



Be the Change Guide

Creating the School of Your Dreams!

**Yvonne and Rich Dutra-St John, MFT
Be the Change Movement & Challenge Day
Co-Founders**

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“Never doubt that a small group of thoughtful, concerned citizens can change the world. Indeed, it is the only thing that ever has.”
- Margaret Mead

Be the Change Movement & Challenge Day

Welcome to the Be the Change Movement and Challenge Day! While it is true that no one program can be all things to all people, the seemingly universal appeal of Challenge Day appears to come down to one thing – *“Our shared humanity”*.

Our vision is that every child lives in a world where they feel safe, loved, and celebrated. (This vision includes those who now live in grown up bodies). The primary focus of all our work is to end separation, isolation and loneliness that we believe is at the root of most every destructive behavior we see.

Imagine living in a world where everyone made a commitment to do these three things....

- 1. Love and accept ourselves while continuing to grow.**
- 2. See others through eyes of acceptance, love and compassion.**
- 3. Be the Change by living life in service.**

With the ever growing increase of violence and oppression in our schools and on our planet, we believe a commitment to these simple principles can actually create peace on earth. We challenge people everywhere to commit to doing at least one intentional positive **act of change** each day to feed their heart and to add to the love and betterment of the planet.

Be the Change is about creating a culture of acceptance and compassion within your school. As you know, this kind of change can take time, so Be the Change is a series of activities and events that will support this change on campus. **Challenge Day** is just ONE event on your calendar of **Be the Change** activities.

Your **Be the Change Team** holds the key to building a culture of pride, acceptance and service on your campus. This handbook is packed with proven ideas and suggestions for how your team can

Be the Change. No two schools or communities are exactly the same so we encourage your **Be the Change Team** to set goals and create projects that meet the needs of your specific group.

Be the Change and Follow Up Activities

Challenge Day in and of itself has been life changing for hundreds of thousands of youth and adults. It was created to show participants what is truly possible – every day if we choose it. The **Be the Change Movement** is about creating the school, community and world of your dreams – every single day. Your **Be the Change Team** and the activities you offer are so important to creating an on-going culture of respect and acceptance. Our work has the biggest impact when combined with the efforts and commitment of students, teachers and other community members in partnership with the following groups that may already exist on your campus:

- Leadership groups
- Mentorship programs
- Peer-led clubs
- Conflict Resolution classes/groups

Follow up is crucial in supporting youth and for creating a culture shift in your school or organization. Below you will find:

- 3 Must-Do Youth Follow Up Actions
- The 3 Required BTCT Activities (post Challenge Day)
- Information on the Be the Change Card (for actual Challenge Day)

Be the Change Team (BTCT) Goals

- 1) **Create your “Be the Change Team”**
Consists of 1 credentialed staff, 1 adult and 3 student leaders.
- 2) **Plan and prepare for your BTCT meetings**
Put into action the activities outlined in this guide and/or give them to teachers who will do them in their classrooms.
- 3) **BTCT duties at Challenge Day**
BTCT members introduce themselves at the Challenge Day and the date, time and place of the first meeting.

In addition, the BTCT is responsible for handing out BTC cards to every Challenge Day participant. *More on pages 14-15.*

- 4) **Keep your “Be the Change Team” alive**
With student input and leadership, host activities and events that will bring people together for the purpose of inclusion and acceptance. See additional activities download for support.

The Top 3 Must-Do Youth Follow Up Actions

Immediately after a Challenge Day it is highly recommended that the following actions take place. Youth need to know that support is available and that the **Be the Change Teams** are ready to continue the work at their school, which includes getting the support they need.

1. Counseling and Support

In addition to youth identified in need of additional support at **Challenge Day programs**, your **Be the Change** questionnaire may reveal a need for additional follow up support. Be sure to plan for and provide support counseling and encouragement for any youth expressing need.

2. Enroll Motivated Leaders

After a Challenge Day students are fired up to **Be the Change** and/or they want to know that this isn't just a one-time event. Have tasks ready for motivated students to do in preparing for the first **Be the Change** meeting after your Challenge Day. Have them make posters, create flyers or make announcements for the upcoming meeting.

3. Collect Youth Suggestions

The **Be the Change** questionnaire should be done at your first **Be the Change** meeting one week after your Challenge Day or during class the day after. Its purpose is to draw new ideas directly from the youth, the more their ideas are supported, the greater their participation in creating the school of THEIR dreams. Acknowledge them for their brilliance and courage.

The 3 Highly Recommended Be the Change Team Meetings

Your **BTCT** Action Plan includes holding 3 very specific follow up meetings for those who participated in the Challenge Day and anyone else who might be interested in being the change. Since it is our vision that the Be the Change Movement occur on every middle and high school campus, these meetings are crucial to keeping students feeling connected, supported and inspired.

