

GENERATIONS AGAINST BULLYING



Peer Ambassador Middle & High School Program Packet

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Dear School Administrator,

What is a Peer Ambassador Program and how will it help you create a more positive atmosphere in your school?

Bullying is a national epidemic and affects all areas of our community. And, despite the mountain of great information available to address bullying, the problem is getting worse. In fact, bullycide (suicide as a direct result of bullying) is one of the leading causes of death in children ages 10-14 years. Bullying in schools negatively affects suspensions, detentions, absenteeism, tardiness, and drug abuse-many of the same issues that your school is being measured by.

So, why not take a different, positive approach to addressing bullying? Generations Against Bullying's (GAB) research has found that if a bystander to bullying becomes an upstander in a non-threatening way, the bullying stops 85% of the time within 10 seconds. Bullying doesn't occur in front of administrators, teachers, or counselors, it occurs in front of students, and they do not like to witness it either. So, let's empower the students to stop bullying, by teaching them what bullying is and how to become an upstander. Let's help them to improve their self-esteem and courage to take action as an upstander. This is what our Peer Ambassador Program does-it creates upstanders. This is a very positive approach for schools to take. If your school implements the GAB Peer Ambassador Program you qualify to be known as an Upstander School and can display our Upstander logo throughout your school.

Give GAB a call to see how you can implement a Peer Ambassador Program in your school. You really can change the culture of learning.

Sincerely,

Linda Lee
Executive Director, Generations Against Bullying
414-241-2465
l.lee@gabnow.org

Are you an Upstander School?

Generations Against Bullying encourages your school to take part in being an Upstander school. GAB is on a mission to work with schools to help create a healthier, more productive, and more comfortable learning environment in all schools across the nation. We have created the distinctive idea of an Upstander school that indicates that your school is one that supports the ideology of love, unity, support, strength, success, and healthy problem-solving and creating Upstanders.

The severity of the bullying and cyber-bullying epidemic is undeniably increasing throughout the nation. There is a new bullying-related case in the news on a daily basis. Our children need our help. Victims of bullying need our help. GAB has created a unique solution to help this epidemic and we are seeking your support and participation.

What is an Upstander? An upstander is someone that stands up to a bully in a non-threatening way, ultimately ending a bullying situation. Studies have shown that if a bystander becomes an upstander, the bullying will stop 85% of the time within 10 seconds. By teaching students to be upstanders, it puts the power to significantly reduce bullying into their hands in a positive and more effective manner. Commonly, parents, teachers and administrators are the last to know about a bullying or cyber-bullying situation until it is too late, which can lead to bullycide (suicide as a direct result of bullying). Through empowerment, confidence, and support, students can learn to become upstanders which subsequently creates a safer, healthier, and more comfortable learning environment for all. This can ultimately lead to academic and attendance improvements.

What is an Upstander school? An Upstander school is a school that supports and encourages students to be upstanders. Schools can be an Upstander School in several ways. Schools can purchase and display GABS “Upstander School” sign on their front doors, display GAB Upstander posters throughout the hallways and classrooms, purchase and distribute Upstander stickers for book covers and folders, purchase Upstander magnets for lockers, purchase Upstander bracelets, clothing and other items to sell in their school store such as Upstander T-shirts, sweatshirts, or hats, or even integrate a GAB Peer Ambassador Program. The Upstander symbol was thoughtfully designed to be able to be recognized immediately, and nationwide, as an Upstander to bullying. If a school is an Upstander School or a student is an Upstander and displays the symbol on their belongings, bullies will think twice before acting out because of the upstanding support that is present.

Peer Ambassador Program

Welcome GAB Peer Ambassador!

Don't you worry! GAB is here! GAB is thrilled to have YOU as a Peer Ambassador this year. Not only will you play a key role in your school by being a role model, mentor, and upstander to your peers but, you will also have the privilege of representing GAB at events, Community Movie Nights, important meetings, and much more. Being a Peer Ambassador is an exciting opportunity for you to make a positive and long-lasting impact in your school and your community. By participating in the Peer Ambassador Program, YOU are helping to set a precedent for having a Peer Ambassador Program in every school around the nation. GAB's monthly meetings this school year will not only be educational and useful but, will also be entertaining, fun, empowering, and effective. This year, your GAB experience will be filled with inspiring guest speakers, an opportunity to be a Peer Ambassador Program Leader or to be on a Peer Ambassador Program Committee, and much more!

Again, congrats on being a Peer Ambassador! We are ecstatic to have you and hope that you are just as excited for the 2017-2018 Peer Ambassador Program as we are!

