

A 4-H/CRD Video Discussion Guide

TAKING RESPONSIBILITY: Standing Up For Yourself

Children who stand up for their rights are more likely to succeed in school, and to grow into happy, achieving adults. But they need to learn their personal rights and how to defend them.

STANDING UP FOR YOURSELF helps children identify their personal rights to their bodies, their feelings, their space, and their property, as well as their right to feel good about themselves. It also helps children explore ways to protect these rights without sparking conflict. In an animated blend of fantasy and realism, a prehistoric child discovers ways to handle problems with children and adults, bullies, a giant, and an over-loving dinosaur. In a series of humorous encounters, he learns useful verbal and non-verbal responses to put downs, physical aggression, and inappropriate touching, and he finds ways to refuse requests, to ask for changes in other people's behavior, and to express his feelings.



The film reminds young viewers that some attempts to stand up for themselves will not be successful, and that sometimes it is important to get help from adults. But children will learn that each time they make decisions about standing up for themselves, they will gain self-confidence and self-esteem.

INTENDED AUDIENCE

For primary grade students.

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no. 306-032
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OBJECTIVES

- Learn that children have the right to expect others to respect their bodies, feelings, space, and property.
- Understand that it is acceptable to feel angry when their rights are abused.
- Realize the importance of protecting their rights.
- Discover ways to resolve problems without escalating them.
- Discover safe ways to respond to teasing and bullying.
- Learn when to ask for adult help.

SYNOPSIS

What if you were a child who had no rights? How would you feel if someone called you names — or if bigger people crowded you, took things away from you, or pushed you around? You'd probably feel bad! You might also wish you were bigger or stronger, so that you could stop these things from happening. But no matter how small or young you are, you can still stand up for yourself — your rights to your own space, your property, your body, and your feelings.

The video leads its audience through a series of situations (listed below) involving personal challenges. Throughout the presentation, the audience is challenged to think how they would respond to the situations presented.

What can you do when someone calls you names?

What if someone pushes you around, and does not care about your feelings?

What if bullies want to knock you down or take things from you?

What if a person tries to touch you where you don't want to be touched?

DISCUSSION QUESTIONS

1. Do children have rights? What rights should they have? What rights do children really have?
2. Have you ever been afraid to ask for something?
3. Have you ever told someone that you didn't like something they said? Have you ever told someone to stop doing something? What happened?
4. Tell about a time when someone called you names or was mean to you. How did you feel? What did you do? After you took action, did things get better or worse?
5. Can you think of a time when it's easy to stand up for yourself? When it's hard to stand up for yourself?

SUGGESTED ACTIVITIES

1. What's the difference between being stupid and doing something stupid?
2. What's the difference between a demand and a request?
3. Describe a situation in which you need to stand up for yourself. Make a standing-up-for-yourself statement, starting the sentence with "you."
4. Show some ways your body and your voice can make you look and sound like a weak person who won't stand up for your own rights. Then show ways your body and your voice can make you look and sound like a strong person who will stand up for your rights.
5. Does teasing interfere with your own rights? Does tickling? What could you do to stop these things?
6. Suppose you stood up for your rights, and then someone said, "Can't you take a joke?" What would you say next?
7. Did you ever find yourself being mean to someone when you were angry or hurt even though that person was not the cause of your feelings? What might you have done instead?
8. What kinds of things do people say when they put themselves down? Think of a "put yourself down" statement, then find a way to turn it into a "put yourself up" statement.
9. In the film you saw a bully run away from a dinosaur. Why?
10. Draw a picture of yourself protected by a shield and a suit of armor. Divide the shield into quarters, and in each quarter draw a picture representing one of your rights.

Coronet Film and Video
Length: 11 minutes

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Development**

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