Rachel’s Challenge Classroom Manual Vol. I
Lessons inspired by the life of Rachel Scott.

www.rachelschallenge.org

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Lessons
Kindness

WHAT IS KINDNESS?

Read the following:

Valerie
What you will read below is a story of how Rachel reached out to someone with displays of kindness.

Valerie was a young girl that was also impacted by Rachel. Valerie caught up with the wrong crowd. She used drugs and alcohol at a very early age, dressed differently to get attention, and displayed an “attitude” toward many of her peers.

Rachel would see Valerie in the halls at school and would often say “Hi” to her. In the early going, there was very little response. That did not stop Rachel, though. Since Rachel’s death, Valerie has told the Scott family that Rachel reached out to her numerous times.

Rachel wrote in her “My Ethics, My Codes of Life” essay to give people at least 3 chances before we dare judge or label them. She wrote, “They may have been having a bad day or they may have been going through something that you don’t know anything about.” She also wrote, “Look into their eyes and see their heart. You may find a light, and you can help that light grow if you don’t walk away from those first 3 impressions.”

According to Valerie, Rachel gave her well over 3 chances.

Slowly but surely, Rachel and Valerie built a friendship. They did not become best friends, but they became friendly acquaintances at school, which was not something Valerie was used to. Valerie told the Scott family that by simply reaching out and showing kindness, Rachel changed her life.

Legacy Story
Below explains Rachel’s Legacy in Valerie’s life.

One of the amazing things about Valerie is that no one could have changed her by telling her to change. Words would never have done it. She would not have changed due to someone’s rules and regulations because she was already breaking rules and regulations at school. But she said that Rachel changed her. She said, “Rachel made me feel better about myself. She made me realize that there are good people out there.”

How did she do that? Rachel didn’t make her feel better about herself by being forceful. She simply brought kindness and compassion to someone that desperately needed it. Something about Rachel caused Valerie to begin to change. She said, “She made me want to be a better person.”
Valerie is not that same person today. This is due to Rachel’s love and kindness. Drugs and alcohol are no longer being abused. Negativity no longer rules Valerie’s life. All of these changes occurred because one young girl chose to show a little kindness.

**Discussion Questions**

- How did Rachel show kindness to Valerie? Were they overt displays of kindness or little acts of kindness?
- How did Rachel’s kindness impact Valerie? Why do you think Rachel’s small acts impacted a girl like Valerie so deeply?
- Can you point to a time in your life that your kindness toward someone changed the other person or impacted them greatly?

Webster’s Definition of Kindness – a: of a sympathetic or helpful nature b: of a forbearing nature: GENTLE.

What is your definition of Kindness?

What is Kindness and what is not Kindness?

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JOURNAL TIME
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

W.O.W.
MEDIA LESSON

Show the Foundation for a Better Life PSA “Locker” on the DVD.

Discussion Questions

• How did the boy show kindness to the victim of bullying?
• If the boy did not have good character, what would he have done?
• What else could he have done that would have shown the same level of character?
• What do you think the impacts are of this act of kindness on the victim, the spectators, the bullies, etc.?
• Who do you think benefited most because of this act?
• When performing an act of kindness, is it important that you get something out of it?
• Do you see events like this take place on your campus?
• What could you do to show kindness when a similar situation occurs?
• How would you describe a kind person?

Journal Writing

Write in your journal a few examples of situations when you were not as kind as you could have been.

• What could you have done differently?

• What will you do next time?

• How will showing more kindness improve the situation?
• What steps do you need to take in order to be a kinder person?

• What steps are you going to take this week to be a kinder person?

JOURNAL TIME
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

W.O.W.
INSTRUCTION: KINDNESS

Scenario: Someone is eating by themselves at lunch and is looking lonely. What should you do?

Sometimes people just need a little kindness. There are situations everyday where we can be the ones to provide it; it could simply be opening a door for someone, saying hello to someone we don’t know well, etc. There are other situations that require a little more courage than simply opening up a door. It requires stepping out of our comfort zones and doing the unexpected!

In the cafeteria example, we need to be perceptive (refer to discussion on Perceptive vs. Judgmental People®). We need to find out if the person is eating alone by choice or because they simply do not have anyone to sit with. A perceptive person would seek out the facts. You may know the answer already because you are familiar with the person in question. If you do not know the person, you may want to ask friends if they know anything about the student. After accumulating as much information as you can, it is time to act.

Action Steps: The best way to approach this situation is to say, “Can I (or “we” if your friends are with you) sit with you?” Most likely, they will say, “Sure!”

We must understand it is not enough just to sit with the person; we must include him or her in conversation: “What’s your name? What grade are you in? What classes are you taking? Do you play any sports or instruments?” After some discussion starting questions, conversation will more than likely take off. Try not to only focus on this person. Try to have a natural conversation.

Discussion Questions:

• What does a natural conversation look like?

• Why is it important to include others in conversation?

Note: After lunch, you may have made a friend. However, you must understand that there is no obligation on your part to be “best friends” with this person. You are, at least, friendly acquaintances now. When you see this person in the hall you will know their name and be able to say, “Hi.” You may even decide that you would like to eat lunch with them again; the choice is yours. You should not feel obligated to be anything other than nice to this person in the future. This simple act of kindness could change his or her life.
Discussion Questions:

• What other simple acts of kindness can you perform on a regular basis?
• What do you think the impact would be on the person you reached out to?

“Kindness is the language the deaf can hear and the blind can see.”

What does this quote mean? Discuss this quote and come up with a poster that reflects the content.

No kind action ever stops with itself. One kind action leads to another. Good example is followed. A single act of kindness throws out roots in all directions, and the roots spring up and make new trees.

“The greatest work that kindness does to others is that it makes them kind themselves.”

› ALBERT SCHWEITZER

“Is expressing Kindness going to be a waste of my time? Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.”

› BARBARA DE ANGELIS
JOURNAL TIME
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

W.O.W.
REACHING OUT

Write your own definition of KINDNESS in your journals. In other words, what does it mean to you?

__________________________________________________________

__________________________________________________________

Read the following:

Bus Story
When Rachel was in elementary and middle school she rode the bus everyday. She usually sat with her friends and talked about anything from homework, friends, and even...boys. It was the same routine every morning: same faces, same seats, same bus driver.

There was a boy named Collin that Rachel noticed always sat alone. The only reason Rachel knew Collin was from things she had heard; she never really talked to him. He was one of those kids that everyone stayed away from because he was a little different; he looked different, dressed different, and even acted different. Rachel’s peers made it clear that Collin was “the weird kid” whom no one should sit with if they still wanted to be considered “cool.”

Rachel decided that she wanted to see for herself what kind of person Collin was. One morning she approached Collin on the bus and asked him if anyone was sitting next to him. Surprised that anyone was talking to him Collin said, “No.”

Over the next few days, she sat with him and found that there were qualities in him that she liked. After a couple weeks, they actually became friends. She made a decision to be kind and reach out to Collin even with the eventual backlash she received from her peers; sometimes kids would tease her and Collin and call them boyfriend and girlfriend, but Rachel didn't care. Rachel knew it was not always easy to be kind to someone, but sometimes doing the right thing is not easy.

Everyday we wake up like Rachel and we have the choice on how we respond and relate to others. We can see things that need to be corrected and walk by it or we can seize the opportunity and reach out with kindness to build a positive relationship.

Discussion Questions:

• What places other than on the school bus have you seen people like Collin sitting alone?

• What can you do to make them feel better?

• Do you think you will be made fun of if you reach out to people that don't have friends? Discuss how to handle situations like these.
**Rachel Quote:** “People will never know how far a little kindness can go.”