We have included a Peer Ambassador Application attached along with a Peer Packet. Please complete the application with your updated information and bring it to the next meeting. The last page includes the list of dates. Please visit our website when you get a free moment. www.gabnow.org. You have your own tab and please share a blog for the website.

See you soon!

Linda Lee & Jim Dean

Who is GAB?

Generations Against Bullying (GAB) is a unique anti-bullying organization providing services and programs to children, parents, schools, churches, businesses, and communities throughout Wisconsin, to help them understand the bullying and cyber-bullying epidemic. GAB believes the answers to the bullying epidemic lie within the hearts of all citizens in the community. Our programs are structured around the fact that each and every child and adult are beautiful, and an integral piece in the fabric of society. We are all woven together, and we must stand together to change the culture of learning.

Our programming revolves around the idea of becoming an upstander. The act of being an upstander is heroic. It is not suggested or expected by society. It takes incredible courage and strength. It is a sign of greatness. It is an act of love. Historic figures like Martin Luther King Jr., Nelson Mandela, Dietrich Bonhoeffer, and Mahatma Gandhi made their mark on history through acting as upstanders motivated by love of others. GAB seeks to inspire communities and cultivate future leaders through a message of love. Becoming an upstander is an act of love that our world is in great need of.

Generations Against Bullying was founded and exists to share a message of love through various programs held in our communities and within our schools. Our programs include: our Speakers Program where guest speakers give inspiring, educational, and impactful presentations: Community Movie Night Events where the community gathers to view a riveting and powerful 52-minute movie about the devastating scars of bullying: our Peer Ambassador Program which trains, inspires, and motivates students to be upstanders in their school and community. All of us contain an extraordinary ability to change the world, and GAB strives to be a platform to tap into the inherent yearnings of love and cooperation through being upstanders.

Join us on our mission to spread awareness about the bullying and cyber-bullying epidemic, educate the community on this crucial issue, and inspire others to become upstanders in society. Helps us change the culture of learning.

What is the GAB Peer Ambassador Program?

GAB has created a one-of-a-kind program that helps to inform, teach, prepare, and train students to be Upstanders in their school and community. Beginning with high school, GAB worked closely with students at a local high school to design a curriculum consisting of ten lesson plans to be spread over one school year. It is an after-school program that is available to any student that wants to be involved. Current and past students have shared various reasons for their interest and for wanting to be a GAB Peer Ambassador and an Upstander in their school. This program was the number one activity with sign-ups by incoming freshman among all after-school clubs, and other school organizations. It has been the fastest growing club at the high school, making a clear statement for a need and desire for a program that addresses this issue. This program puts the effective tools and positive power into the hands of the students to stand up to bullies and to positively address bullying situations. The Peer Ambassadors influence and inspire other grades to be Upstanders too. This program is run by Peer Ambassadors at the monthly meetings which are supervised by an adult GAB team member. Our Peer Ambassadors have even been reached out to by parents for advice and resources. The Peers Ambassadors stay active in spreading the Upstander message through school and community presentations, community events, parades, GAB events, media appearances, and participate in the Wisconsin Association of Student Councils, Community Movie Night Events, and much more!

GAB Peer Ambassador Job Description

Peer Ambassadors are students who volunteer to play a vital role in the GAB organization. The Peer Ambassador Program is designed to assist students to “change the culture of learning” in their school and community by becoming upstanders. GAB will provide education and training for each Peer Ambassador to understand bullying, cyber-bullying, upstanders, and bystanders. At the GAB monthly meetings, we will offer practical skills to help Peer Ambassadors address the bullying problem in a positive, effective, and non-threatening way. Through this training and guidance Peer Ambassadors will provide a leadership role to help other students recognize the problem and how to handle it. The Peer Ambassador will promote self-esteem, confidence and courage, and assume the role of an upstander.

Peer Ambassadors will work in the community to help organize and staff GAB events designed to increase awareness of the bullying and cyber-bullying epidemic. High School Peer Ambassadors will learn how to become confident speakers with the goal to take our message to elementary and middle schools. Peer Ambassadors may receive on-going training from various sources sponsored by GAB. These training sessions will encourage students how to become an upstander in various situations: schools, sports, camps, cyber worlds, and the community.

Through this training, Peer Ambassadors will learn leadership, effective speaking, and how to create positive attitudes. This training will be on-going throughout the year. Ambassadors will receive recognition for their service, which will go into their school record as community service performed.

