

Creating Connection as the Sure Bet Against Bullying


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Experiential Education

- ▶ What is it?
 - Hands on learning, that begins with a concrete experience, after which learners process experience and then apply lessons more broadly to their life.
- ▶ Four Stages:
 - Concrete Experience
 - Reflective Observation
 - Abstract Conceptualization
 - Active Experimentation (Kolb, 1984, 2014)

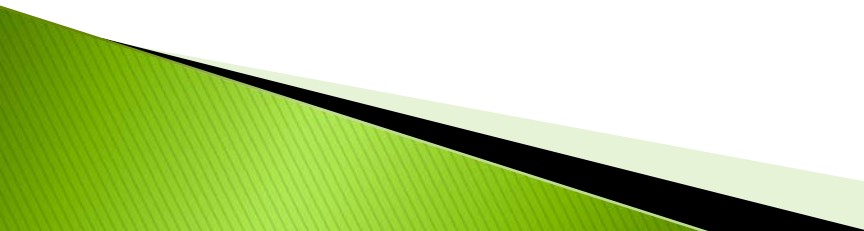
Experiential Education

- ▶ How does it relate to bullying prevention?
 - Thru the experiential learning process, especially during the shared concrete experience, relationships and connections are often formed
 - Building connections can be a protective factor in bullying behavior.
 - Building relationships can increase awareness, empathy and promote resiliency in students that previously did not have a connection with each other.
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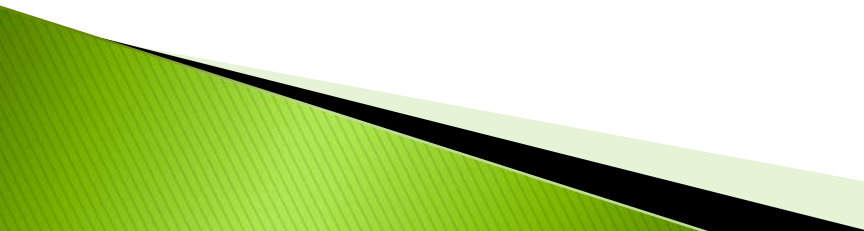
Informed Consent & Disclaimer

- ▶ Inherent risk of injury is a part of all activities, whether it be physical or emotional.
 - ▶ Facilitators make reasonable effort address risk management.
 - ▶ Participation is encouraged, but is voluntary.
 - ▶ Participants assume all risk and liability for any losses or damages as a result of participation or facilitation.
 - ▶ Presenters are not responsible for the misuse of any information or activities.
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Sequencing Activities

- ▶ Assess group needs and level of functioning and select appropriate activities accordingly.
 - ▶ “Connect, before Content” – share simple experiences before, engaging in more complex activities.
 - ▶ Ex: It would not make sense to ask a group to trust each other, before they know each others names.
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Types of Activities

- ▶ GET TO KNOW YOU – “The more I know you, the less likely I am to hurt you.” ~ Chris Cavert
 - ▶ PROBLEM SOLVING – Experience solving problems together in a safe environment.
 - ▶ TRUST BUILDING – Builds trust within a group and addresses how participants treat one another.
 - ▶ PROCESSING/REFLECTING – Bring it all together! Discuss the purpose and meaning of the activities and how it is applicable to real life.
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Sample 5 Day Sequence

(1–1.5 hours each day)

- ▶ Day 1
 - I'm in Charge, Hi, Lo, Yo, All My Neighbors Who..
- ▶ Day 2
 - Handshakes, Protector/Destroyer, Step Left, Just 1 Word
- ▶ Day 3
 - Are you more like..., Biggest Fan, Lily Pads, Peach & Pit
- ▶ Day 4
 - Hey Cool, Me too!, People–2–People, Who was my Guide?
, If I had a Camera
- ▶ Day 5
 - Connections, Group Juggle, Barnyard Music, Raccoon Circle


Get to Know You

Icebreakers, Break down walls, Learn names,
Establish connections and commonalties

- ▶ I'm in Charge
 - ▶ Handshakes
 - ▶ Are you more like...
 - ▶ Hey Cool! Me too!
 - ▶ Connections
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Problem Solving

Work together to solve a problem, Identify group and individual strengths and challenges, giving and receiving help.

- ▶ Hi, Lo, Yo!
 - ▶ Protector / Destroyer
 - ▶ Step Left
 - ▶ Lily Pads
 - ▶ Group Juggle
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Trust Building

Building trust in the group and with oneself. Trusting group members with physical and emotional safety. Learning to rely on each other and feeling vulnerable in a safe setting.


- ▶ People-2-People
 - ▶ Biggest Fan
 - ▶ Who was my guide?
 - ▶ Barnyard Music
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Processing / Reflecting

Discuss what just happened, the behaviors and the emotions on an individual and at a group level. Find meaning in the metaphor.

- ▶ All my neighbors who..
 - ▶ Just 1 Word
 - ▶ Peach & Pit
 - ▶ If I Had a Camera
 - ▶ Raccoon Circle
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Processing / Reflecting

- ▶ **WHAT?** – What just happened? What did you do or experience?
 - ▶ **SO WHAT?** – Why did I ask you to do that? What was the meaning or lesson behind the activity?
 - ▶ **NOW WHAT?** – What are we going to do with what we have learned? How is this applicable to real life? To school? To your classroom?
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References

- ▶ Cummings, M. (2005). Experiential activities specializing in anti-bullying. www.trainingwheels.com.
 - ▶ Kolb, D. A. (2014). Experiential learning: Experience as the source of learning and development. FT press.
 - ▶ Kolb, D. A. (1984). Experiential Learning: Experience as the Source of Learning and Development. Prentice-Hall, Inc., Englewood Cliffs, N.J.
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