**Discussion Questions:**
- Rachel used the word “little” to describe kindness in her quote. What kind of kind acts do you think she is describing? For example, in this quote is Rachel saying to go out and donate $1,000 to someone or is she making the point that a simple “hello” or pat on the back can sometimes make a huge difference?
- Rachel wrote about how so many people concentrate on performing the BIG acts of kindness but they forget about all the little things they could do. What are some little things that you could do to brighten someone’s day?

**JOURNAL TIME**
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

**QUESTIONS, QUOTES AND QUERIES**

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**W.O.W.**

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"HALLWAY HELLO" ROLE-PLAY

A lot of interaction occurs between students while going from class to class in the hallways. We are going to do a role-playing exercise that depicts interactions that take place between groups of students. Everyone knows what it feels like to get “blown off” or shunned by another person. It is insulting and can be extremely embarrassing. When someone takes the risk and says, “Hello” to another and is turned away and/or laughed at, the experience can often discourage that person from reaching out again. One experience like that can have a ripple effect causing the person not to act when another opportunity presents itself. Being insulted, blown off, and shunned can have a deep, long-lasting impact.

We all know what it is like to be complimented; we also know what it is like to be insulted or put down. Being put down is not always expressed with words. Sometimes our facial expressions or actions can have the same effect that an insult has. Scenarios like what you saw in the role-playing activity might look familiar to you. You may have even been the victim of similar insults.

Discussion Questions:

• Have you ever seen someone being insulted like what you saw in the role-playing exercise? Have you ever been a victim of this type of insult? Explain.

• Have you ever insulted others in a similar way to what you saw in the role-playing exercise? Explain.

• Give an example of a time when you have been insulted in the past? What does the fact that you remembered this insult say about the power and impact of insults?

• Give an example of a time when you have been complimented in the past. What does the fact that you remembered this compliment say about the power and impact of compliments?

Your words have the power to hurt and the power to heal. It takes a lot of courage to give compliments, especially to our peers.

Discussion Questions:

• How did it feel to receive these compliments?

• Was it difficult for you to come up with the compliments?

• How difficult will it be for you to do this outside of the FOR Club?
JOURNAL TIME
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

W.O.W.
MEDIA LESSON

Show the “Kindness” section of the DVD. Discussion questions are included in the DVD.

Journal Writing
Write in your journal a few examples of intentional things you can do to promote kindness in your school. How do you think those acts will impact your campus?

JOURNAL TIME

In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

W.O.W.
WHAT DOES IT MEAN TO HELP?

Read the following:

Austin
What you will read below is a story about how Rachel helped someone in need.

A month after Rachel's funeral, her dad, Darrell, went out to her grave one morning and saw a young man watering Rachel's grave with several gallons of water he had brought with him. His name was Austin Wiggins and he was a DJ at a local radio station. Darrell asked him if he knew Rachel, and Austin said that he had only met her for a few minutes - - - but that few minutes had changed his life!

Three weeks before Rachel died, Austin was on his way home from a rough day at work. He had made some mistakes during the day, his boss had yelled at him, and Austin wasn't in a really good mood. Then he realized he had a flat, just as it was beginning to rain. It was dark outside and Austin didn't have a flashlight or an umbrella.

Rachel saw someone who needed help, so she pulled over to the side of the road and hopped out with her flashlight and umbrella (We do not recommend that you do what Rachel did that day because of the risk involved). She was in a great mood and Austin was in a bad mood, and two worlds were about to collide!

We have all had days where we did not want to be around anyone cheerful because we were in bad moods. Well, Austin was having one of those days, but Rachel's attitude was contagious and by the time she left, something had changed in him. He said that later that night he was at a restaurant with some friends, and he told them, “If there's such a thing as angels, I think one stopped and helped me fix a flat this evening.”

Three weeks later, he found out that she wasn’t an angel, but a student from Columbine High School. On April 21st he picked up the Denver Post and saw her picture on the front page.

Austin went to Rachel's funeral. He stood near the back and at the end he went up to her casket and made a vow to repay that simple act of kindness Rachel had shown to him.

Legacy Story
Below explains Rachel’s Legacy in Austin's life.

Austin has kept his promise to Rachel and he and his wife continually find creative ways to help others. Austin never passes a person with car problems without stopping to see if they need help, and many times he tells them the story of the day Rachel helped him.
Rachel’s life inspired them to also help in other ways. They now plow the driveways of elderly people in their neighborhood. They have also gone to third world countries to help those in need. Probably the most obvious proof of Rachel’s Legacy in their lives is exemplified by the name they chose for their daughter: Rachel Joy.

Discussion Questions

• What did Rachel do to help Austin? While it is not recommended that a young girl duplicates this act of helping, what does it say about the type of person Rachel was?

• How did that one act of kindness change Austin forever?

• Can you point to a time in your life that you helped someone in such a way that it changed the other person or impacted them greatly?

Webster’s Definition of Helping – to give assistance or support to.

What is your definition of Helping?

What is Helping and what is not Helping?

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QUESTIONS, QUOTES AND QUERIES


W.O.W.


MEDIA LESSON

Show the Foundation for a Better Life PSA “Reach” on the DVD.

Discussion Questions

• What did the 2 men do to help?
• What did you think they were going to do?
• What would a person lacking character have done?
• What else could the two men have done that would have shown the same level of character?
• If the 2 men had taken the soda, what would the consequences have been, especially for the soda truck driver?
• In this situation, if the 2 men had done the wrong thing they would have actually benefited by getting free soda. Does doing the right thing always benefit you?
• What are some situations where you have been helpful to others when you could have done the wrong thing?
• What does the following question mean: Will you do the right thing when nobody is watching?
• How would you describe a helpful person?

Journal Writing

Write in your journal a few examples of people you could have helped but did not.

• What could you have done?
• What will you do next time?

• What would have been different if you had helped?

• What steps do you need to take in order to become a more helpful person?

• What steps are you going to take this week to help others?

JOURNAL TIME
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

W.O.W.
HELPING

Discussion Questions:

• What are some of the actions that could be taken to stop the bullying?
• How do you judge what choice you should make?
• As a bystander, are you equally at fault if you do nothing? Is ignoring bullying acceptable?

   Note: It is important to understand that bullies are the way they are because they want attention, even if it is negative. Our goal should be to redirect their need for attention from negative to positive. Discuss how you may be able to play a role in making this change.
“There is not a man of us who does not at times need a helping hand to be stretched out to him, and then shame upon him who will not stretch out the helping hand to his brother”

▷ THEODORE ROOSEVELT

“It is a denial of justice not to stretch out a helping hand to the fallen; that is the common right of humanity”

▷ SENECAs (SENECA THE ELDER)

JOURNAL TIME

In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

W.O.W.

W. O. W.
Compassion

WHAT IS COMPASSION?

Read the following:

Adam
What you will read below is a story of how Rachel reached out and showed a little compassion to someone that looked like they needed it.

Adam is a young man that was born with disabilities, both mental and physical. Adam was born with a disease that caused him to look different, talk different, walk different, and act different than other students. Because of his differences, Adam was brutally teased and picked on all through middle school and high school.

After Rachel died, Adam told her family about the first time he met Rachel.

Two boys, twice Rachel’s size, were teasing Adam in the hallway at school. They pushed him up against lockers, knocked his books out of his hands and were calling him names. Rachel was just down the hall and when she saw what was happening, she was just furious.

Again, this is not something we think students should emulate. She should have gotten a teacher or counselor to diffuse the situation, but she didn’t. Instead, she doubled up her fist, got between Adam and those two boys and said, “If you touch him again, you’re going to have to fight me!”

They were surely scared out of their minds. They were probably thinking, “If we beat up this little girl, we’re gonna look bad, but if she beats us up, we’re really gonna look bad”. So they backed off, and she and Adam became friends.