Peer Ambassadors will contribute to the improvement and modification of the GAB Peer Ambassador Program to help it become the best program for all schools to implement as the anti-bullying program of their choice. Peer Ambassadors will be assigned a monthly meeting to organize, create, and execute a presentation on a bullying-related topic as well as participate in GAB events and projects. Peer Ambassadors will represent GAB in a positive light at all times and will be the best role model and upstander they can be.

What GAB Peer Ambassadors Do

- Work together to help change the culture of learning in their school and community.
- Become educated about the bullying and cyberbullying epidemic.
- Learn how to be an upstander, a peer role model, and how to inspire their peers to be the same.
- Work towards reducing and preventing bullying and cyberbullying for the next generation.
- Participate in impactful discussions about bullying and cyber-bullying.
- Provide a leadership role by participating and contributing their ideas in a peer group setting.
- Encompass a mentality of “for the students, by the students”.
- Inspire and recruit their peers to be a Peer Ambassador.
- Attend monthly meetings and GAB events.
- Create and execute events, projects, and fundraising ideas.
- Learn to work towards goals resulting in an overall better experience in school.
- Make a positive and long-lasting impact in your school.
- Be an upstander in their school and community, not a bystander.
- Empathizes and listens to struggling victims.
- To understand and to learn how to help the bully.
- Give presentations at GAB monthly meetings and participate in committees.

Benefits of Being a Peer Ambassador

- Learn crucial social tools and life skills.
- Identity-building, team-building, self-empowerment.
- Build self-confidence, self-esteem and courage
- Learn how to better problem solve.
- Become a better speaker and learn how to put together and execute presentations.
- Obtain volunteer service hours.
- Put Peer Ambassador credentials on college applications and resumes.
- Be a part of a precedent for the GAB Peer Ambassador Program that strives to be in every school nationwide.
- Be a leader, mentor, role model, and empowered individual.
- Opportunity to be on the GAB Peer Ambassador Program Board of Directors.
- Opportunity to be on a Peer Ambassador Committee.
- Qualify for college scholarships.
- Building good character and to learn to develop real life skills.

Peer Ambassador Qualifications

- Good communications skills.
- Ability to work with a diverse population of students, faculty, and staff.
- Capacity for discretion, diplomacy, and confidentiality.
- Be open-minded, understanding, empathetic, and be resourceful.
- Willing to participate in conversation, presentations, projects, events, and tasks.
- Willing to represent GAB in a positive light and take pride in being a Peer Ambassador in school, at events, and in the community.
- Maintain a GPA of 2.5.



Peer Ambassador Application

GAB Peer Ambassadors are high school students who will play a vital role in the GAB organization and the community at large. Peer Ambassadors will provide a leadership role by participating and contributing their ideas in a group of their peers. These ideas will become the framework for the eventual development, “for the students, by the students”, of a program geared toward helping to prevent bullying for the next generation.

- Peer Ambassadors will also work in the community by helping organize staff GAB events to increase bullying awareness and solutions.
- Peer Ambassadors will learn team-building skills to maintain a positive environment.
- Peer Ambassadors will sign a Code of Conduct obligating them to maintain a respectful environment.
- Peer Ambassadors will receive recognition for their service, as it will go into their school record as community performed service, which can be used in their resumes for college and job applications.
- Peer Ambassadors will also receive points for attending each meeting and can earn prizes as well as certificates for extra volunteer hours served.

PEER AMBASSADOR QUALIFICATIONS: (ALL OF WHICH WILL BE ENCOURAGED AND BUILT UPON THROUGHOUT THE COURSE OF THE YEAR)

- Communication skills
- Ability to work effectively with a diverse group of students
- Respectfulness and the ability to be a good listener
- Capacity for discretion, diplomacy, confidentiality, and understanding
- Acting as a mature young adult and leader to younger students and peers alike



PEER INFORMATION

First Name	Middle Name	Family Name	Preferred Name or Nickname
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Home Address	City	State/Province	Zip/Postal Code
<hr/>			
Male or Female	Age	Date of Birth (mo/day/year)	
<hr/>			
Email Address	Phone Number		
<hr/>			
Month/Year of proposed entrance	Current Grade	Applying for Grade	
<hr/>			

Parent/Guardian Information

First Name	Occupation	Name of Company
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Home Address	City	State/Province	Zip/Postal Code
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Business Address	City	State/Province	Zip/Postal Code
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Home Phone	Cell Phone
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Parent Email

