

ACTION LOG – Safe School Ambassadors

Name: _____

Date: _____ Time: _____ AM or PM

Place of Incident: _____

of Aggr + Targ: _____ # of Bystanders: _____

<u>Type of Mistreatment</u> Please ✓ all that apply	<u>Action Taken</u> Please ✓ all that apply
<input type="checkbox"/> Exclusion (left out) <input type="checkbox"/> Put-Downs (hurt feelings) <input type="checkbox"/> Bullying (threat/fear) <input type="checkbox"/> Physical (push, hit, etc) <input type="checkbox"/> Act against Campus <input type="checkbox"/> Other:	<input type="checkbox"/> Balancing <input type="checkbox"/> Supporting <input type="checkbox"/> Reasoning <input type="checkbox"/> Distracting <input type="checkbox"/> Directing <input type="checkbox"/> Listening <input type="checkbox"/> Getting Help
What did you say and do? Write on back if you need to	
How effective was my Action? Not 1 2 3 4 5 Very	

ACTS OF MISTREATMENT



EXCLUSION
(LEFT OUT)

PUT-DOWNS (HURT FEELINGS)



BULLYING

(THREAT/FEAR)





PHYSICAL
(PUSH, HIT, ETC.)

ACTS AGAINST CAMPUS



Safe School Ambassadors

Ambassador Actions

- ✓ *Balancing*
- ✓ *Supporting*
- ✓ *Reasoning*
- ✓ *Distracting*
- ✓ *Directing*
- ✓ *Active Listening*
- ✓ *Getting Help*



Safe School Ambassadors

Ambassador Actions - ***BALANCING!***

What it is: Saying something positive about a person or group that was put down. You simply say what you know or believe to be true based on your own experience.

What it is NOT: You don't have to convince anyone else or get others to agree with you.



Safe School Ambassadors

Ambassador Actions - **BALANCING!**

DON'T ARGUE: You don't want to argue with the person that said the mean thing. If they try to argue, say something like,



"You can believe what you want. I'm just saying what I know."

If someone gets upset, you can always exit by changing the subject or just walking away.

Safe School Ambassadors

Ambassador Actions - ***SUPPORTING!***

What it is: Trying to help some feel better when their feelings have been hurt



Safe School Ambassadors

Ambassador Actions - ***SUPPORTING!***

How to show it:

- Say something kind
- Ask a thoughtful question
- Just "be there" for the other person



Safe School Ambassadors

Ambassador Actions - ***SUPPORTING!***

***When does this
work well?***

Exclusions

Put-Downs

Bullying

Physical Mistreatment



Safe School Ambassadors

Ambassador Actions - ***SUPPORTING!***

When?

SSA Guidebook Suggestion:

Usually you offer Support *after* the hurt has happened.

If you offer support to a Target *during* the hurting (teasing/harrassing) the Target might get embarrassed and get teased more. You might become a target!

Safe School Ambassadors

Ambassador Actions - **REASONING!**

What it is?

Helping a person *think* about:

- their *choices* - the many different things they could choose to do
- the *consequences* - what might happen if they make one of those choices



Safe School Ambassadors

Ambassador Actions - **REASONING!**

How to show it:

- Make a STATEMENT

"If you hit her, you'll be in big trouble."

- Ask a thoughtful QUESTION

"If you hit her, what do you think is going to happen to you?"

Safe School Ambassadors

Ambassador Actions - **REASONING!**

*When does this
work well?*

Exclusions

Put-Downs

Bullying

Physical Mistreatment

Acts Against the Campus



Safe School Ambassadors

Ambassador Actions - ***REASONING!***

Who?

Aggressor - Yes, to get the Aggressor to stop, or not continue, or maybe not even do the mean thing in the first place.

Target - Yes, so the person does not "get back" or retaliate.

Safe School Ambassadors

Ambassador Actions - **REASONING!**

What does it look/sound like?

"Think about it. Is it really worth a detention?"

"Hey, you don't have to say that."

"Look if you fight him, you'll get kicked off the team!"