Legacy Story
Below explains Rachel’s Legacy in Adam’s life.

Rachel didn’t do a lot with Adam, she just smiled, gave him a pat on the back, and an encouraging word whenever she saw him in the hall. She simply showed a little compassion. It wasn’t a big thing for Rachel - - - but it was HUGE for Adam!

Rachel died not knowing that she had saved Adam’s life. Not from the two boys - - they weren’t going to kill him, but from himself. Adam told Rachel’s family about a year after Rachel died that he was planning to take his life when Rachel stood up for him that day. He said that he felt like no one even cared whether he lived or died until he met Rachel.

Rachel knew that it did not take a lot to make a huge impact on another’s life. Students at your school are going through things that you have no idea about. Some of them are experiencing things at home, or things in their lives that they won’t talk about - - and all it takes is a simple smile, or a simple act of kindness to make a huge difference in their lives. Rachel’s Legacy was not just that she made someone happy; she also saved a life. There is power in just a little compassion!
Discussion Questions

• How did Rachel show compassion to Adam? While Rachel stood up for Adam in an overt manner, what acts of compassion do you think impacted Adam the most, that one large act or the smaller acts throughout the years?

• How did Rachel’s compassion impact Adam? Why do you think Rachel’s compassion impacted a boy like Adam so deeply?

• Can you point to a time in your life that your compassion toward someone changed the other person or impacted them greatly?

Webster’s Definition of Compassion – sympathetic consciousness of others’ distress together with a desire to alleviate it.

What is your definition of Compassion?

What is Compassion and what is not Compassion?

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QUESTIONS, QUOTES AND QUERIES
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W.O.W.
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MEDIA LESSON
Show the Foundation for a Better Life PSA “Taxi” on the DVD.

Discussion Questions
• What did the man do to show compassion?
• What do you think went through the man’s mind before he gave away his taxi?
• If the man did not have good character, what would he have done?
• Did the man benefit from his compassion?
• What do you think the impact was of this act of compassion on the 2 that got the taxi?
• Is showing compassion always an easy thing to do?
• Why is it important to show compassion to others?
• Is compassion lacking in your school and if so, what are some examples?
• How would you describe a compassionate person?

Journal Writing
Write in your journal a few examples of people who need more compassion in your life.

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• Why do you think they need more compassion?
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• How have you shown them compassion?
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• What can you do to show them even more compassion?
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• What will be the impact of your increased displays of compassion?
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• What steps do you need to take in order to be more compassionate?
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• What steps are you going to take this week to be more compassionate?
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JOURNAL TIME
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES
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W.O.W.
________________________________________________________________________________
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________________________________________________________________________________
INSTRUCTION: COMPASSION

Scenario: How do we reach out to behaviorally at-risk students? Behaviorally at risk students are often those individuals that seek negative attention. Sometimes these students are considered bullies, loners, or just disruptive. How can we make a difference in their lives?

Most people do not want to relate to behaviorally at-risk students because of the fear of the unknown. For this reason, it takes extra courage and initiative in order to impact these people. The best way to impact these individuals is by simply “being there” for them.

Discussion Questions:
- How can we just “be there” for these students?
- What kind of little acts of kindness can we perform for these students?

Activity: Perception Circle

Discussion Questions:
- We have all heard, “Before you’re quick to judge another person, try walking in their shoes for a while.” What does this mean?
- How does understanding this affect how you look at behaviorally at-risk students?
“Another kind of love and compassion is not based on something appearing beautiful or nice, but based on the fact that the other person, just like oneself, wants happiness and does not want suffering and indeed has every right to be happy and to overcome suffering. On such a basis, we feel a sense of responsibility, a sense of closeness toward that being. That is true compassion. This is because the compassion is based on reason, not just on emotional feeling. As a consequence, it does not matter what the other’s attitude is, whether negative, or positive. What matters is that it is a human being, a sentient being that has the experience of pain and pleasure. There is no reason not to feel compassion so long as it is a sentient being.”

› DALAI LAMA

JOURNAL TIME
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

W.O.W.
COMPASSION AND RESPECT

Write your own definition of COMPASSION and RESPECT in your journals. In other words, what does it mean to you?

________________________________________________________

________________________________________________________

Read the following:

Servio Story
There was a boy in Rachel's grade named Servio. It was Halloween time and everyone wore a costume to school. Servio's mother decided to make him a Zorro costume by hand. He did not want to disappoint his mom so he decided to wear it. When he came to school he was extremely embarrassed. His embarrassment was clear to Rachel and she felt bad for him. She walked over to him and said, "Hey, I loooove Zorro! Wanna trade costumes?" Servio could not believe someone would want to trade with him. He would later realize that Rachel was actually showing him compassion because she sensed his embarrassment. They became friends after that. Servio would later tell this story at Rachel's funeral.

Discussion Questions:

• Do you think Rachel really “looooved” Zorro or was there another reason Rachel wanted to trade costumes with Servio?

• Have you been in an awkward situation where you felt different from everyone around you, i.e. you were being stared at, singled out, ignored, laughed at, put down, etc.? How did that make you feel?

• Have you ever witnessed another student who was put in an embarrassing or awkward situation where you sensed their embarrassment, frustration, or despair? What did you sense coming from the person: embarrassment, loneliness, sadness, etc? Could you have intervened in a way that would have been helpful rather than remaining a silent bystander that only contributed to the pain or embarrassment?

Rachel Quote: “I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same.”
Discussion Questions:

- What does this quote mean to you?
- When someone smiles at you do you find it difficult not to smile back? When someone laughs or applauds do you find it difficult not to do the same? Are these chain reactions?
- Have you ever been inspired to do something kind for another after someone has done something kind for you?
- Have you seen this “chain reaction” in your school? Explain.

Rachel Quote: “It wasn’t until recently that I learned that the first and the second and the third impression can be deceitful of what kind of person someone is. For example, imagine you had just met someone, and you speak with them three times on brief everyday conversations. They come off as a harsh, cruel, stubborn, and ignorant person. You reach your judgment based on just these three encounters. Let me ask you something...did you ever ask them what their goal in life is, what kind of past they came from, did they experience love, did they experience hurt, did you look into their soul and not just their appearance? Until you know them and not just their “type,” you have no right to shun them. You have not looked for their beauty, their good. You have not seen the light in their eyes. Look hard enough and you will always find a light, and you can even help it grow, if you don’t walk away from those three impressions first.”

When the words inspect and respect are examined closely, we find that both have the root “spect” which actually comes from the Latin word specere which means “to look.” The only differences are the prefixes. “In” means “into” or “in,” so inspect literally means “to look into” or “examine.” “Re” means “back” or “again,” so respect literally means, “to look back at again.” We have the choice to be inspectors or respecters. We can inspect and judge people by our first impressions of them, or we can respect them by looking at them over and over again and giving them multiple chances before we judge them. Rachel wrote about giving people at least 3 chances before we dare judge them because she respected others.

Discussion Questions:

- Do you think people have the tendency to inspect rather than respect others? Explain.
- How might someone’s experiences at home and challenges in his/her life effect how they treat others at school?
- Have you ever been angry or had a rough day and taken it out on someone else you did not know? Would you have wanted a 2nd chance to make a first impression?

“Anger is like a wet paint, it rubs off on everyone.”

- Are there some people you have encountered that you judged too quickly, when they deserved a 2nd or even 3rd chance? Explain.
“Anyone or anything that can make you angry and keep you angry conquers you.”

Have students write a new definition of COMPASSION and RESPECT in their journals. This new definition should include information they learned today.

JOURNAL TIME
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

W.O.W.