Education

- ☐ Independent
☐ Private/Parochial
☐ Public

School Name	Date of Attendance
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Street Address	City	State/Province	Zip/Postal Code
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Head of Counselor	Telephone	Fax Number
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Other School attended in the past three years

School Name	City	State/Province	Dates of Attendance
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School Name	City	State/Province	Dates of Attendance
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Signatures

Signature of Peer	Date
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Signature of Guardian	Date
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Letter to the Parents of a GAB Peer Ambassador

Dear Parent/Guardian of a Peer Ambassador,

You must be so proud! Your child has made a wonderful choice to become a Peer Ambassador. What does that mean? Being a Peer Ambassador not only means that your child has something very credible to put on his or her college applications but, they have chosen to become a leader, role model, and an upstander in their school and community. What's an upstander? An upstander is somebody who recognizes a bullying or cyber-bullying problem and gets involved in a positive, effective, and non-threatening way. Your child will contribute to the change that needs to be made to help solve this increasing and devastating bullying epidemic. Your child will be provided with the necessary training tools and skills needed to successfully be a Peer Ambassador. He or she will act as a leader, resource, mentor, and inspiration to their peers. Being a Peer Ambassador will be a positive life-changing opportunity for your child during their school experience. We are extremely happy to have your child join us on our mission to develop and execute the GAB anti-bullying program. Join us as we change the culture of learning in our schools by creating a healthy, positive, and comfortable environment for our students.

Please continue to read through this packet to learn additional information about Generations Against Bullying, the Peer Ambassador Program, the benefits of being a Peer Ambassador, Qualifications to being a Peer Ambassador, and what a Peer Ambassador does.

It's important for parents to be involved in their child's life and school. Therefore, as a parent/guardian of a Peer Ambassador, we would greatly appreciate it if you would read through this packet and sign the necessary form. We want you as a Peer Ambassador parent/guardian to understand who GAB is, what GAB does, and how your child's involvement will make an impact.

For more information, please visit www.gabnow.org or reach out to us.

Sincerely,

The GAB Team

Parent/Guardian of a GAB Peer Ambassador Approval Form

As a parent/guardian of a GAB Peer Ambassador, I have read through this packet. I understand and support Generations Against Bullying and the GAB Peer Ambassador Program. I agree to and approve of my child being a GAB Peer Ambassador and to make a positive impact in _____ school.

Parent/Guardian Signature

Date

Phone (optional)

Email (optional)

Program Costs

Generations Against Bullying Upstander School Program Costs:

Generations Against Bullying's (GAB) goal is to establish "Upstander Schools" starting in Wisconsin and then expand nationally. Our upstander programs put the power to stop bullying into the hands of the students—where the bullying is occurring. In this way we can reduce the bullying that administrations may have to address. To qualify as an Upstander School, a school would start with the implementation of our Peer Ambassador Program. The following is a summary of the costs to implement an individual school Peer Ambassador Program:

\$2500.00/school 1-5 Schools

\$2250.00/school 6-10 schools

\$2000.00/school 11 plus schools.

GAB will provide the following for implementing a Peer Ambassador Program:

1. Lesson Plans- 10 lesson plans (includes video links) for Peer Ambassador monthly meetings during the school year.
2. In-house training for the school staff chosen to present the Peer Ambassador Program.
3. Upstander decals for all the school entrances.
4. Peer Motivational Quotes (pack of 15)
5. Peer Stereotype Posters (Pack of 12)
6. Upstander Magnets (25)
7. Upstander Posters (pack of 12)
8. Bracelets (pack of 100)
9. GAB staff contact information
10. Program Evaluation forms
11. Peer Ambassador Initial evaluation forms and end of year evaluation forms

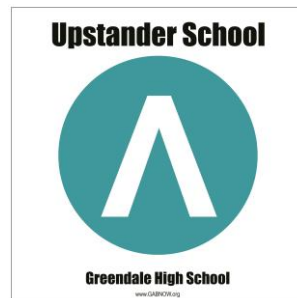
Upstander Signs and Materials:

What is the Upstander symbol and what does it represent?



