



STUDENT PACKET · GRADES 6-8

Let's Talk Respect

Be curious, not judgmental.

Name

My calm-down plan

You're going to get upset. That part isn't the problem — what you do in the gap is. And you can't invent a plan in the middle of being furious, which is why you're writing one now.

When I feel it building, here's what I'll do:

AT HOME

AT SCHOOL — SOMETHING THAT DOESN'T GET ME NOTICED

ANYWHERE

*Ideas: exercise · music, and actually move · gratitude journal, three things a day · get outside, no screen · write it out · talk to somebody · breathe in 10, hold 3, out 12 — five times***

Where will I actually be when I need this?

One person I can talk to:

My lens

Everything you know came from three places: formal education, personal experience, and outside influence. Nobody else has your exact three — which means every judgment you make, you make through a lens nobody else is looking through.

Something somebody did that made me think "I would never do that." (No names.)

What would have to be true about their day, their life, or what they know — for that to make sense to them?

Turn my judgment into a real question I could actually ask them. *Not a trap. A real one.*

You don't have to agree with people to be curious about them.

Curious is just the thing you do before you decide.

Not wrong, just different

*Three fingers or four. Peanut butter on one slice or both. You argued about who was right, and neither of you asked the question that would have ended it: wait — you see four? How?**

A disagreement I had recently. *(With anyone — friend, parent, sibling, teacher.)*

What it was about:

What I said — as close to word for word as I can get:

What I was actually after. *Being right? Being heard? Not looking stupid in front of somebody?*

One question I could have asked instead:

Pull on a rope and they pull back — every time. That stopped being about who's right a long time ago. It's about being pulled.

The goal isn't to win. The goal is to learn.

You can't see the hurt

Online you don't see the reaction. So "this is so funny" keeps going — and it stopped being funny for them fifteen minutes ago. You just didn't see it.

Just because you don't physically touch somebody doesn't mean they're not going to feel it.

Something I sent — or almost sent — when I was upset. *Nobody reads this out loud.*

Rewrite it: what I'd say to that person's face.

One rule for myself about sending things when I'm upset. *My rule, my words.*

Mean, mad, or bullying?

Most of what happens is emotions and how we interact — that isn't bullying. Bullying needs all three at once: intent to harm · an imbalance of power · it repeats. And "not bullying" still isn't OK; it just needs a different response.

Write **misunderstanding** · **mean** · **bullying** — and in four words, how you know.

What happened	Which one?	How I know
1. Books knocked out of your hands, and they keep walking		
2. A friend snaps at lunch, apologizes by last period		
3. A chat you're not in posts " <i>so glad it was just us</i> " — third weekend running		
4. Somebody tells people a thing you told one person		
5. A kid gets called a nickname he hates. Everyone uses it now		
6. A joke about your shoes. Once. You both laugh		

Ten seconds

Most of it can be stopped inside ten seconds of starting — if one person does one thing. A kid Robert didn't know walked over, stood next to him, and said "hey, what's going on?" That's all he did.

WHAT HE ACTUALLY DID

- 1 • **Went and stood next to him.** No words required.
- 2 • **Asked, calmly.** *"Hey. What's going on?"* Not a challenge — a question.
- 3 • **Gave him a way out.** *"Cool. Come on, let's go."*
- 4 • **Said something afterward.** *"Don't worry about them. If you ever need help, let me know."*
- 5 • **And Robert told his sister.** That's what actually ended it.

Which one could I actually do? *Honest, not impressive.*

One adult in this building I would go to — by name:

One person I could build up this week — and how:

IF IT'S AIMED AT ME

They want a reaction. You don't fight fire with fire — you fight fire with a fire extinguisher.

And if you reacted, you didn't fail. If you're scared, if it's physical, or if it won't stop: your feet first, then your voice.

Why would I hold what they think of me higher than what I think of myself?

Blowing out somebody else's candle doesn't make yours glow any brighter.

Nobody is born a bully. It's learned — so it can be unlearned.