—

—

—
RACHEL'S HANDS
Follow the instructions provided to you by the instructor.

These hands belong to Rachel
Joy Scott
and will someday
touch millions
of people's hearts
JOURNAL TIME
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

W.O.W.
MEDIA LESSON
Show the “Compassion/Respect” section of the DVD. Discussion questions are included in the DVD.

Journal Writing
Write in your journal a few examples of intentional things you can do to promote compassion and respect in your school. How do you think those acts will impact your campus?

JOURNAL TIME
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

W.O.W.
Leading

WHAT DOES IT MEAN TO LEAD?

Read the following:

Amber
What you will read below is a story of how Rachel displayed leadership qualities.

After Rachel's death, the Scott family began to receive emails, letters, and phone calls from many people that Rachel had reached out to. One of those emails was from a young girl named Amber Jackson.

Amber emailed Rachel's family and told them that her mom had died in a car wreck a year before Rachel was killed. She said, “My dad moved my brothers and I from Atlanta, Georgia and I was new at school. I didn’t know anyone. I walked down the halls and people ignored me. No one made eye contact with me.”

She said, “I went into the cafeteria at lunchtime and sat at a table by myself at the back of the lunchroom.” She said, “Rachel was sitting with some of her friends just two tables in front of me. I was feeling so down that day. My mom had just died and I felt like nobody knew or even cared about what I was going through.” Then she said, “Rachel just glanced over her shoulder and saw me sitting there by myself.”

“She got up - - left her friends and came over to where I was sitting and invited me to join her and her friends for lunch. I really wanted to, but I was a little shy and I told her ‘no, that’s ok’.” But she said, “That didn’t stop Rachel! She saw right through that! She went and got her friends and led them over to the table where I was sitting” and Amber said, “Instantly, my worst day at school became my best day - - - because someone took the time to show kindness to me.”

Rachel never knew that Amber would tell the Scott family about what happened that day in the lunch room. She never knew that a television producer would hear that story and include it in a documentary on Rachel’s life.

Legacy Story
Below explains Rachel’s Legacy in Amber’s life.

Rachel made a huge impact on Amber’s life. The stress of being a new student on top of losing a parent could have been devastating. Rachel’s display of leadership and kindness made Amber’s first days at school much more positive.

Around the world today, Rachel’s Challenge gets emails from thousands of students who tell us they have taken Rachel’s torch and are now doing what she did. Every day they go into the cafeteria at lunchtime and lead by example; they reach out to one person they have never talked to before. We have received stories of students that were considering taking their own lives, but because somebody reached out to them, they changed their mind.
Rachel’s Legacy did not just stop in its impact in Amber’s life. Her Legacy lives on every time a new student is greeted in schools around the country that have had our program. Rachel led the way in making new students feel much more comfortable in their first days at school.

**Discussion Questions**

- How did Rachel show leadership? How did her leadership impact Amber? How do you think her leadership impacted her friends?
- Why do you think Rachel’s leadership impacted a girl like Amber so deeply?
- Can you point to a time in your life that your leadership changed people around you in a positive or a negative way?

Webster’s Definition of Leading – providing direction or guidance or coming or ranking first or to guide on a way especially by going in advance.

What is your definition of Leading?

What is Leading and what is not Leading?

<table>
<thead>
<tr>
<th>Leading is...</th>
<th>Leading is not...</th>
</tr>
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JOURNAL TIME
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

W.O.W.

________________________________________

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________________________________________
MEDIA LESSON

Show the Foundation for a Better Life PSA “Cafeteria” on the DVD.

Discussion Questions

• Who do you think inspired this commercial? (Rachel’s story with Amber Jackson)
• How did the “Rachel” character show leadership?
• Why would that be considered leadership? (Leading by example)
• What do you think the impact was on the new girl, the spectators, Rachel’s friends, etc.?
• Have any of you been the “new kid” at school? If so, did you go through anything like what was depicted and did anyone reach out to you? If someone reached out, what did they do and how did that affect you?
• What can you do to lead by example?
• What are some situations at your school where you could show leadership?
• How will your leadership impact others? How will it impact you?
• How would you describe a good leader?

Journal Writing

Write in your journal a few examples of situations in your life where you want to be more of a leader.

• What have you done in those situations in the past?
• What was the result of you not leading?
• What would have been different if you had stood up as a leader?

• Why do you think you should lead more in these circumstances?

• What are you going to do to be more of a leader in those situations?

• What steps do you need to take in order to be a better leader?

• What steps are you going to take this week to be a better leader?
JOURNAL TIME
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

W.O.W.


INSTRUCTION: LEADING

Scenarios: Your friends are stealing, bullying, engaging in unsafe sexual behavior, or ripping someone off. What are we supposed to do when our friends get into things that we aren’t OK with?

When people do something unethical, they tend to do it for short term gain or pleasure. For example, the media tells us we can be happy if we have more:

- Pleasure: Immediate satisfaction.
- Possessions: Material things, i.e. Cars, Credit Cards, Cash
- Prestige: Fame. If I had ___ as a girl friend. If I was a stellar athlete. If I was an awesome musician, etc.
- Power: Position of Influence, Leader of the Pack

As a leader, you can guide people in your school or community by having them focus on Lasting Values:

- Purpose: Finding a cause bigger than you.
- Practice: Habits of the Heart by making Heartfelt decisions.
- Promises: Becoming a person of your word; Integrity.
- Performance: Doing things intentionally to make a difference in the world.

Discussion Question:

- Media Values or Values that have stood the test of Time; what’s it gonna be?

Action Steps: There are 3 options you can choose from depending on the circumstances.

A. We must understand that we tend to become like those we hang around. So, we should not set ourselves up for failure. We should not put ourselves in that situation. We may want to find new friends or new people to associate with. Otherwise, when you know a situation is going to occur that you have a problem with, make sure you stay out of it.
B. When in doubt, get out! If you are caught up in a situation you are not comfortable with, simply leave; get out!

- It's easier to get into Debt than get out.
- It's easier to get into a Gang than get out.
- It's easier to get into Jail than get out.

We need to make sure we can get out of any situation we put ourselves in. Get out while you still can.

C. Turning Point. This final option puts you in a position to redirect those you are with. This is probably the most difficult decision a leader can make. You must remember that you cannot change someone that does not want to change. There are, however, steps you can take to try to redirect some of your friends to more positive choices.

- Show concern or compassion for your friend. Don’t approach them in an abrasive manner. Why is it important to approach the person in this way? (So they are not defensive)

- Ask your friend if he or she has a handle on the situation. Does he or she see any problem with what is going to happen or with what is happening? Does he or she understand the consequences of their actions? (Impact on self, friends, family, etc.)

After approaching your friend with compassion and finding out his self assessment, 1 of 4 things will happen:

1. Your friend will see the light, but you will need to continue to support him or her.

2. Your friend can see your point but they do not care. In this case you may just need to walk away.

3. Your friend sees your point but they explain it's just a one-time thing (an incident). In this case, you should take a “wait and see” approach by being a good observer so you can see if the behavior continues. Don’t formulate a conclusion yet; be perceptive and get all of the information you need before you intervene again.

4. You may decide to continue the discussion at a different time. You will need to decide if that is the right time or place for this discussion. Postponing the discussion is a good option.
As a leader you can change lives. Leading by example is always the most effective approach. Just being a good person will lead many people in the right direction.

**Discussion Questions:**

What is a good leader?

When is it a good time to walk away?

What can you do to redirect a friend to make a better decision?

“Leaders learn by leading, and they learn best by leading in the face of obstacles. As weather shapes mountains, problems shape leaders.”

▷ WARREN BENNIS

“Leadership is a combination of strategy and character. If you must be without one, be without the strategy.”

