

NOTICE



What does it mean to notice?

We need to be aware of ourselves, other people, our school, and our community. We should all be noticed for our positive thoughts, feelings, and actions.

Encourage students to notice, teaching them to increase their awareness of themselves and others. They can do this by noticing what they, and the people around them, are doing and saying. They should notice what makes for a healthy school environment and what does not.

Why is it important to notice?

If we don't notice something, we can't begin to change it.

Sometimes it's helpful to step back and observe the situation.

Look at it objectively and compare what you see with how you want things to be.

The difference between the two is the change you need to make.

NOTICE



What can we do to notice?

Start by looking for words and actions that reflect the school environment that you want.

NOTICE what is RIGHT:

- When you notice people saying or doing something positive, let them know that you appreciate it.
- When you notice that you have done something positive, congratulate yourself.
- When you are in class, notice what's going well in your school by calling attention to it.

NOTICE what is GOOD:

- Let no act of kindness go unrecognized.
- Go out of your way to find something good about everyone you meet.

NOTICE what is DIFFERENT:

- If you notice that someone's mood or behavior has changed for no apparent reason, tell an appropriate person like a school counselor or trusted adult.



INVITE



What does it mean to invite?

Inviting involves taking a risk and reaching out. Invite yourself to understand that how you treat someone has an effect on how they think, act, and feel. Teach students that inviting is an act of respect that can help to improve everyone's mental health and the school environment.

Why is it important to invite?

When someone is invited, they become less isolated.

When people are connected, they know that we're all in this together.

People who are mutually supported are much more likely to **be nice**.

INVITE



What can we do to invite?

INVITE someone NEW.

- Small actions like this can make a big difference in someone else's life.

INVITE yourself to SAY SOMETHING.

- If you've noticed something is different about someone, reach out to that person and to a trusted adult for help.

Be an INVITING person.

- When you ask someone how they're doing, really listen to their response.

Be consistent – reach out!



CHALLENGE



What does it mean to challenge?

Once we've invited ourselves to make a change, it's time to challenge ourselves to act. This isn't always easy. Acting means taking a chance. There's a chance that you'll be ignored, criticized, or misunderstood. That's why it's a challenge.

The **be nice.** challenge is not being satisfied with the way things are and then doing something about it.

Why is it important to challenge?

If you let it go, you're saying it's ok.

Challenging allows you to become part of the solution.

Talking about it isn't doing it.

Taking the challenge to **be nice.** can change someone's class period, their school day, their week, even their life.

CHALLENGE



What can we do to challenge?

CHALLENGE yourself to REACH OUT.

- It isn't easy to leave our "comfort zones" and help someone who needs it. It's a challenge.
- Even the smallest bit of support can make a huge difference in a person's life, often in ways that we don't expect.

CHALLENGE OTHERS to be inclusive and behave positively towards others.

- Challenging others to change their behavior can be intimidating, but it's easier than you think. Other people feel the same way that you do...most people want to **be nice**..
- When someone isn't taking the challenge to **be nice**., ask yourself if they might need someone to **be nice**. to them, to **notice**, **invite**, **challenge** and **empower** them.



EMPOWER



What does it mean to empower?

Now it is your job to take the lead. Being nice is less of a challenge when you empower others to **be nice**, along with you. Empower means to give power. Take the power you've gotten from the positive changes you've made by **noticing, inviting, and challenging**, and share it with your friends, your classmates, and even those who may be ignoring or troubling you.

Why is it important to empower?

Bullying happens because one person seizes power over another and uses it against them. When someone is empowered to **be nice**, they are freed to think, act, and feel in a positive manner.

When you **notice** someone who needs help and you **invite** yourself to help them and you **challenge** yourself to **be nice**, you are **empowering** yourself, your new friend, and those who were witnesses.

EMPOWER



What can we do to empower?

To empower means to give power. Exercise the freedom to give power to yourself and others in your thoughts, feelings, and actions. Be encouraging to others, especially those who might doubt themselves. Lead by example.

- Empower yourself by taking the challenge
- No matter what the outcome, it will feel empowering to help someone with how they are thinking, acting and feeling.
- The power that you feel when doing the right thing will be infectious.
- **be nice.** to yourself; appreciate the person that you are and know that you have the power to **be nice.!**

Empower others with your support.

- Once you have taken the challenge to reach out and **be nice.**, you will be giving power through support to someone who needs it.
- You might lift someone's self-esteem so that they can in turn help someone else. It's infectious.

Empower your community with your leadership.

- The ultimate goal of **be nice.** is to take it one step further and empower the community.
- It takes everyone in a community to understand that **be nice.** is about improving the health of our community by taking care of how people think, act and feel.
- Think of ways that you can empower your community with the **be nice.** message.

