

## ***Relationship Status* Teacher's Guide**

The performance of *Relationship Status*, along with the materials in this guide, is intended to supplement (not replace) current education and guidance on bullying and other related issues in the schools.

### **DISCUSSION ETIQUETTE**

***Due to the sensitive nature of the issues presented in Relationship Status, it is very important for everyone to follow the standard ground rules for group discussion.***

- Respect what others say without passing judgment. It is all right to disagree with another's opinions, but respect must be maintained at all times.
- All things said within the group should remain **confidential**. An environment where hypothetical situations are not treated as confessions should be created and respected.
- Only those students who feel comfortable speaking should be asked to do so. Silence should be respected without judgment.
- Students should have the freedom to explore their opinions and to change them at whim. The process is to allow the students to find, rather than be instilled with, a set of values.

### **ABOUT THE PLAY**

#### *Breakdown of Characters*

**Trevor:** A sophomore, Jason's best friend, interested in cinema and filmmaking

**Jason:** A sophomore, Trevor's best friend, romantically interested in Claire

**Claire:** A junior, insecure, friends with Danica, fancies herself an actress

**Danica:** A junior, quiet and reserved, friends with Claire since middle school

**Melissa:** A sophomore, actor, on the fringes of social life

#### *Play Summary*

Jason's pursuit of Claire involves making her laugh, often at Trevor's expense. As Jason's behavior escalates into online bullying, Trevor forms a friendship with Melissa, who is receiving harassing text messages from Claire after Melissa landed the part in the school musical that Claire wanted.

Melissa tries to convince Trevor that retaliation is the only way to change Jason and Claire's behavior, but Trevor holds on to his hope that Jason will eventually come around. It seems like that's what's happening when Jason approaches Trevor in the cafeteria and apologizes. Unfortunately, it's a ruse to trick Trevor into asking out Danica, a junior that Trevor's had a crush on for years. Of course, Danica has no interest in Trevor, and he ends up embarrassing himself in front of the whole school. When Danica sees the situation deteriorate, she goes to Melissa and apologizes for not being strong enough to stand up to Claire.

Riding high, Jason decides to run for class president, and Trevor plots to use his position on the AV club to switch out Jason's campaign video for a video filled with embarrassing childhood moments. But Melissa, now wondering if revenge is truly the best option, talks Trevor down. Trevor gives Jason the video instead of playing it for the school, and as the play ends, we see Jason and Danica beginning to move away from harassment and back towards friendship.

*In order to prepare your students for the performance, please remind them about theatre etiquette. This includes:*

- Please don't talk during the performance. It is distracting to the performers and other audience members.
- Please try to keep non-verbal noise to a minimum. Unwrapping hard candy, popping gum, and electronic noises steal focus from what is happening on stage.
- It's okay to laugh if something strikes you as funny. It's also okay to cry if something makes you sad. These are examples of appropriate responses. However, whistling at the actors, shouting comments and catcalling are considered inappropriate responses.
- Live theatre is different from film and television because it is based on a relationship between the actors and the audience. Therefore, each performance of the same play is very unique because it is heavily influenced by the responses and interest of the audience. The best thing an audience member can do is to listen and get involved in the story.

### **Pre-Performance Discussion Questions**

1. What are some examples of cyberbullying behavior? Of harassment behavior?
2. Are harassment and cyberbullying problems at our school?
3. If you witness or hear about harassment or cyberbullying, what is your typical response? Why? What should it be?
4. Do you hear a lot of name-calling, gossip, or hurtful things at school?
5. Does school feel like a safe environment for people to just be themselves? If it does, what are the things that make it that way? If it doesn't, what do you perceive needs to change?

### **Post-Play Discussion Questions**

1. What parts of the play did you like the best? Why?
2. What kinds of Bullying and Harassment did you see in the play? Are there more kinds that you didn't see?
3. Could the situation that these students were in have been avoided? How?
4. What do you think happens next in the lives of the characters from the play?
5. What is friendship? Who, in your life, has modeled true friendship to you?
6. What role should adults play in dealing with bullying and harassment?
7. If you had a problem at school what are the methods you would employ to handle the situations?
8. Do you think harassment and bullying are just part of being a teenager?
9. You have the power to choose how you treat people. What are some ways in which individuals are misusing that power in our world today?
10. If everyone you knew was asked how you treat others, what would you most like them to say?

