

Ninth International Youth Peace Ambassador Training
Workshop (YPA9) Action Plan

Step Up Against Bullying and Violence

A Peace Workshop by Ananya Murali



Why Focus on Bullying and Violence?

- According to stopbullying.gov, 1 in 7 students in grades K-12 is either a bully or a victim of bullying.
- 71% of students in our country report incidents of bullying as a problem at their school.
- 90% of 4th-8th grades report being victims of bullying.



Continued



- 75% of school shootings in the U.S. are linked to harassment and bullying.
- While 54% of students said witnessing physical abuse at home could lead to violence at school, 1 out of 10 students who drops out of school does so because of repeated bullying.

Personal Experience

- We got made fun of because our skin was brown, our gums were brown, and because we were just different from them
- My sister and I wrote a song about Martin Luther King, Jr. and set it to the tune of Raghupathi Raghava, Mahatma Gandhi's favorite song
- My family and the few other Indian families there set up a booth at the local summer fair, and taught the people about our culture

My Community

- In my community back in Shorewood, WI, there have been 4 suicides just in the past year, all because of bullying
- I wanted to take action and make a change in community so that teenagers would hold their lives at a higher importance
- I will be conducting peace workshops for middle school girls, since bullying is a major problem in middle schools

Purpose

By the end of the day, participants will walk away with strategies to reduce aggression and emotional distress and improve their positive attitudes toward themselves and others.

#STOPBULLYING

Main Goals

Teach self-defense strategies

- self-awareness
- self-management
- social awareness
- relationship skills
- responsible decision making



Conduct meaningful activities

- mindful yoga
- journaling
- circle-time
- service learning project
- role-playing
- singing
- working co-operatively as a team in creating a mural

Workshop Activities



- Self management = self-motivation + self regulation of emotions
 - Breathing exercises and yoga will help the participants control their emotions in a less stressful way.
- Self-awareness = the ability to identify one's thoughts and emotions
 - Circle-time activities and discussions will help identify individual thoughts and emotions as well as teach the importance of body language and communication.

Social Awareness Activities

- Social awareness = embracing diversity and showing empathy for others.
 - Sharing our own experiences as immigrants from other countries
 - Having discussions
 - The Civil Rights Movement
 - Equal treatment for others
 - Great leaders like Dr. Martin Luther King Jr. and Mahatma Gandhi



Decision Making Activities

- Responsible decision making involves considering one's own well being and the well being of others before making a decision.
 - Participate in role-play activities to address various social issues
 - Brainstorm mutually agreed solutions to solve the problems
 - Discuss the importance of service learning projects



Relationship Activities

- Building healthy relationships is crucial to leading a peaceful life.
 - Participants will work together to create a peace mural
 - Showcases the ability to work co-operatively with someone to resolve conflict in life rather than resorting to violence
- Students will learn a peace song by Martin Luther King Jr. and sing it at the conclusion ceremony.



Necessity of Project

- Research states that children who learn how to focus in our fast paced, distracting world do better in school and are better able to manage their emotions and build lasting relationships.
- Yoga will sharpen their attention skills while enhancing their emotional intelligence capability. We are planning to start our workshop with an hour long mindful yoga.

Inspiration

- We attended the peace workshop conducted by the Milwaukee Peace Learning Center last October for younger children. Seeing their positive impacts on little children, we have decided to do something for middle school girls as they are the main targets for bullying and violence.



Peace Learning Center
of Milwaukee, Inc.

Contact details:

Ananya Murali <ananyamurali98@yahoo.com>