



- SOCIAL SUCCESS SKILLS TRAINING

- ANGER MGT. - SOCIAL EMOTIONAL LRG.  
SUBSTANCE ABUSE PREVENTION



Dear Educator,

Thank you for your recent interest and/or purchase of our DVD curricula. We are now providing **NEW, FREE activities** to complement the 100's of activities that you already have in your program manuals. At the bottom of each new activity we have suggested a chapter to file them into in your three ring binders.

This week we are processing what an unhealthy and crippling relationship looks like from the eyes of the latest bullying crisis to simple friendships. We suggest ways to get students to break the denial of unhealthy relationships (whether they are the bully, victim or bystander).

**TO DOWNLOAD WORKSHEETS for BOTH PROGRAMS:** Please go to our website at [www.worldviewpub.com/right.php](http://www.worldviewpub.com/right.php)

**The HOPE:** If we teach our students how to recognize unhealthy connections early, we can teach them to stand up to the inevitable “bullies” that everyone must face.

**Developmental and Psychological Issues:** We present two worksheets one for the younger set and one for the more mature student in hopes that we can meet everyone's needs. Remember that these are supplemental processing activities and any mention of abuse should be reported and/or referred to counseling according to the guidelines of your state and your workplace.

We are receiving rave reviews from the teachers but more importantly from the students! “These new DVD lessons really get the kids' attention, they love them . . . . . these are not like most educational videos that may have a good message but can't hold the students' attention.”

D. Brennan Bremerton School District 11/2009

Please go to our website at [www.worldviewpub.com/right.php](http://www.worldviewpub.com/right.php) to see a preview of the 32 new DVD lessons with great role plays and interviews, new color posters, plays, quizzes, 100 new activities and a whole new skill area of Listening/Communicating.

As always . . . affordable . . . NO Consumables!

Sincerely,

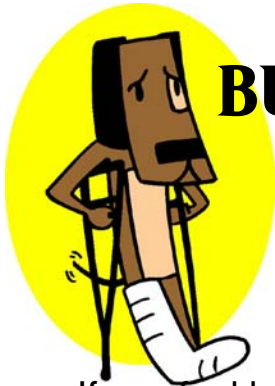
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# BULLYING CAN CRIPPLE YOU



If you feel badly about yourself around a friend.....then it is **not friendship** you are getting!

Think about a friend of yours or someone you know that has a “friend” that does one of the following:

- Pressures you to say yes when you really want to say no.  
Explain: \_\_\_\_\_
- Tells you who you can be friends with, who to be mean to, exclude, tease or laugh at....  
Explain: \_\_\_\_\_
- This friend, boyfriend or girlfriend tells you what to wear or what to think.  
Explain: \_\_\_\_\_
- When you are around this friend you feel like you can't be your true, best self.  
Explain: \_\_\_\_\_

## What to do when you feel **crippled by a “friend”!**

*(In cooperative learning groups have the students brainstorm solutions for the above situations as each student voluntarily shares a story from above. Try to use the steps from negotiating, responding to teasing and standing up for Your Rights)*

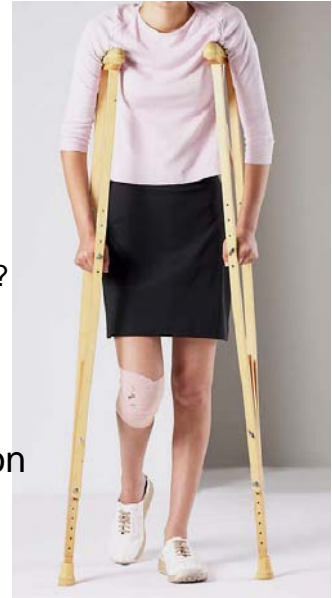
List possible solutions:

- 1)
- 2)
- 3)

Which solutions from your group did you like the best?

# How to know when you are in a **crippling relationship**

Do you feel like you are not your best self when you are with some people? If you have to cripple (or hold yourself back) to get love then it is **NOT Love or Friendship** that you are getting.



If any of the following is happening from being with a person then you could be in a crippling relationship:

- You lose a sense of who you are... you can't be yourself.
- You feel put down or criticized.
- You feel pressure to say yes when you really want to say no.
- You are told who you can be friends with, who to be mean to or laugh at....  
Explain: \_\_\_\_\_
- You are told what to wear or what to think.  
Explain: \_\_\_\_\_
- When you are around this friend you feel like you can't be your true, best self....  
You seem to lose your sense of direction... you become bossy or overly dependent.  
Explain: \_\_\_\_\_
- Your friend's emotions change quickly, are unpredictable and cause problems.  
Explain: \_\_\_\_\_

**If you could create your best relationship or friendship. . . Describe how you would want your best friend to act and how you would feel when you are with them:**

*For example: He/She would be honest, kind and helpful to people....he/she would make me laugh ..... a good attitude... people would like him/her etc. I would feel comfortable, happy, listened to and free to be me.*