- Standing up to bullying
- Pointing to the person who is the Upstander
- Uplifting others
- Being the bigger and more mature person
- Rising above the negativity
- Courage

The Upstander School Decal sample design for the outside of the school's entrance door:



Examples of our:

GAB GEAR

Clip



Pop Socket



T-Shirts



Hats



Bracelets



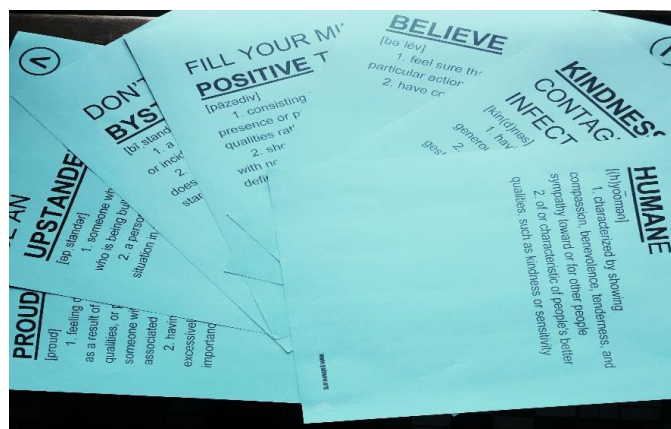
Bookmark



GAB Upstander posters for your school hallways and classrooms:

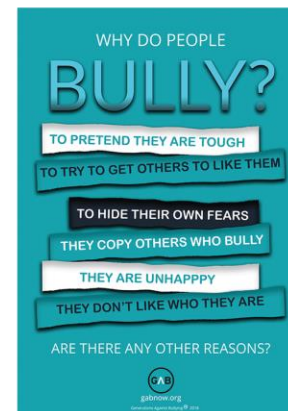


Peer Motivational Quotes:



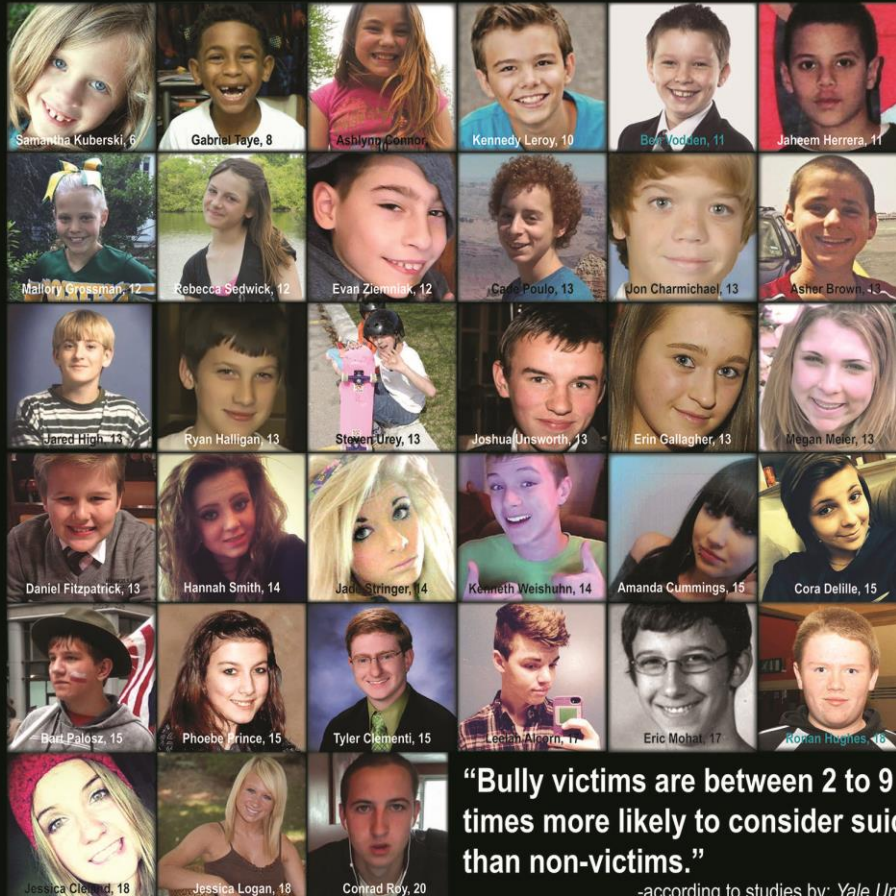
Peer Ambassador Middle & High School Program Packet

Premium Posters:



What is happening to our future generation?

Bullycide (Suicide) is a difficult subject to address. There are far too many tragic stories of people who felt the only way to escape their troubles was to take their own lives. When the people at the center of these events are children, the dreadful emotions we feel are amplified.



"Bully victims are between 2 to 9 times more likely to consider suicide than non-victims."

-according to studies by: Yale University

Just imagine...

how horrific this child felt while being tormented, day after day, that they ended up taking their life!

HELP US! Please Donate.
GENERATIONS AGAINST BULLYING
WE MUST END THIS NOW!



GABNOW.ORG