

# Honor Code

**Recommended Grade Level** 8-10 **Total Lessons** 6 standalone lessons, approximately 10 minutes each

**Subject Fit** Health, Advisory/Homeroom, Freshmen Studies

**Standards Alignment** National Health Education Standards (NHES), CASEL SEL Competencies

Positive school climates are critically important for students to achieve their full academic and personal potential. But bullying can negatively impact students' sense of social, emotional and physical safety – key components of a positive school climate. *Honor Code* takes a practical approach to bullying prevention by empowering students to create change, whether they're engaging in bullying, on the receiving end of it, or witnessing it in their school.

*Honor Code* helps them identify their unique talents, grow their resilience in the face of adversity, and build strong connections with others. The same skills students learn to discourage bullying today can also help them become the influential leaders of tomorrow.

## Example Topics

- Defining bullying behavior
- Recognizing leadership potential in oneself
- Practicing upstander intervention
- Developing a sense of resilience
- Contributing to a positive school community

## Course Flow



## Comprehensive Resources

**Digital Lessons:** Self-paced digital activities put students into real-life scenarios to apply what they are learning about leadership, resilience and community into the context of bullying prevention.

**Educator Resources:** Standards aligned lessons and discussion questions provide educators with effortless classroom integration.

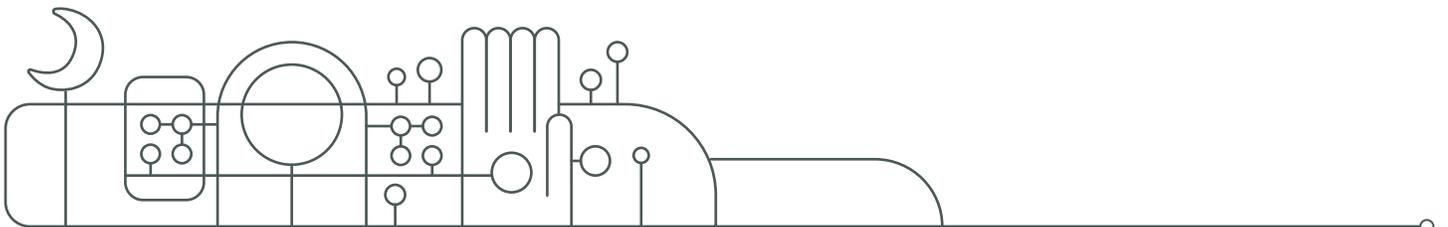
**Capstone Project:** Students can take what they learn in the lessons to create positive change in their own schools through a capstone project. Educators receive a companion implementation guide.

**For more information about bringing this program to your school or district, visit [everfi.com/k-12](http://everfi.com/k-12).**

# Honor Code

## Course Outline

Lesson	Description	Learning Objectives <i>"Students will be able to..."</i>
<b>Relationships</b>	A positive school community, free from bullying, starts with our relationships with others. But it's easy to misinterpret intent or impact. So, students will learn how to identify the different types of bullying, and consider how bullying impacts everyone, at an individual and community level. Then they'll explore their own interactions with others, and reflect on how actions can have unexpected consequences, both positive and negative.	<ul style="list-style-type: none"> <li>○ Define bullying.</li> <li>○ Describe the potential consequences of bullying.</li> <li>○ Differentiate negative and positive social behaviors.</li> </ul>
<b>Leadership</b>	Often, students have a misconception of what it means to be a leader. But all students have the ability to become strong leaders, by setting positive examples. Students will explore why bullying happens and how to be part of the solution, by treating themselves and others with respect. They'll learn methods for breaking negative social norms and building positive norms, by treating classmates like teammates.	<ul style="list-style-type: none"> <li>○ Describe methods to prevent bullying from being the norm.</li> <li>○ Explain risk factors that can lead to bullying.</li> <li>○ Explain how school members can contribute (together and individually) to a positive school climate.</li> <li>○ Differentiate negative and positive social behaviors.</li> </ul>
<b>Resilience</b>	Dealing with bullying isn't just about being an upstander; it's also about understanding risk factors that make individuals more likely to perpetrate or be a target of bullying. Once students understand underlying factors, they'll gain emotional management techniques to help them stop bullying others or handle and prevent being victimized. Students will leave with tools to improve the way they treat themselves and others.	<ul style="list-style-type: none"> <li>○ Explain risk factors that can lead to bullying.</li> <li>○ Identify emotional management techniques to handle underlying issues that can lead to being targeted by or perpetrating bullying.</li> <li>○ Differentiate negative and positive social behaviors.</li> </ul>



Module	Module Description	Learning Objectives "Students will be able to..."
<b>Courage</b>	Key factors in determining how students respond when they see bullying include social safety, self-efficacy and knowing how to respond. Students will learn various techniques - suitable for different social references - for standing up for themselves or others if they experience or witness bullying. They'll also reflect on what courage means, why standing up for others matters, and how to maintain their own safety and gain self-efficacy.	<ul style="list-style-type: none"> <li>○ List techniques to handle bullying when it does occur (to them or someone else).</li> <li>○ Identify trusted adults who can help when necessary.</li> <li>○ Differentiate negative and positive social behaviors.</li> </ul>
<b>Community</b>	The more connected students feel to members of their community, the more positive outcomes they're likely to experience in other areas of their lives. Students will learn why community matters, how to build strong connections with others, and why and how to value everyone's individual strengths - including their own. Then they'll explore how to be part of an inclusive team and how to resolve conflicts before they devolve into bullying.	<ul style="list-style-type: none"> <li>○ Explain how school members can contribute (together and individually) to a positive school climate.</li> </ul>
<b>Capstone Project</b> <i>(offline, optional)</i>	The Capstone Project will allow students to take the lead in creating a positive school community. Using the results of a student-administered Anti-Bullying Survey that identifies problems related to bullying and exclusion specific to their school, students will create and implement an Action Plan to eliminate them (with the help of samples and guidance provided through the Honor Code project).	<ul style="list-style-type: none"> <li>○ Explain how school members can contribute (together and individually) to a positive school climate.</li> </ul>