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Emotional Intelligence is realizing ones feeling to then reach out for the appropriate help.

If the right measures aren't take then that emotional energy can be passed on to another individual. The next person that may receive that energy could be hurt because of the lack of intelligence from the prior person and the energy they shared. This means that if appropriate measures would have been taken first by reaching out for help then the next person in line to receive that emotional energy wouldn't have received it and the vicious cycle of bullying could have been stopped.

Activities with education:

Pamphlets (education and help hotlines) and talks about Bullying

- **Stand up against bullying chain:** Different lengths, widths, and colors of construction paper.

Once everyone has signed their piece, hang together to create chain. Explain how it doesn't matter your color, race, ethnicity, size, shape, gender, age, etc. Everyone is equal as to everyone is on the same chain. No one is higher, better, or smarter than others. Explain how they have created individuals (Strip of paper) coming together into one whole (Chain). Ask/Explain how was it so easy to come together as a whole physically with our chain? (Answer) Everyone sees the world as labels and different whereas everyone is equal and can accomplish more by coming together as a whole then individualizing each other and putting others down to make sure their spot is safe at the top. Truth is that there is no "top" because everyone is equal, just like there isn't a top to this chain. This construction paper was all bought from the same package. The same

brand and the same store. Yes, there was different size, shape, etc but everyone was able to look past that and come together as a whole.

- **Take Home Bracelet** : Stand Up speak out against Bullying
- **Dinner conversation starter**: Questions with smaller groups at dinner. Use lifesavers to make random seating arrangement.
- **Beach ball pumpkins**: Time consumer/fun activity.
- Questions:
 - What does bullying mean to you?
 - How could you stop bullying or help someone who is being bullied?
 - Do you think there is a link between abuse of a person to bullying?

Stand up -speak up -stop bullying