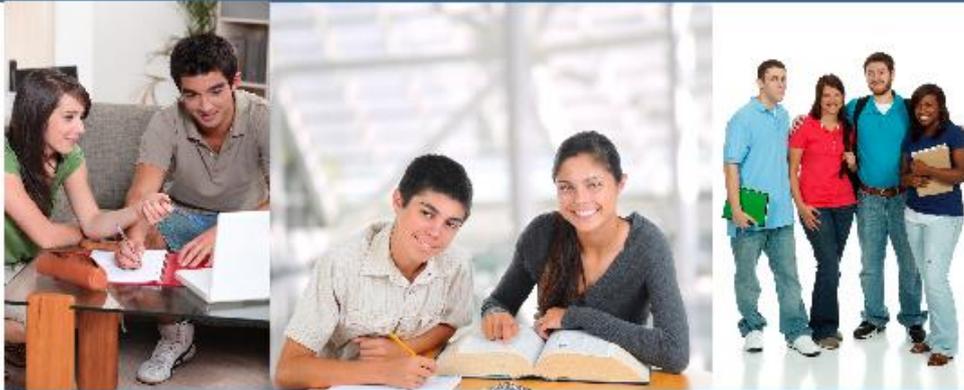


Foreword by  
**SEAN COVEY**

Author of the bestselling *7 Habits of Highly Effective Teens*

# The Mentor

— Leadership Trumps Bullying —



**Students Helping Students**

**GARY MCGUEY**



**Facilitated by:**  
(Your Name)

Join HANDS to STOP BULLYING



The End of Bullying Begins With You.

PACER.org/Bullying

HELP STOP BULLYING!  
Don't be afraid to break the law of silence, stand up and speak out. Never put up with bullying.

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I WILL BE A BUDDY, NOT A BULLY!

UP STANDERS  
WHO TAUGHT YOU TO STAND UP?

National Bullying Prevention Month  
say NO to Bullying  
I support this Campaign

teasing RUMORS  
gossiping  
insults threats  
CYBER BULLYING  
LIES name-calling  
harassment  
words

STOP BULLYING



IT TAKES US ALL!  
Put an end to bullying!



BULLYING STOPS HERE

BULLY

# Expectations



# Teen Challenges



What are some present Teen challenges?

(Discuss at your group and be prepared to share)

# The Case for Mentoring



*"One thing I know; the only ones among you who will be really happy are those who will have sought and found how to serve." - Albert Schweitzer*

# Who is your Mentor?



Turn to your neighbor and share your most memorable mentor (influential person)

Why are they so memorable?

# Why Mentoring?



Hear an idea you like	10%
Consciously decide to adopt the idea	25%
Decide when you will do it	40%
Plan when you will do it	50%
Commit to someone else that you will do it	65%
Have a specific appointment with the person you commit to at which time you report to him or her whether you have done it	95%

# A Mentor is...



## **Mentor is:**

A (positive) Role Model

A Teacher

A great Listener

Sincere

Genuine

Caring

Humble

## **A Mentor is not:**

A Show off

A gossip

A “know it all”

Conceited

A complainer

Critical of others

Judgmental



## Normal Conflict

Occasional

Not pre-planned, in the heat of the moment

Genuine upset to both parties

Trying to work things out

Both parties admit some responsibility

Effort to solve the problem by both parties

## Bullying Behavior

Is a repeated happening

Premeditated, on purpose, intentional

Person being bullied is upset

Trying to be the one in control

Blame is laid on the person being bullied

No effort to solve the problem by the person bullying

# Anti-Bullying video



Watch how this school developed a video (involving the whole student body to create an awareness and the importance of dealing with bullying behaviors)

A close-up photograph of a young person wearing a plaid hoodie, looking down with a sad and thoughtful expression. The lighting is soft and slightly dim, emphasizing the emotional state of the subject.

**Bullying  
hurts.**

[stopbullying.gov](http://stopbullying.gov)

**I WANT TO THANK MY  
FRIENDS WHO WERE  
THERE FOR ME WHEN  
IT MATTERED MOST.**



**You should lift people  
up, not knock them  
down. I'm better  
than that.**



# Do not Label People



People are not bullies, they may exhibit bullying behaviors.

People are not victims, they may be people who have been bullied.

# Empathy is the Key



**Empathy** means the power of understanding and imaginatively entering into another person's feelings”.

**Empathy** means ‘the ability to understand and share the feelings of another’ (as in *both authors have the skill to make you feel empathy with their heroines*)

How do we practice the skill of empathy?

# How to Develop Empathy



**Create:** One way is to imagine yourself in another person's situation and how you might feel. Really take time to reflect how you would feel if you were in that person's shoes.

**Care:** Truly think of this person. What is going on in their life Make it a daily goal to practice “caring behaviors” to others. Remember, when you do something nice for others, you both benefit

**Connect:** Make daily positive connections with friends and fellow students. Remember doing small things over time has long lasting impact. Plus, both parties feel good about these acts of “caring”.