▷ GENERAL H. NORMAN SCHWARZKOPF

**JOURNAL TIME**

In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

**QUESTIONS, QUOTES AND QUERIES**

______________________________

______________________________

______________________________

**W.O.W.**

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______________________________
Letting Go

WHAT DOES IT MEAN TO LET GO?

Read the following:

Craig

What you will read below is a story about Craig that shows how he was able to let go of something that was holding him back.

Craig and his older sister, Rachel, had a good relationship, but like most siblings they had their moments when they would argue with each other. On the morning of April 20th, 1999, Craig was running a little late to school. Since Rachel was older and had a car, she took Craig to school everyday. Rachel was irritated by the fact that Craig’s lateness was also affecting her. Finally, Craig was ready to go and they were on their way. The tension that was created earlier, continued while in the car as they argued about what to listen to on the radio. They each took their turns changing the radio station to the song they wanted to listen to. Each turn of the dial increased the anger level in the car.

Finally, the car ride was over when Craig got out and slammed the door shut. Rachel sat in the driver’s side as her brother exited the car in anger. Little did Craig know that this act of slamming the door would be the last interaction he would ever have with his sister. Within the next couple hours, Rachel was shot and killed.

Craig held on to a lot of guilt because his last moments with his sister were filled with unnecessary disagreement. He did not get to let her know how much he loved her before she was taken from him. This guilt deeply impacted Craig for over a year. Not only was he filled with guilt, but also hate for the 2 killers that ended his sister’s life. Craig spent much time writing in his journal about his experiences and feelings.

Craig needed to let go. He needed to let go of his guilt and his hate. Rachel knew that Craig loved her, but he did not get to tell her before she died. Over time, Craig was able to make peace with the fact that Rachel knew he loved her. He was also able to get rid of his hate for the 2 boys that killed Rachel. He realized this hate was not only affecting him; he was taking it out on the people that he loved the most. He needed to rid himself of this hatred in order to move on with his life and in the end, he did.
Legacy Story
Below explains Rachel’s Legacy in Craig’s life.

Craig’s experience with losing his sister and letting go of his guilt and hatred was a huge step forward in his life. One day he approached his father, Darrell, and told him what he wanted to do with his life. He told Darrell that he wanted to be a movie producer and make movies that have a positive message. He saw the impact that violent images had on the 2 boys that killed Rachel. He also knew how important kindness and compassion was to Rachel when she was alive.

By making movies that have a positive impact on the world, he would not only be helping society, he would also be keeping the memory of his sister alive. It was her kindness and compassion that made an imprint on Craig’s heart. It is his goal to spread this message through his movies. Craig’s choice of occupation is without a doubt Rachel’s Legacy in his life.

Discussion Questions
• What did Craig need to “let go of?”
• Discuss what you think Craig had to do to forgive the killers. What do you think he had to do to forgive himself?
• What are the benefits of “letting go?” If you forgive, does it mean you must forget?

Webster’s Definition of Letting Go – to give up resentment of or claim to requital for. What is your definition of Letting Go?

What is Letting Go and what is not Letting Go?

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JOURNAL TIME

In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES


W.O.W.


MEDIA LESSON

Show the Foundation for a Better Life PSA “Umpire” on the DVD.

Discussion Questions

• What did the umpire do that the man did not agree with?
• How did the man react? If he did not have good character, how would he have reacted?
• When the umpire had car trouble, what did the man do? If he did not have good character, what would he have done?
• How did the man show that he “let go” of what bothered him?
• How could the situation have turned out if he had not “let go?”
• Do you think it was easy to “let go?” Is doing the “right thing” always easy?
• Why do you think people have such difficulty letting go?
• Who is impacted most when you do not let go of issues that bother you? (Self, friends and family if you take out your frustrations on them)
• How would you describe a forgiving person?

Journal Writing

Write in your journal a few examples of people who have hurt you and you need to let go or situations that occurred in which you blame yourself that you need to let go of.

• What steps do you need to take in order to let go?

• What steps are you going to take this week to let go?
JOURNAL TIME
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

W.O.W.

• Why do you need to let go?

• What will change if you let go?
INSTRUCTION: LETTING GO

Scenarios: Someone represented you in a way that was not factual or he or she said you did something that you didn’t. For example, the person said you cheated on a test.

We can forgive...we don’t have to forget. Forgiving is the first step to freedom for yourself as well as for others.

We don’t have control over what people say or do. For this reason, we are often hurt by the actions of others. Sometimes, we are hurt because of assumptions that we make. Assumptions are the basis for most strife. We assume that the person that said we cheated on the test is a cruel person because they said or did something cruel. The question we must ask is, “Are they really a cruel person?” and in fact, “Did they really make the comment?”

They may be accurate or inaccurate in this scenario, but that does not necessarily mean they are a cruel person. So, before we respond we must first:

• Process the situation: Get all the facts first. You may come upon information that will impact your feelings in a positive or a negative way.
• Decide how you are going to get the best results: If we are reactive, things could get worse.

Things turn out best for people who make the best of how things turn out!

Action Steps: If you choose to confront the individual, it would be best to frame it in a friendly and respectful way so you don’t escalate the situation. Problems are just questions needing answers. If you approach the person in anger, that will put him or her on the defensive and more than likely nothing will be resolved. If you approach them with respect by saying, “You know John, I think you are a good person, and I’m trying to make sense of a comment I overheard that I cheated on a test. Do you recall making a comment like that? (If he acknowledges he said it) Help me understand why you’d make a comment like that?” If you approach John in this way, he will be more likely to discuss it with you. More than likely, he would have expected an angry response. Kindness is always the best option.

There are 5 ways people deal with conflict:

a. My Way: It can only be solved if it is exactly the way I need it to be solved. Not interested in the variables and circumstances or alternatives.

b. No Way: Non engagement response. Under no circumstances will I become involved in solving the conflict.
c. **Your Way:** Give in and go along. “Whatever you want” response. Even if it means trampling over my ideas and feelings.

d. **Half Way:** Compromise and give in some times to resolve disputes.

e. **Our Way:** Establish Mutual Goals. There is strong consideration for the relationship; more than the conflict.

Approaching a situation with kindness, while working with the other person to establish mutual goals, is the best way to handle conflict. Try this out the next time conflict arises in your life and see how it works.

**Discussion Questions:**

- What are the best ways to deal with a conflict?
- Who suffers when you don’t let go of something that has impacted you in a negative way?
- Are all people that do something cruel, bad people? Why or why not?
- Why is it important to approach someone with kindness when they did you wrong?
“Forgiveness is love in its most noble form.”

▶ ANON

“Forgiveness is the answer to the child’s dream of a miracle by which what is broken is made whole again, what is soiled is made clean again.”

▶ DAG HAMMARSKJOLD

JOURNAL TIME
In your journal, write the “Question, Quote, or Query, the word of the week (W.O.W.), and anything else that comes to your mind.

QUESTIONS, QUOTES AND QUERIES

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W.O.W.

