

THE STORY OF FOUR 14 YEAR OLD MIDDLE SCHOOL STUDENTS.

# STUDENT HANDOUT



## LOOK OUT FOR THIS

During the play, each of the characters make choices at moments of high emotion, and these choices lead to conflict. As you watch the performance, notice these moments and think about what you might do. What choices would be safer for the characters physically and emotionally?



### HATTIE

Hattie tries in school but would rather hang out with her friends. She's confident and comfortable in social situations. She is in constant contact with her circle of friends, meeting them for lunch every school day, texting group chats between classes and meeting to do homework together every night.



### ZUMI

Zumi loves shoes. He has a large collection of Jordans, which he considers to be the best shoes ever. He's a prankster who posts videos on Instagram, and dreams of going viral. Zumi is best friends with his cousin Rayna and very supportive of her.



### RAYNA

Rayna is into studying hard and getting straight As. She doesn't have many friends at school, but she's recently found someone online she connects with. She is loyal to people close to her and very protective of her family.



### ANTONY

Antony is new to this school. He's obsessed with video gaming and loves making videos and posting them to his TikTok. He's ambitious and trying to build up his followers. Antony likes school but hates P.E.

## TYPES OF CONFLICT IN THE PLAY



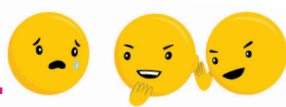
### CYBER

conflicts can really hurt our feelings. They involve using technology like a cell phone or a computer to deliberately upset someone else. They can lead to unsafe choices and situations.



### PHYSICAL

conflicts involve unsafe choices like pushing or hitting that can hurt someone's body.



### PERSONAL

conflicts like spreading embarrassing information and false rumours about someone or shutting a person out of a group can affect the emotional and social wellbeing of the whole community.

## LET'S TALK ABOUT CONFLICT

### DID YOU KNOW THAT CONFLICT CAN BE A POSITIVE THING?

It helps us to learn to regulate our emotions, build relationships and make safe and constructive decisions

And when we learn how to manage conflict in a way that is safe for ourselves and others...

### WE BECOME UPSTANDERS!

For more on managing conflict as an UPSTANDER, check out the back of this handout.



# TIPS FOR IDENTIFYING, UNDERSTANDING AND MANAGING CONFLICT

Next time you find yourself in a conflict try to **STOP, THINK** and **ACT RESPONSIBLY** to keep yourself and others physically and emotionally safe. Here's how:



## STOP AND TAKE A BREATH

Notice how you are feeling. Think about what you need to feel safe and respected. Think about what is really important to you or even how the other person might feel!



## SPEAK UP

Use a calm, respectful voice to let people know what you want and how you feel.



## WHAT IF THE OTHER PERSON WON'T STOP OR LISTEN?

Sometimes, the best way to protect yourself is to walk away from a conflict, or to encourage a friend to walk away with you. Give everyone time to calm down.



## REACH OUT FOR HELP

Reach out for help If the situation is unsafe, unresolved, ongoing, one-sided or unfair, Go get help or advice from a teacher, counselor or another trusted adult.



## DON'T GIVE UP HOPE

Remember, when managed responsibly, a conflict can be an important step in figuring out how to make things better in your community. You may have to try more than one idea to resolve the problem, or keep asking until you find the adult who can really help.

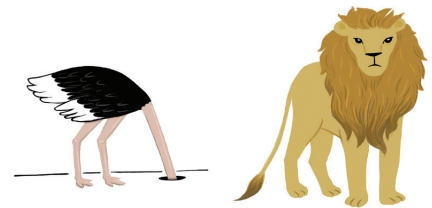
## LOOK OUT FOR THIS

While watching the play, see if any of the characters use these strategies to manage conflict: Does anyone speak up for themselves or a friend? Who do you think should take time to calm down or reach out for help?



## WHEN THE PROBLEM IS BULLYING...

When a conflict involves unfair and unwanted aggressive behaviors that are repeated, it may be bullying. Bullying is a behavior, and there are special steps needed to handle that behavior.



## BYSTANDER OR UPSTANDER

## WAYS TO BE AN UPSTANDER

1. **Choose not to join in** when people are picking on or laughing at someone.
2. **Speak out** against unkind words or actions.
3. **Say something helpful** to the person who's being picked on or laughed at.
4. **Ask people** who are teasing how it would feel if they were the ones being teased.
5. **Ask the person who's being left out or picked on** to join you in an activity.
6. **Let an adult know what's going on.** While it can be frightening to take action, or "snitch" the truth is that if you choose to do nothing, you are actually supporting the act of bullying.