Safe School Ambassadors

Ambassador Actions - ***DISTRACTING!***

What it is:

Drawing attention *away* from an act of cruelty or mistreatment by:

- *Changing the subject*
- *Separating the people*
- *Interrupting something that is ongoing*

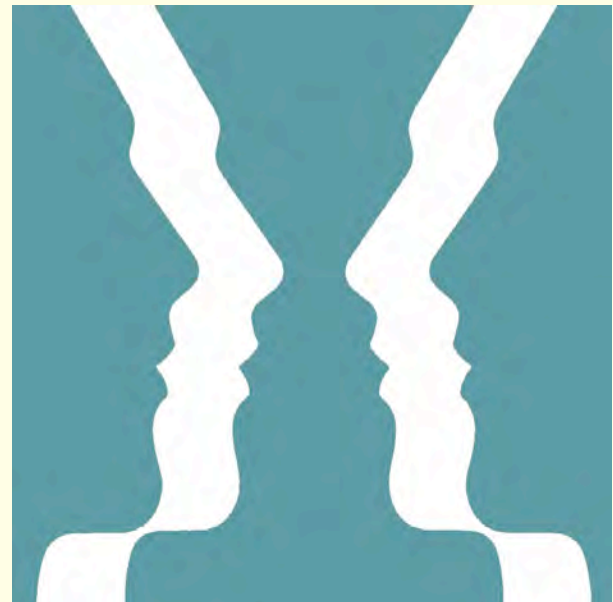


Safe School Ambassadors

Ambassador Actions - ***DISTRACTING!***

How to show it:

- *Say something serious*
- *Say something goofy*
- *Speak to just one person*
- *Speak to the whole group*
- *Face the person whose attention you want*



Safe School Ambassadors

Ambassador Actions - ***DISTRACTING!***

*When does this
work well?*

Put-Downs

Bullying

*Less intense forms of
Unwanted Physical Contact*



Safe School Ambassadors

Ambassador Actions - ***DISTRACTING!***

Who?



You can *distract* either the
Target or the Aggressor;
sometimes both!

Safe School Ambassadors

Ambassador Actions - ***DIRECTING!***

What it is:

Telling a person to *change* or *stop* what they are doing because it's *not OK!*



Safe School Ambassadors

Ambassador Actions - ***DIRECTING!***

*When does this
work well?*

Put-Downs

Bullying

Unwanted Physical Contact

Actions against property



The Usual Suspects

Safe School Ambassadors

Ambassador Actions - ***DIRECTING!***

SSA Action Tip!

*Use the power of the **relationship** you have with the people involved; not your "position" as an Ambassador*

Work with your friends and others you know well



Safe School Ambassadors

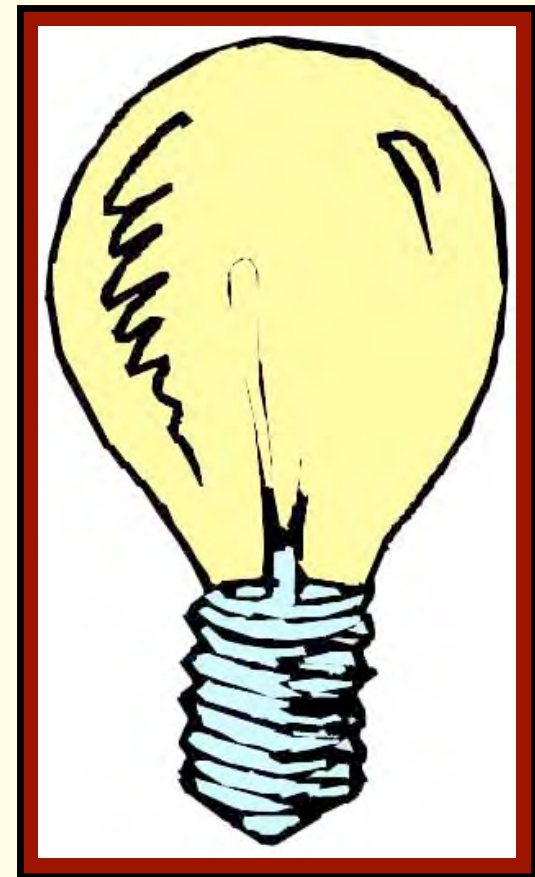
Ambassador Actions - ***DIRECTING!***

Points to Ponder!

Directing is a stronger action than Reasoning

Like Reasoning, the "final decision" rests with the person involved

Ambassadors cannot "make" any one do or not do anything



Safe School Ambassadors

Ambassador Actions - ***DIRECTING!***

Who?