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Extras
Poems

The poems in this section are written by Rachel’s father, Darrell Scott, and National Educator of the Year, Gene Bedley. Each poem has a very specific positive message and can be used during discussions in the classroom, at FOR Club meetings, or any other appropriate situation. Rachel’s Challenge encourages schools to incorporate journal writing (poems, short stories, etc.) of a creative nature in the classroom or club. Much of Rachel’s journal entries came in the form of poems and stories. Writing poems and stories requires deeper thought and reflection, which can often be therapeutic for the author. This can be a great tool to encourage students to express themselves in a way that may be more comfortable than one-on-one or group discussions.
Poems by
Darrell Scott

BEAUTY AND UGLY

Beauty and Ugly went out for a swim
They put all their clothes on a low hanging limb

Soon Ugly climbed out (he was ready for bed)
He reached for his clothes but grabbed Beauty's instead

When Beauty got out, she had nothing to wear
So she grabbed Ugly's clothes that were still hanging there

Now Ugly gets praised, and poor Beauty abused
‘Cause too many times, people get them confused

So Ugly looks good ‘till he's fully exposed
And Beauty, sometimes, is disguised by her clothes

© 2009
CHEATER

I don’t want to get beat
And so that’s why I cheat
So I do things to help me
Avoid a defeat

So now why do I feel
Like a loser, a heel
My trophies and ribbons
Are not the real deal

While I seek victory
I am really not free
The person it’s hurting
The most - - is just me

© 2009
FALLING STARS

As I was out shopping for new summer clothes
I passed by a lady who everyone knows
She’s famous, and pretty, and totally vain
But here at the mall, she was looking quite plain

Her eyes didn’t glisten, her hair didn’t shine
Her face showed some wrinkles that could have been mine
Her make-up was missing, her hair was a mess
She’d just spilled some coffee all over her dress

She didn’t look happy, in fact she looked mad
She yelled at her husband, poor guy, he looked sad
I stared and I wondered if it could be true
That stars are just people, like me and like you

© 2009
FEELIN’S

A fox, an ox, and a crocodile
All met to visit for a while
They each were sad, and shared their grief
Of being judged by wrong belief

The fox said, “Everyone I know
Says I am sly, and it’s not so
It makes me feel, like I’m a sneak
When really, I am kind and meek

The ox then slowly cleared his throat
“You know what really get’s my goat?”
The goat said, “Hey don’t judge me man!”
(He’d just walked up and joined the clan)

The ox replied, “I’m sorry dude
It’s just that people are so rude”
“He’s dumber than an ox”, they say
It hurts me – ‘cause that’s not okay

The Croc just nodded, and agreed
“You’re right, it really hurts, indeed!
They say my tears are all just fake
And when I cry, it’s hard to take!”

Now sticks and stones can make you sore
But words can hurt you even more
The things we say become so real
They either hurt – or help us heal!

© 2009
OLD BOOKS

They’re pages are tattered, they’re covers are dusty
They’ve yellowed with age and they sometimes smell musty
They’ve served, oh so many, and all through the years
They’ve challenged us, humored us, brought us to tears

Their authors are gone but their words still inspire
They prompt us to action and help us acquire
The wisdom of prophets, the knowledge of ages
By reading their words, we can all become sages!

But now they are threatened, and I greatly fear
That if we’re not careful, they’ll all disappear
The web has become an incredible crook
It’s stolen the pleasure of reading a book!

© 2009
DETERMINATION

Set your goals and never quit I promise,
you’ll succeed ‘Cause it’s the giver-uppers
Who will always be in need
If you can be determined
In the things that you pursue
Then you will be successful
All your life, with what you do
Obstacles get in the way
That you will learn to beat
While all the giver-uppers
quit And go down in defeat!
Hold fast to all your dreams
and plans No matter what unfolds
And you will be a champion
As you realize your goals!
CHANGES

Life is like a fluffy cloud - Way up in the sky Watch the changes taking place while it goes passing by

I see a train, and now a boat, a snail, a pig, a hat

A clock, and now a billy goat, and what the heck was that?

It looks like daddy's big ole chin, or even Santa's beard And now it's changing once again, on no, it's disappeared!

Our life is like that fluffy cloud, with changes as we grow We play our part in history - And then - - it's time to go!

© 2009
BE A SEE-THROUGHER

See through – see through
Whatever you do
If you’re a look-atter
Your hopes will all shatter
Those dreams that now matter
Will never come true

Look at – be defeated
See through – be completed
You will have succeeded
If you will see through!
THE SPACE IN BETWEEN

I visit her grave, and I always see
2 dates on her stone that are set
The day she was born, and the day that she died
2 dates that I’ll never forget

But there in the middle, between those 2 dates
A small empty space you would see
A space that says nothing, yet says everything
About her and all she would be

That space was her story, her hopes and her dreams
Her kindness and heart of compassion
And from that small space, Rachel’s Challenge now rings
To start up our own Chain Reaction

My life is now over, my dates are now set
Beside my dear Rachel they’re seen
My memories, my laughter, my good times and bad
Are all in that space in between

Someday in a graveyard, your name will be found
And dates will be written there too
So what will the space in between those 2 dates
Reveal to the world about you?

© 2009
TWINKLE, TWINKLE

Twinkle, twinkle, little star
Now I know just what you are
All the awe and wonder’s gone
Years have passed, and I am grown

When I see you in the sky
I’m no longer asking “Why?”
‘Cause I learned in science class
You’re composed of fire and gas
Poems by
Gene Bedley

IF YOU WANT TO KNOW ME

If you want to know me
listen to me

If you want to strengthen me
point out my gifts and talents

If you want to motivate me,
find the incentives that drive me

If you want to direct me,
persuade me with the benefits

If you want to make me feel important
Invite me

If you want me to live a life of purpose
equip me with values

If you want to protect me
create safe boundaries around me

If you want to encourage me
be available when I am challenged

If you want to energize me
ignite me with your enthusiasm

If you want to challenge me
help me learn mistakes are ok

If you want me to have an accurate self
give me responsibilities

If you want me to value others
love me!

Discipline Strategies and Solutions  © 2004 Gene Bedley
IT TAKES COURAGE

It takes Courage to care about each member of the family and the struggles they face!

It takes Courage to care about friends and the daily test they encounter. To let them know you will stand by them through each struggle.

It takes Courage to complete each commitment you make toward others.

It takes Courage to confront the weaknesses in your life and be willing to address needed changes.

It takes Courage to confess your thoughtless words or neglectful actions toward a person you love.

It takes Courage to proclaim your faith and convictions to people who are judgmental.

It takes Courage to live each day with Integrity.

It takes Courage to respect others when others show little or no respect for you!

It takes Courage to focus on what remains rather than what you've lost.

It takes Courage once you recognize that life is a test and your willing to accept the everyday challenges.

Character Lessons for Life © 2005 Gene Bedley
MAKING RELATIONSHIPS WORK

We gave...when we wanted to receive.

We served...when we wanted to partake.

We listened...when we wanted to talk.

We invited... when we wanted to be invited

We submitted...when we wanted to reign.

We forgave...when we wanted to fault.

We stayed...when we wanted to leave.

We invested... when we wanted to spend.

We embraced... when we wanted to distance ourselves.

We humbled ourselves... when our egos demanded attention

We held on... when we wanted to let go.

We loved... when we wanted to be loved.

In short, we made it work by working at it. Relationships just don’t happen. It takes commitment, perseverance, love, unselfishness, and, most of all, a willingness to put the other person’s needs, desires, and interests ahead of your own. It’s called “the Platinum Rule!” Treat others the way they want to be treated!

Touch the Heart Change the Student © 2009 Gene Bedley- Rachels Challenge
MISSED OPPORTUNITIES

Missed Opportunities, most would agree.
Missed Opportunities, especially for me.

Missed Opportunities, are hard to recover.
Missed Opportunities, a past chance to discover.

Missed Opportunities, hard to recuperate.
Missed Opportunities, each with an expiration date.

Missed Opportunities, an invitation neglected.
Missed Opportunities, once again rejected.

Missed Opportunities, they rarely return.
Missed Opportunities, you missed your turn.

Missed Opportunities, a life changing event.
Missed Opportunities, they were definitely meant.

Missed Opportunities, Where did they go.
Missed Opportunities, an option to grow.

Missed Opportunities? No never again.
Missed Opportunities? I'll seize and begin!