# *The Empathy Matrix*

	LOW CARING	HIGH CARING
HIGH CONFIDENCE	<p><i>High confidence Low caring for others</i></p> <p><b>People who display bullying behaviors</b></p>	<p><i>High confidence High caring for others</i></p> <p><b>People who model empathy</b></p>
LOW CONFIDENCE	<p><i>Low confidence Low caring for others</i></p> <p><b>People who do little to stop bullying behaviors</b></p>	<p><i>Low confidence High caring for others</i></p> <p><b>Typically the people who are bullied</b></p>



**The End  
of Bullying  
Begins  
With You.**

[PACER.org/Bullying](http://PACER.org/Bullying)

# Foundation



“Be more concerned with your character than  
your reputation.”

-John Wooden

# 2 Types of Power



Positional Power (typical bullies)

Character Power (Effective Mentors)

# Positional Power Person



They typically have a strong sense of self esteem and people usually follow them.

They lack empathy and are not sure what they stand for or believe in.

They use their “positional power” to get the results they are after.

# Positional Power Behavior and Language



## Behavior

*Bullying Behavior*

*My way or the high way*

*Judgmental of other*

*Critical of others*

*No empathy*

*No compassion*

## Language

*You know I'm right*

*There's only one way-my way!*

*What a loser.*

*You've got to be kidding*

*You have no clue about anything*



Watch how to positional powered people attempt to resolve an issue



# Character Power



This person has a strong sense of self esteem.

This person knows who they are and what they stand for, they make their choices based on principles.

They are respectful and respected.

# Character Power Behavior and Language



## **Behavior**

Problem Solvers

Model Empathy

They think of others

They are compassionate

They are positive role  
models

## **Language**

I choose to

You seemed hurt...

I am going to...

Let's listen to everyone  
before we decide...

I appreciate the way you..

# Principles



Honesty

Integrity

Empathy

Hard Work

Honesty

Respect

Responsibility

Service



People follow your footsteps much quicker than your advice.

# Definition of Character



Character is the result of hundreds and hundreds of choices you make that gradually turn who you are, at any given moment, into who you want to be. If that decision-making process is not present, you will still be somebody. You will still be alive, but may have a personality rather than a character.

Character is not something you were born with and can't change, like your fingerprints. In fact, because you weren't born with it, it is something that you must take responsibility for creating. I don't believe that adversity by itself builds character and I certainly don't think that success erodes it

# Relationships



“I’ve learned that people will forget what you said,  
people will forget what you did, but people will never  
forget how you made them feel.”

-Maya Angelou

# Formula for Healthy Relationships



Demonstrate Respect

+

Be a Sincere Listener

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Healthy Relationships

# Outcomes of Respect



## **Not Showing Respect**

Poor Relationships

Frustration

Negative experience

Avoidance

## **Showing Respect**

Strong Relationships

People will feel valued

Positive experience

Self worth will increase



How do you  
model self-  
respect?

How does a teacher  
give respect?

How does a teacher  
gain respect?

How do you model self- respect?	How does a teacher give respect?	How does a teacher gain respect?

# The Skill of Listening



“The greatest compliment that was ever paid me was when someone asked me what I thought, and attended to my answer.”

-Henry David Thoreau

# The 4 Listening Styles



Pretend Listening

Selective Listening

***Listening to Fix***

***Listening to Feel***

# Listening to Feel



## Don't s

*Ask questions*

Don't give advice

Don't try to manipulate  
the conversation

## Do's

Reflect meaning

Reflect what they are  
saying

Genuine Attitude

# “Listening to Feel” Starters



“So, as you see it...”

“What you’re saying is...”

“You feel (frustrated, angry, disappointed, etc) about (topic of discussion).”

“I think what I am hearing you say is...”

# Setting and Achieving Goals



**“Many people fail in life, not for lack of ability or brains or even courage, but simply because they have never organized their energies around a goal.”**

**-Elbert Hubbard**

# 3 Reasons Why People Don't Set Goals:



**They don't know how to set goals.** Some set goals that are too general. These are, in reality, fantasies common to everyone. Goals, on the other hand, are clear, written, specific, and measurable.

**They don't realize about the importance of goals.** If the people with whom you spend the most time — family, friends, are not clear and committed to goals, there is a chance that you will not be, either.

**They fear failure. Failure hurts,** but it is often necessary to experience failure in order to achieve the greatest success. Do not sabotage yourself by not setting any goals in which you might fail.

# Why Set Goals?



Goals provide focus.

Goals provide you something to strive for.

Goals challenge us to become better.