Aggressor - **directing** is usually done to the Aggressor

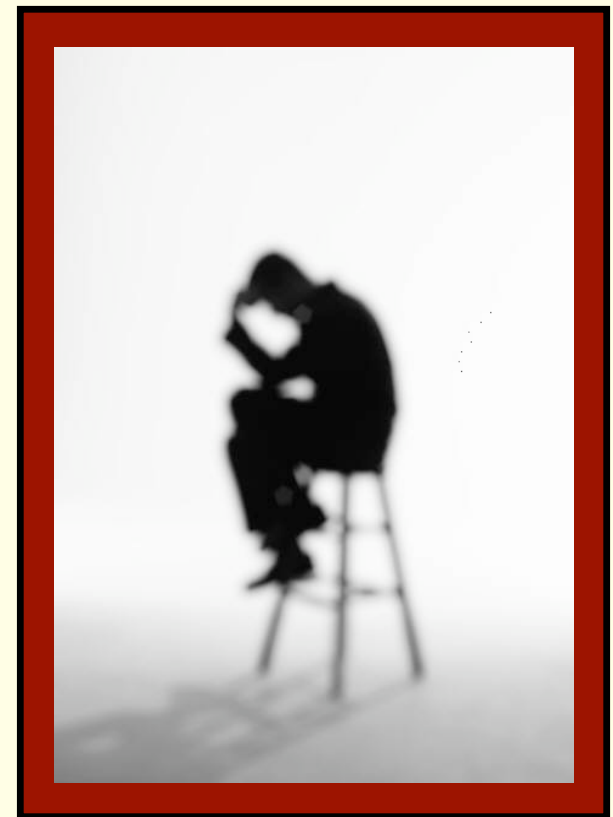
Target - **direct** the Target if they are about to escalate or retaliate.

Safe School Ambassadors

Ambassador Actions - **ACTIVE LISTENING!**

What it is:

Noticing and responding to a person's *thoughts* and *feelings*



Safe School Ambassadors

Ambassador Actions - **ACTIVE LISTENING!**

How to do it:

- *Make eye contact*
- *Face the person*
- *Nodding your head*
- *Mirroring their emotions*
- *Show that you're interested in what they are saying*



Safe School Ambassadors

Ambassador Actions - **ACTIVE LISTENING!**

What to say:

- *Encourage the other person to talk*
Use open-ended questions:

"... and then what happened?"

- *Paraphrase and summarize*
Use your own words, show you're listening:

"Is that right?"

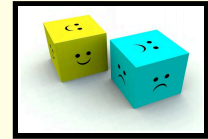
- *Reflect their thoughts, try to show you understand their feelings:*

"So you're really feeling hurt, right?"



Safe School Ambassadors

Ambassador Actions - **ACTIVE LISTENING!**



*When does this
work well?*

Any situation
where a person
feels some
intense emotions



Safe School Ambassadors

Ambassador Actions - **ACTIVE LISTENING!**

SSA Action Tip!

- If you want to help them solve a problem, use lots of questions to help them solve it themselves.



"So what do you think you should do about this?"

Safe School Ambassadors

Ambassador Actions - **ACTIVE LISTENING!**

What if the person you're attempting to help doesn't want it?



Let them know you're there for them later if they want. You might say:

*"Well, if you change your mind,
call me ... you know how to find me!"*

Be positive and upbeat.

Safe School Ambassadors

Ambassador Actions - **GETTING HELP!**

What it is: Speaking with an adult you trust to help you handle a situation this more *involved*, *complicated* or *dangerous* than you can handle by yourself.

Safe School Ambassadors

Ambassador Actions - **GETTING HELP!**

What it is: speaking with an adult you trust to help you handle a situation this more involved, complicated or dangerous than you can handle by yourself.

***Am I being
a snitch?***



Safe School Ambassadors

Ambassador Actions - **GETTING HELP!**

Am I being a snitch?

Snitching, telling, tattling or ratting is when you try to get someone *in trouble* for something *small*.



Getting Help is when you go to an adult to get someone *out of trouble* about something *big!*



Safe School Ambassadors

Ambassador Actions - *GETTING HELP!*

- - THE CODE OF SILENCE - -

In almost every school shooting, some students knew of the attacker's plans *before* they were carried out, but these students did not share that information with people who might have helped.

Thankfully, there are many more attacks and other hurtful incidents that have been *prevented* because those who knew about what might happen were courageous enough to break the "code of silence."

As an Ambassador, you might find yourself in a similar situation - you become aware of possible harm to another person or property - and now you have to decide what (if anything) you will tell an adult. *Doing the right thing* isn't always easy, so let's explore that some more ...

Safe School Ambassadors

Ambassador Actions - ***GETTING HELP!***



You just might save a life!