Character Lessons for Life © 2005 Gene Bedley
PARADOXICAL COMMANDMENTS OF TEACHING

I. Kids are illogical, unreasonable, self-centered. Develop a trusting, caring relationship anyway.

II. If you develop an unconditional philosophy in loving your children, you may be accused of selfish motive. Love without hooks anyway.

III. If you are successful in your teaching, you may generate jealousy and envy from some people. Succeed anyway.

IV. The little things you do for your children will be forgotten tomorrow. Do the little things anyway.

V. Having beliefs and convictions make you old-fashioned. Have beliefs and convictions anyway.

VI. People center on negatives and few positives. Develop a positive mental attitude anyway.

VII. Prophets of Gloom and Doom are eager to let you know there is no hope. Have hope anyway.

VIII. The energies you expend in being successful can be destroyed overnight. Be energetic anyway.

IX. Your children really need directed guidance, but may reject you. Give guidance anyway.

X. Give your children the best you have and you will experience mixed gratitude. Give them the best you have anyway.

How do you Recognize a Good School when you Walk into One © 1980 Gene Bedley
PROMISES

Promise yourself that you will do a little bit better today than you did yesterday. Acknowledge that these steps will assist you in becoming a better person!

Promise yourself to include others in your success! Rarely does anyone accomplish things on their own. Recognize that a group of people will out perform any individual.

Promise yourself that you will always work for the best possible outcomes! Be aware that failure is only a temporary setback from achieving your dreams and goals.

Promise yourself to never quit or give up regardless of the challenges you face in life. Acknowledge that perseverance is what sets you apart and contributes to your accomplishments.

Promise yourself to always be a contributing team member. Acknowledge that energy increases when the entire team works together.

Promise yourself to draw from time tested values and virtues and not go where your hormones and immediate gratification takes you. Recognize that value driven people make the biggest impact on society.

Promise yourself to acknowledge that the higher you set your goals, the more mistakes you will make. See mistakes as one of your greatest teachers.

Promise yourself to maintain a positive mental attitude. Recognize that there are more people who will tell you can’t reach your goals than there are those who will support you in attaining your goals.

Promise yourself to live your life with a purpose and a clear mission. Acknowledge that trivia and activities will hinder this focus and keep you from your purpose.

Promise yourself to be a respectful person. Recognize that if you always lead with empathy as you relate to others, that you will gain self and other's respect!

Character Lessons for Life © 2005 Gene Bedley
RACHEL SCOTT

You are the
Brightest Star
The World has known,

The spirited Rachel,
Courageous and kind,
The most compassionate Being,
We'll ever find

She touched us All,
In some special Way,
She taught us then,
As She does Today;

That Life has a purpose
Pursue your dreams
for life is a vapor;
a short brief scene

Lead with the heart
for the mind’s incomplete
for the heart can be trusted
it’s all that we need

You’ll be with us Forever,
For a Spirit never Ends,
were sharing your memories
With your numerous Friends.

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THE WILLED FUTURE

The logical future gets entangled in a peninsula
of turmoil and discontent;
the willed future builds an island of peace and harmony.

The logical future operates from past principles and perspectives;
the willed future is fueled by possibilities and passion.

The logical future protects your pension, perch, and position;
the willed future protects the person, progress, and principles.

The logical future makes me a product of my circumstances;
the willed future supersedes my circumstances.

The logical future makes excuses for poor performance;
the willed future sees mistakes as one of life’s greatest teachers.

The logical future expresses emotions from the pantry of our heads;
the willed future expresses emotions from the shelves of our heart.

The logical future writes certain people off;
the willed future invites diverse and unique perspectives.

The logical future becomes trapped in the storms of daily surprises;
the willed future anticipates and forecasts future events.

The logical future spends energy and emotions
exclusively on the present;
the willed future invests enormous time and energy on the future.

*Climate Creators 1982* © Gene Bedley
TIME TO TRAIN THE HEART

Time to train the heart,
a heart that never shares.
Time to train the heart,
and model how to care.

Time to train the heart,
a heart that rules the mind.
Time to train the heart,
and teach them to be kind.

Time to train the heart,
for those who deceive and lie.
Time to train the heart,
and teach them to be wise.

Time to train the heart,
a heart that lacks compassion.
Time to train the heart,
and fill their hearts with passion.

Time to train the heart,
For those who have been neglected.
Time to train the heart,
and help them feel respected.

Time to train the heart,
a heart that never shares.
Time to train the heart,
and model how to care.

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YOU

You are the handicap you must face.
You are the one who must create your place.
You must envision where you want to go,
How much truth you plan to sow.
Your creator has equipped you for life to grasp;
He’ll let you decide the scope of the task.
You can have wisdom if you only will.
It’s up to you to learn the skill.
You’re well gifted, so I’ve been told;
Reach within and set some goals.
For the man/woman who rose great deeds to do,
Began their life with no more than you.

Climate Creators 1982 © Gene Bedley
ANONYMOUS AUTHOR

This is the story about four People: Everybody, Somebody, Anybody, and Nobody. There was an important Job to be done and Everybody was asked to do it! Everybody was sure somebody would do it.

Anybody could have done it but Nobody did it.

Somebody got angry about that because it was Everybody’s job.

Everybody thought Anybody could do it but Nobody blamed Somebody when actually Nobody asked Anybody.

Character Lessons for Life © 2005 Gene Bedley
Questions, Quotes and Queries

When you borrow someone’s car. Will you return it with a full tank of gas or will you return the car without filling the tank?

When you approach a door at the same time as another person or a family member, will you open the door and invite the other person to pass through or will you go through the door first? In reverse, will you say thank you to the person holding the door open for you?

When you are out to dinner with friends, will you pull out the calculator to figure out exactly what you owe to the penny, or will you make sure to give more than enough to cover your order, tax and tip?

Is trust important? How does that affect credibility?

Make someone’s day…give a compliment.

Choices have consequences. You always have a choice. Making a choice: Take a deep breath, stop and think, clarify goals, determine facts, consider the options, consider who will be impacted, consider the consequences…make a decision…monitor and modify.

When you borrow another person’s pen or pencil, will you make a special effort to return the pencil and pen or will you “forget” and keep it?

Clear the AIR…appropriate language is spoken here. Don’t use profanity.

Would you be proud if your future children turned out just like you?

Will you be another victim of peer pressure?

When nobody is looking and you have a gum wrapper in your hand, will you place the wrapper in your pocket and put it in the trash can when you find one, or will you throw it on the ground?

Will you do what is right when nobody is looking?

When your parent/guardian is preparing or cooking a meal, will you offer to place condiments or drinks on the table for the family or will you sit down and expect your parent to do everything.

You can STEP UP and do what is right or STEP DOWN and do what everyone else is doing. Make the right decision.

When your neighbor is on vacation and you notice their newspaper has been left in the driveway, will you pick it up and save it for them or will you leave it on the driveway and ignore that it is there?
When you see a trash can that is full, will you take time to push the trash down in the can or will you add your trash thus causing it to overflow?

Everyone has gone through something difficult in their lives.

When a cashier in a store gives you change for a purchase and you know that they gave you too much, will you let them know they gave you too much or will you simply keep the extra money?

When someone is trying to switch lanes and has their blinker on, will you accelerate so they don’t get in front of you or will you wave them on?

Should respect be earned or given?

If you find a wallet with $1,000 in it, would you return the wallet as you found it?

Is there a right and a wrong in the way we treat each other?

Give everyone 3 chances before you judge them.

Will you step up to do the right thing, or step down to do what everyone else is doing?

Will you be a leader or a follower?

Plan your future...set a goal. Write down your goals.

Be a FIRST INITIATOR.

Are you a SEE THROUGHGER or a LOOK ATTER?