BE THE CHANGE MOVEMENT FLOW

Activity	Actions	Who	Date
Intro BTC	Create posters, flyers, emails to announce change is coming!		
Organize for the BTC Movement & Challenge Day	Connect with CD Coordinator and BTC Team to review activities, roles and responsibilities.		
Organize BTC Activities	-BTC Team sets date of 1 st BTC Meeting after the Challenge Day & other upcoming activities, including BTC Week! -BTCT preps BTC cards		
Challenge Day happens	-BTCT announces 1 st meeting date -BTCT gives out BTC cards		
1st BTC Meeting	Work with BTCT to facilitate your meeting – be open, welcoming and accepting of all ☺		1 week after the Challenge Day
2nd BTC Meeting	See page 10		1 week after last meeting
BTC Week!	See page 13		Within 2-3 weeks of the Challenge Day
3rd BTC Meeting	See page 14		Can be before or after your BTC week

Meeting #1: Within 1 week of your Challenge Day

This agenda can also be used as class curriculum

Time Needed: 40 minutes

Supplies: Sign-in sheet, TV & DVD player, Teen Files DVD, copies of Questionnaire (below, pgs. 8-9)

Action	Details	Leader	Time
Welcome	With everyone sitting in a circle, welcome everyone to the Be the Change Team, whether they attended the Challenge Day or not, everyone is included!		1 min
Check in	With a partner, share how it's been going since their Challenge Day. Each partner has 2 minutes to share.		4 min
Teen Files	As a group, watch the 15 min. Teen Files Surviving High School clip.		15
Debrief	Sitting in a circle, have the students answer the following questions: <ul style="list-style-type: none"> • How did it feel to watch that? • How can you be the change here at school? • The students in the clip took action, what can we do? 		8
Questionnaire	Make copies of the questionnaire on page 15 and have students fill them out and return them.		5
Announcements	Announce: <ul style="list-style-type: none"> • Date, time of next meeting • Date of the BTC Week for whole school hosted by the BTCT (that would be all of us here) • Encourage everyone to log in their "Acts of Change" 		3 min
			36 min

Be the Change Questionnaire

Name _____ Grade _____

Home Room / Teacher _____ Counselor _____

This questionnaire is designed to help you reflect on your **Challenge Day** experience and to assist your **Be the Change Team** in planning future activities.

As you complete this form, please remember to “drop the waterline.” The more vulnerable and real you are willing to be, the more you will personally get out of the activity.

Remember our CONFIDENTIALITY agreement. Don't mention names of other people. You can say things like I felt really sad to see my friends cross the line, or it really meant a lot to me to see teachers apologize – you can share anything about **Challenge Day** or what the leaders shared – just don't mention the names of student or adult participants.

1. What did you learn from your Challenge Day?
2. What did you learn about oppression and the way people separate and divide?
3. What surprised you the most and why?
4. What experience(s) did you have at Challenge Day that you know you will never forget? Why did they touch/affect you so deeply?
5. What do you see as the biggest issues facing people in your school?
6. The Be the Change Movement and Challenge Day challenges you to **notice**, **choose** and **act**. What three things do you notice needs change in the below

areas, what will you choose and what actions will you take? How can you BE THE CHANGE, even if no one else chooses to join you? List three commitments in each area.

At School

- 1.
- 2.

At Home

- 1.
- 2.

At Work and, in the Community, or with others

- 1.
- 2.

7. List 3 dreams you have for your future.

Follow-Up Suggestions

Your **Be the Change Team** has 4 events and activities planned to support you in creating the school of your dreams! Your comments here will support the team in knowing what do after those events. Challenge Day helps to bring you and your school together, now it's up to you to live the change and to Notice, Choose and Act! We know you can do it! Please list any ideas you have for keeping the challenge alive in your school and community.

Let us know *how* you and your Be the Change Team are *being the change* by logging your Acts of Change on our website www.challengeday.org.

Meeting #2: Within 2 weeks after your last meeting

This agenda can also be used as class curriculum.

Time Needed: 30 minutes

Supplies: Sign-in sheet, copies of Keeping it Real Challenge (below, pg. 12)

Action	Details	Leader	Time
Welcome	With everyone sitting in a circle, welcome everyone to the Be the Change Team, everyone is included!		1 min
Check in	With a partner, share 1 thing you were or are inspired to do/be since the Challenge Day. Each partner has 2 minutes to share.		4 min
Keeping it Real Challenge	The Keeping it Real Challenge is used to support students to Be the Change, by giving hugs, by asking for forgiveness, by reaching out to others, by not gossiping. These are all ways to Be the Change on campus. Before students fill out the Challenge, share what really touched you and inspired you to change something in your life. Drop the waterline and get real and the students will, too!		10
Shares	Sitting in a circle, invite students to share their “keeping it real” sheets and how the BTCT can support them.		12
BTC Week	Plan your BTC Week, which activities will you promote during the week? See the example on <i>page 13</i> for ideas		
Announcements	Announce: <ul style="list-style-type: none"> • Date, time of next meeting • Date of the BTC Week for whole school hosted by the BTCT (that would be all of us here) • Encourage everyone to do “Acts of Change” daily. Log them in at www.challengeday.org. 		3 min
			30 min



Notice ♦ Choose ♦ Act

Keeping it Real Challenge

**“You give but a little when you give of your possessions.
It is when you give of yourself that you truly give”**

Kahlil Gibran

Congratulations for being part of the Be the Change Movement!