### **Additional Resources**

*The following resources aid the prevention of bullying, harassment, violence, or suicide:*

*Committee for Children's Second Step Violence Prevention Program: [www.cfchildren.org/programs/ssp/ms](http://www.cfchildren.org/programs/ssp/ms)*

*Olweus Bullying Prevention Program: [www.clemson.edu/olweus](http://www.clemson.edu/olweus)*

*Suicide Awareness Voices of Education: [www.save.org](http://www.save.org)*

*National Suicide Prevention Lifeline: 1-800-273-TALK*

*Crisis Clinic: [www.crisisclinic.org](http://www.crisisclinic.org)*

*Teen Link – staffed by trained teen volunteers: [www.crisisclinic.org/youth.htm](http://www.crisisclinic.org/youth.htm) or 206.461.4922 or 1.866.TEENLINK*

## For Teachers Only

# Handling Bullying Reporting with Students

From Committee for Children's *Second Step* curriculum

[www.cfchildren.org](http://www.cfchildren.org)

Following performances of our shows, schools often experience an increase in bullying reporting as students become aware that bullying is not acceptable and help is available. Administrators, counselors, and teachers are all seen by students as responsible adults who can help in a bullying situation.

Every school has their own process for handling bullying reporting. The following guidelines are used by permission of Committee for Children. They are taken directly from the *Second Step* curriculum and are intended to supplement (not replace) existing curriculum and guidelines already used in your school.

## Handling Bullying Reports

### **The Four-A Response Process**

Because *Steps to Respect* is a schoolwide program, it is essential that all staff know how to respond to bullying reports. Following is the process adults should use when a student reports bullying.

1. **Affirm the child's feelings.**

Ideas:

- a. "You were right to report/get help from an adult."
- b. "I'm glad you asked for help with this."

2. **Ask questions.**

Ideas:

- a. "Tell me more about what happened."
- b. "Has this happened before?"
- c. "Did anyone try to help you?"
- d. "Are you telling me this to get someone in trouble or to keep someone safe?"

3. **Assess the child's safety.**

Determine what the child needs to feel safe now.

4. **Act.**

Coach the child or refer the child for coaching.

Tell the child what will happen next.

## Coaching Students Involved in Bullying Situations

### ***Second Step Coaching Models***

Once bullying has been reported, both the student who was bullied and the student who did the bullying must receive coaching—it is essential that no exceptions to this rule occur. *Second Step* recommends that all classroom teachers be prepared to coach students. The following sections detail the models teachers should use when coaching students.

### **Coaching the Student Who Was Bullied**

Children rarely report the bullying they experience to adults—in part because they believe that adults are unable or unlikely to stop the harassment. Adults can combat children's feelings of helplessness by (1) affirming children's actions in reporting (which demonstrates that adults will provide the needed support and consequences) and (2) checking back with students who report bullying to see whether the problem has stopped.

*Second Step* recommends the following five-step model when coaching a child who has been bullied.

1. **Affirm the child's feelings.**
  - a. "You were right to report/get help from an adult."
2. **Ask questions.**

Get information about the current situation and the history of the situation
3. **Identify what has and has not worked in the past.**
4. **Generate solutions for the future.**

Ideas:

  - a. Discuss how the child can avoid the student who has bullied him or her. (Examples: The child could sit somewhere else, play somewhere else, or travel with a group of friends.)
  - b. Coach the student in using assertive refusal skills. (If relevant to the situation, remind the student that aggression is *never* an appropriate solution.)
  - c. Identify others (parents, teachers, friends) who can support the child
5. **Follow up.**
  - a. See how the plan is working.
  - b. Contact parents as appropriate.
  - c. Refer more serious or chronic cases to an administrator or counselor.

### **Coaching the Student Who Bullied**

Your school's bullying policy should provide the necessary framework for applying consequences for student bullying. In addition to those consequences, children who bully need more targeted help addressing their problem behavior. Children are more likely to change problem behavior if adults help them select positive alternative behaviors and provide consistent feedback on their progress.

This coaching model (for use with students who bully) has five steps.

1. **Identify the problem and diffuse reporting responsibility.**

Ideas:

  - a. "I have been hearing that..."
  - b. Many students have reported that..."
2. **Ask questions and gather information.**

Ideas:

  - a. "I'd like to hear from you about what happened."
  - b. "How would you feel if this happened to you?"
3. **Apply consequences.**

Ideas:

  - a. Review the school policy regarding bullying.
4. **Generate solutions for the future.**

Ideas:

  - a. "What are some ways to prevent this happening again?"
5. **Follow up.**

Ideas:

  - a. See how the plan is working.
  - b. Contact parents as appropriate.
  - c. Refer students for further discipline as appropriate.
  - d. Refer more serious or chronic cases to an administrator or counselor.

Note: Be sure to coach the students who have been bullied separately from those who bullied them. Children who have been bullied are often frightened, and may deny that there is any problem when face-to-face with children who have repeatedly harassed them.