Honor those that have died...tell their stories to people to keep their memories alive.

You can make excuses or you can find a way...your choice.

It's never too late to say, “Thanks.”
Words of the Week: W.O.W.

Humble – not proud or haughty: not arrogant or assertive

Respect – high or special regard.

Agape – love

Perseverance – to persist in a state, enterprise, or undertaking in spite of counterinfluences, opposition, or discouragement.

Responsible – able to answer for one’s conduct and obligations

Modest – placing a moderate estimate on one’s abilities or worth.

Courage – mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.

Determination – firm or fixed intention to achieve a desired end.

Empathy – the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner.

Patient – steadfast despite opposition, difficulty, or adversity.

Tolerance – sympathy or indulgence for beliefs or practices differing from or conflicting with one’s own.

Reconcile – to restore to friendship or harmony.

Dependable – reliable.

Sincere – marked by genuineness.

Determination – firm or fixed intention to achieve a desired end.

Leader – a person who has commanding authority or influence.

Generous – liberal in giving.

Initiative – in introductory step.

Honesty – fairness and straightforwardness of conduct.

Optimism – an inclination to put the most favorable construction upon actions and events or to anticipate the best possible outcome.
Passion – strong liking or desire for or devotion to some activity, object, or concept.

Imagination – the act or power of forming a mental image of something not present to the senses or never before wholly perceived in reality.

Community – a unified body of individuals.

Goal – the end toward which effort is directed.

Thankful – conscious of benefit received

Forgive – to cease to feel resentment against.

Integrity – firm adherence to a code of especially moral or artistic values.

Equal – like for each member of a group, class, or society

Confidence – feeling or consciousness of one’s powers or of reliance on one’s circumstances.

Temperance – moderation in action, thought, or feeling.

Conscience – the sense or consciousness of the moral goodness or blameworthiness of one’s own conduct, intentions, or character together with a feeling of obligation to do right or be good

Sincerity – honesty of mind

Brave – having or showing courage

Values – beliefs of a person or social group in which they have an emotional investment (either for or against something).

Ethics – the principles of conduct governing an individual or a group.

Modesty – freedom from conceit or vanity.

Conviction – a strong persuasion or belief.

Dignity – the quality or state of being worthy, honored, or esteemed

Discipline – to train or develop by instruction and exercise especially in self-control.

Empathy – the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner

Fortitude – strength of mind that enables a person to encounter danger or bear pain or adversity with courage.
Perceptiveness – characterized by sympathetic understanding or insight.

Prudence – the ability to govern and discipline oneself by the use of reason.

Reverence – honor or respect felt or shown

Sagacious – of keen and farsighted penetration and judgment

Sympathy – the act or capacity of entering into or sharing the feelings or interests of another

Unflappability – marked by assurance and self control

Wisdom – good sense: judgment.
My Ethics, My Codes of Life
Rachel Scott period 5

Ethics vary with environment, circumstances, and culture. In my own life, ethics play a major role. Whether it was because of the way I was raised, the experiences I've had, or just my outlook on the world and the way things should be. My biggest aspects of ethics include being honest, compassionate, and looking for the best and beauty in everyone.

I have been told repeatedly that I trust people too easily, but I find that when I put my faith and trust in people when others would not dare to, they almost never betray me. I would hope that people would put that same faith in me. Trust and honesty is an investment you put in people; if you build enough trust in them and show yourself to be honest, they will do the same in you. I value honesty so much, and it is an expectation I have of myself. I will put honesty before the risk of humiliation, before selfishness, and before anything less worthy of the Gospel truth. Even in being honest and trust worthy, I do not come off cold and heartless. Compassion and honesty go hand in hand, if enough of each is put into every situation. I admire those who trust and are trust worthy.

Compassion is the greatest form of love humans have to offer. According to Webster's Dictionary compassion means a feeling of sympathy for another's misfortune. My definition of compassion is forgiving, loving, helping, leading, and showing mercy for others. I have this theory that if one person can go out of their way to show compassion, then it will start a chain reaction of the same. People will never know how far a little kindness can go.

It wasn't until recently that I learned that the first and the second and the third impressions can be deceitful of what kind of person someone is. For example, imagine you had just met someone, and you speak with them three times on brief everyday conversations. They come off as a harsh, cruel, stubborn, and ignorant person. You reach your judgment based on just these three encounters. Let me ask you something...did you
"My Ethics, My Code of Life" continued

...ever ask them what their goal in life is, what kind of past they came from, did they experience love, did they experience hurt, did you look into their soul and not just at their appearance? Until you know them and not just their "type," you have no right to shun them. You have not looked for their beauty, their good. You have not seen the light in their eyes. Look hard enough and you will always find a light, and you can even help it grow, if you don't walk away from those three impressions first.

I am sure that my codes of life may be very different from yours, but how do you know that trust, compassion, and beauty will not make this world a better place to be in and this life a better one to live? My codes may seem like a fantasy that can never be reached, but test them for yourself, and see the kind of effect they have in the lives of people around you. You just may start a chain reaction.
What is a First Initiator?

Sometimes it is the first step that is the hardest one to take. It is interesting how much easier the subsequent steps are after making that initial leap. This is true in our daily lives.

For example, when you see someone at the other end of the hall you often think, “If he says hi and smiles, then I am going to say hi and smile.” What often happens is that neither person says “hi” or smiles. This is where being a first initiator comes into play.

Sometimes we need to be “the one” to take that first step rather than waiting on the other person. If you were to be the first to say “hi” and smile, the other person would be shocked. Each successive time you face each other when walking down the hall, there is a greater chance the other person will say “hi” and smile back. This would occur because you initiated the interaction. The Power of One person can make a huge impact.

Performing acts of kindness requires that we all step out of our shells and become first initiators. It is not always easy for us to break out of our comfort zones, but just think of the lives that can be changed because you chose to act. If you need proof of the impact you can make, just look at the effect Rachel Scott’s acts of kindness have had on different people’s lives. Start your legacy by being a first initiator.
What is a See Througher vs. Look Atter?

Sometimes things are not what they seem. People used to think the Earth was flat because they could not see with their own eyes that the planet is actually round.

Sunsets are another great example. The sun neither sets nor rises; the Earth turns. However, our eyes tell us that the sun sets and rises. Could you imagine saying, “Boy, look at how beautiful that Earth turn looks!”

We often have to look deeper to see the truth. All of us have experienced this. We have all asked someone how they are doing. Often the response is, “Fine.” However, it is often easy to sense that “Fine” means anything but “Fine.” We are able to see through the response rather than taking the response as is, which is what a look atter would do.

Being a see througher instead of a look atter allows you to see the truth in situations. If we are able to see the truth in a situation when the truth is not obvious, we can alter our response to the situation accordingly.

For example, when your friend responds with “Fine,” a see througher knows that the response is invalid and is able to provide the support and/or care necessary to help the person through whatever he or she is going through.

A see througher looks for the truth and a look atter is content with ignoring it.
Perceptive vs. Judgmental People

1. **Perceptive people** collect all the facts before they come to a conclusion or judge someone. If John says something behind your back that hurt your feelings, you would want to get all of the facts: Why did John do it? What is John going through in his own life? Where did he get the information? etc.

2. **Judgmental people** come to a conclusion about someone and look for “facts” to back up their presumption. A judgmental person would conclude that John is a cruel person and would use the above example as evidence or proof.

Bottom Line: Perceptive people do not jump to conclusions. Perceptive people understand everyone has good days and bad days. Just because someone did something cruel does not mean he or she is a cruel person. We do not know what that person is dealing with at home or even if the person was simply mistaken. By collecting all the facts, perceptive people are able draw logical conclusions.