The “Keeping it Real Challenge” asks you to give of yourself when doing your acts of change. This courageous and vulnerable process not only will touch the lives of others, but most likely leave you feeling proud.

Imagine people everywhere saying “thank you”, sharing love, apologizing and forgiving. This is one way you can change the world. It starts with you!

I challenge myself to:

1. Say thank you

Notice – To whom do I want to say thank you?

Choose – What am I grateful for?

Act – I will complete this Act of Change by

2. Write a letter, e-mail and/or text of love or appreciation

Notice – To whom do I want to show love and appreciation?

Choose – What do you love and/or appreciate about this person?

Act – I will complete this Act of Change by

3. Share an apology and/or amends

Note: An apology simply means saying you are sorry – To make amends means to make things as right as possible.

Notice – To whom do I need to make an apology and/or an amends?

Choose – What is the apology and/or amends?

Act – I will complete this Act of Change by

4. Forgive

Notice – Who will I forgive?

Choose – I forgive this person for

Act – I will complete this Act of Change by (either in my heart or in person)

5. In addition to the above, I commit to doing the following Acts of Change

Notice –

Choose –

Act – I will complete my Acts of Change by

**“We must be the change we wish to see in the world”
- Gandhi**

To learn more about the Be the Change Movement or to blog your *acts of change*,
please go to www.challengeday.org/bethechange.

Be The Change Week

A week filled with activities to inspire positive action and connection is a superb way to create change in your community. This is a sample plan created by Kalaheo High School in Hawaii. Please feel free to adjust the themes for each day to best fit the culture and climate at your school.

Monday – Compliments Wanted

Give as many compliments as you can to your classmates, teachers, friends, and family members.

Give at least one HUG!

Tuesday – Mix it Up

Introduce yourself to someone new. Get to know someone you don't know well. Eat lunch with someone new.

Give at least 3 HUGS!

Wednesday – Protect our Home

Clean up our environment. Pick up trash along the way during passing. Collect cans and bottles and recycle them.

Give at least 6 HUGS!

Thursday – Heal Old Wounds

Forgive someone that has hurt you. Ask for forgiveness if you have hurt someone else. Say "I'm sorry for..."

Give at least 9 HUGS!

Friday – Show Some Love

Thank someone you love and respect. Tell them how much you appreciate them. Share your love and respect for them.

Give at least 12 HUGS!

Meeting #3: Before or after your BTC week

This agenda can also be used as class curriculum.

Time Needed: 35 minutes

Supplies: Sign-in sheet, KIRC (Keeping it Real Challenge) Sheets

Action	Details	Leader	Time
Welcome	With everyone sitting in a circle, welcome everyone to the Be the Change Team, everyone is included!		1 min
Check in	With a partner, share 1 Act of Change you have done. Each partner has 2 min. to share		4 min
KIRC	Have students share how they are doing with their KIR Challenges		10
BTC Week Planning	How is your BTCT doing with your BTCT week? <ul style="list-style-type: none"> • How will you publicize? • What activities are planned? • What ideas do the youth have? • Are everyone's skills being utilized? 		15
Announcements	Announce: <ul style="list-style-type: none"> • Date, time of next meeting • Date of the BTC Week for whole school hosted by the BTCT (that would be all of us here) • Encourage everyone to do "Acts of Change" daily. Log them in at www.challengeday.org. 		3 min
			33 min

Be the Change Cards

The Be the Change Cards are another way to keep the themes of Challenge Day alive in the hearts and minds of all participants.

The cards have 4 goals:

- 1) To serve as a reminder of what was learned at their Challenge Day
- 2) To inspire participants to “pay it forward” by doing daily Acts of Change
- 3) To encourage others to join the Be the Change Movement
- 4) To have everyone touched by the power of the Be the Change Movement to log in their Acts of Change at <http://www.challengeday.org/bethechange>

BE THE CHANGE TEAM RESPONSIBILITIES:

The Be the Change Team is responsible for printing the cards and cutting them so they are ready for every participant at your Challenge Day or in your follow-up meetings. Be the Change cards are downloadable at <http://www.challengeday.org/bethechange/>.

For best results print out on best printer possible and on white card stock. On the backside of the card, you can write a special note from the BTCT with first meeting place and time.

Cards are also available for purchase at www.challengeday.org. Check out the website to see the 2-sided version.

THANK YOU!

THANK YOU Be the Change Team for doing your part in creating the school, community and world of your dreams! To keep your team and school inspired, download more activities at: www.challengeday.org.

Remember to join the Be the Change Movement by logging in your Acts of Change on our website at www.challengeday.org/bethechange. Thanks again for Being the Change!