

You are Not Alone Activity

Objective: The purpose of the lesson in general is to build empathy among students.

Lesson Plan #1:

Feel free to say the following to your classes:

“As you may or may not be aware, this week is Not In Our Schools week. The purpose of this week is to promote acceptance (accepting our differences), and safety for you to be who you are at Gunn High School. Today, we are going to think about our own experiences of feeling different, and possibly share our experiences with others.”

- Ask students to take out a half sheet of paper.
- They should not write their name on the paper.
- Let them know, that if they feel comfortable, that they can turn in their experiences for others to realize that “They Are Not Alone”.
- All responses are totally anonymous.
- Students do not have to turn in their paper if they do not want to, however, all students are expected to reflect.

Anticipatory Set:

- Ask students if they have seen the “Rejection Wall” over near the SAC. If they respond “yes”, ask students to explain to you why students feel compelled to place their rejection letters from colleges on the wall? If students respond “no”, then please explain. (2minutes)
 - Hopefully students will discuss that there is strength in numbers, and that is comforting to see that others were ‘rejected’ as well.
 - If students are not offering up answers, please feel free to do as a think-pair-share.

Activity:

- Ask students reflect on the following and to write their response on their ½ sheet of paper:
 - Has there been a time in your life when you felt like an outsider for one reason or another, or if you felt that you were being unfairly judged by others? If yes, please provide the following:
 - Describe the situation.
 - Explain how you felt.
 - Explain what you would have like the situation to have changed.
- Provide students with 5 minutes to reflect.
- Students can share their responses with a partner if you feel like it is okay for your students to share (2 minutes in partners)
- Ask if there is any student that would like to share with the class. (? minutes)
- Ask if there is any student that feels comfortable sharing their experiences with others in the school (If yes, please collect these response, and turn in to the boxes behind Olga’s desk throughout the morning as they come in) (1 minute)

Lesson Plan #2

Feel free to say the following to your classes:

As many of you know, this is NIOS week. The purpose of this week is to promote accepting of our differences, and safety for you to be who you are at Gunn High School. Today, we are going to think about our own experiences of feeling different, and possibly share our experiences with others.”

Anticipatory Set:

- Please ask students to put their heads down on their desks and close their eyes. Select any of the following questions to ask the class. Students will answer by raising their hands if the question applies to them. Students are not forced to answer all the questions you ask, only the questions they are comfortable with answering. Also remind students that it is totally anonymous since they will have their heads down on their table.
- Questions (please feel free to pick and choose any of the following):
 - Have you or someone you know at Gunn has been unfairly judged or treated different because of their religious affiliation?

- Have you or someone you know at Gunn has been unfairly judged or treated different because of their ethnicity?
- Have you or someone you know at Gunn has been unfairly judged or treated different because of their gender?
- Have you or someone you know at Gunn has been unfairly judged or treated different because of their sexual orientation?
- Have you or someone you know at Gunn has faced unfairness or discrimination in participating in school opportunities or activities?
- Have you felt uncomfortable coming to school because you feel like you do not belong?
- While students respond to the questions, please record the results on the board. This allows the students to see the results.
- Feel free to discuss the data collected. A majority of students think that Gunn is a very “safe” and non-discriminating school so to see how they respond to the data (if the data lends itself to present a different perception of the culture here at Gunn).

Activity:

- Ask students to reflect on the following and to write their response on their ½ sheet of paper:
 - Now that you have had time to think about a time when you or someone you know has felt like an outsider for one reason or another, or if you felt that you were being unfairly judged by others, please take a moment to:
 - Describe the situation.
 - Explain how you felt.
 - Explain what you would have like the situation to have changed.
- Provide students with 5 minutes to reflect.
- Students can share their responses with a partner if you feel like it is okay for your students to share (2 minutes in partners)
- Ask if there is any student that would like to share with the class. (? minutes)
- Ask if there is any student that feels comfortable sharing their experiences with others in the school (If yes, please collect these response, and turn in to the baskets behind Olga’s desk throughout the morning as they come in) (1 minute)