# GOAL SETTING AND ACHIEVING TIPS



- 1. Write it down.**
- 2. Give it a deadline.**
- 3. Break it down into doable chunks.**
- 4. Commit.**

# SMART and WISE



Specific

Willpower

Measurable

Initiative

Action Oriented

Stamina

Realistic

Enthusiasm

Timely



## 1) Goal setting formula:

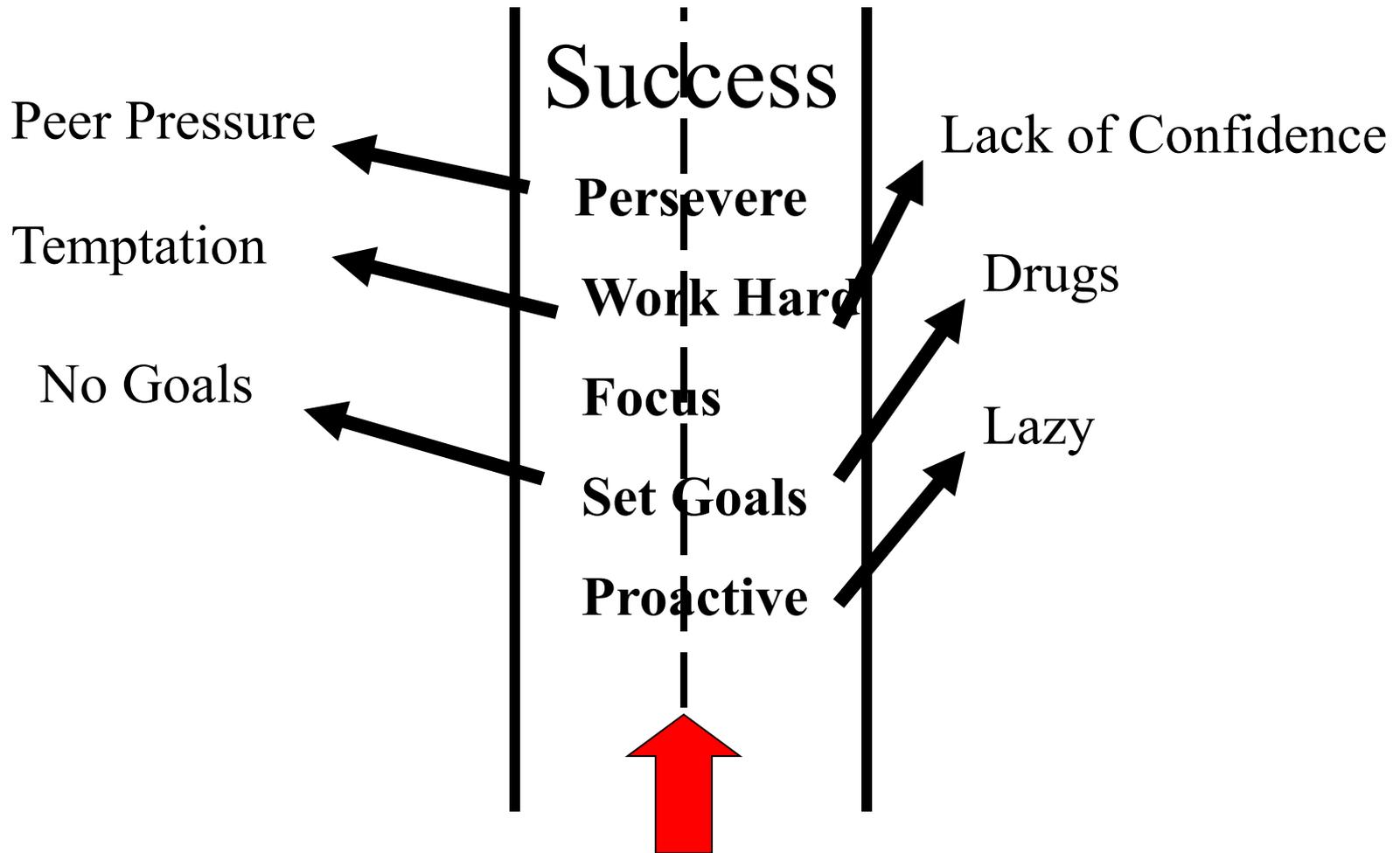
Think in terms of going from x to y by a specific date. By doing so, you will establish focus and direction.

**From \_\_\_\_\_ to \_\_\_\_\_ by \_\_\_\_\_.**

**2) Two Bets:** I bet if I do these two things consistently, I will achieve my goal

**3) *Establish a scoreboard to keep track of your activities***

# Keys to Success



# Game Plan



**“We will relentlessly chase perfection, knowing all the while we can never attain it. But along the way, we shall catch excellence.”**

**V**ince **L**ombardi



In your groups, plan a 3 minute skit on something you have learned today, you will have 15 min to prepare.



“I find it fascinating that most people plan their vacations with better care than they plan their lives. Perhaps that is because escape is easier than change.”

\*\*\*

“If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they may have planned for you? Not much.”

\*\*\*

“The reason why most people face the future with apprehension instead of anticipation is because they don't have it well designed.”

# Workshop now begins.....



You have tremendous influence with your peers. You have, without a doubt, far more impact than most adults. Through the mentoring experience, you are building and acquiring leadership skills that will lead to positive outcomes as you proceed in your life. It is safe to say that people who become effective peer mentors are establishing the blueprint for creating a successful life for themselves.”

-Gary McGuey