfiCb-vc>

What's the difference between aggressive and assertive communication? Why is assertive communication better?

Ash Beckham: When to take a stand - and when to let it go.

https://www.ted.com/talks/ash_beacham_when_to_take_a_stand_and_when_to_let_it_go

How do we decide to take a stand or not?





Lesson Complete!

