Character Education and Guidance
Free Loan Program
(Kay County, Oklahoma residents only)

Bullying at School: Strategies for Prevention
(For teachers and administrators)
On any school day, on the playground or in the classroom, children take part in the bullying experience -- as bullies, victims, or onlookers. The immediate effects of bullying can be devastating. Victims can feel lonely, abandoned, anxious and frightened. Victims can become depressed and even suicidal.

This curriculum notes that bullying is often invisible and inaudible to adults and discusses how it differs from conflicts and fights. It offers effective strategies for preventing bullying and for encouraging respect and responsibility among students, (35-minute video, teacher's guide.).

Ready-to-Use Social Skills & Activities
(Grades PreK-K; 1-3; 4-6 and 7-12)
Each grade-level book provides 50 or more detailed, age-appropriate lessons for developing specific social skills, reproducible activity sheets and other activities. The lessons focus on real situations in children’s own lives, such as dealing with feelings and peer pressure, and are readily adapted for use in any classroom, school or home setting.

I Get So Mad!
(K-2)
Lively songs and discussion questions after each of four realistic scenarios makes students aware that everyone gets angry sometimes. It’s not the anger that counts but the way you handle your anger that matters. Also offers easy-to-understand ways to cope. (13 minute video, 7 student worksheets, teacher's guide)

Working It Out
(K-2)
Equips students with age-appropriate skills for resolving conflicts. Four scenarios are followed by a replay demonstrating different techniques that are effective. Open-ended scenarios then allow viewers to practice each technique. (21-minute video, 32 activity sheets, teacher's guide).

Proud To Be Polite
(K-3, 4-6)
Curriculum includes lesson plans, videos, activities, and a suggested book list for teaching communication skills, conflict resolution, manners and respect, self awareness, and differences.

What To Do About Anger
(Grade 2-4)
Teaches the difference between angry behavior and angry feelings, anger triggers, how to control anger through actions, and how to deal with angry energy in a safe, positive way. (34 minute video, 15 worksheets, teacher’s guide).

No More Teasing!
(Grade 2-4)
Four scenarios show effective strategies kids can use to protect themselves against teasing or bullying. Two open-ended scenarios give viewers practice in using these solutions to teasing. (14 min, video, 7 student worksheets, teacher's guide)

Conflict Managers
(Grade 3-6)
Students are trained to assist younger children in solving playground conflicts rather than simply telling them to sit in time out or sending them to the principal's office. Active listening, expressing needs and feelings, brainstorming for win-win solutions helps students become able to help those in conflict solve their own problems. (28 minute video, 33 student worksheets, teacher's guide)

Solving Conflicts
(Grade 2 - 5)
The four segments titled “Get the Facts”, “Good Listening”, “Tell How You Feel”, “Brainstorming” end with a “You solve it” scenario. Students become confident of their ability to bring conflicts to a peaceful resolution. (25 minute video, 12 student worksheets, teacher's guide)

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Work in Agriculture, Family & consumer Sciences, 4-H and Rural Development
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Conflict Resolution Skills
(Grade 5 - 9)
Each of the segments titled "Getting The Facts", "Active Listening", "Body Language", "Tone of Voice", "I Messages", and "brainstorming" ends with a problem challenging students to use these skills to solve it. Includes class discussion, role-plays, and more. (35 minute video, 20 handouts, teacher's guide)

When Anger Turns To Rage
(Grade 5 - 9)
Anger often gives rise to a fury that middle schoolers cannot understand or control. Student learns to identify the source of their anger, understand misplaced anger, and learn to define their own anger triggers. They see how taking a time out, using good self-talk will enable them to gain control of their anger before it turns to rage. (27 minute video, Teacher's guide)

Conflict at School: Dealing with Adults
(Grade 5 – 9)
Using scenarios typical of middle school life, this program talks about the importance of speaking respectfully and behaving in an adult manner. Emphasizes finding the right time and place to talk, apologizing if you are wrong, and using “I” messages to say how you feel. Demonstrates how compromise and negotiation can help kids resolve conflicts with adults. (28 minute video, teacher’s guide)

Me and My Parents: Working It Out
(Grade 5 – 9)
Helps young adolescents understand the nature of parent-child conflict and how their own attitudes contribute to it. Challenges viewers to learn newer, more grown-up ways of communicating with their parents, provides easy-to-learn, practical techniques for resolving conflict.

Solving Conflicts: Me and My Family
(Grade 5 – 9)
Teaches conflict resolution techniques specifically aimed at helping young teens get along better with their families. Emphasizes good communication skills, brainstorming for solutions, and negotiating for win-win solutions to family conflicts.

Student Workshop: Handing Your Anger
(Grade 5 – 9)
A hands-on workshop designed to teach anger management techniques to middle schoolers. Helps students understand that while they cannot control angry feelings, they can control angry behavior. Provides specific techniques for handling anger, shows the consequences of angry behavior. Accompanying handouts provide step-by-step practice in the newly learned techniques.

When Friends Mean Trouble
(Grade 5 – 9)
For young teens, “trouble” with friends can mean anything from physical danger to emotional turmoil. Specifically designed to get students talking, each fast-paced vignette acts as a trigger to spur classroom discussion about friendship – a
subject teens might be reluctant to address. How much do friends affect your reputation? What if a friend asks you to do something you know is wrong? Why do some kids think it “uncool” to do well in school?

Thought provoking questions follow each of the video’s six-short, true-to-life scenarios:

Dazzled by his new friend Ian, Eric accepts Ian’s challenge to steal a stop sign and gets into trouble with the police. Lauren claims to be Nikki’s friend, but is always telling Nikki what to do and putting her down. Justin insists his friend Scott go with him to a hotel to trade a baseball card with a man Justin talks to on the Internet. Amy talks Carly into shoplifting a bottle of highlighter that Amy feels will enhance her looks. Gillian feels guilty but blameless after standing by while her friends tease and embarrass a new student who barely speaks English. Carly thinks Brian should relax and not worry so much about getting good grades.

By looking at friendship in a more critical way, viewers see that “trouble” can come in many different disguises. The program helps students to evaluate their friendships and expand the usual definition of “trouble”. (19 minute video, teacher’s guide)

Coping with Family Crisis: Separation, Divorce, Violence, Abuse
Summary: Candid interviews give valuable insights on how to survive a family crisis. See others deal with feelings of fright, guilt, anger, and loss by tapping inner resources or seeking help with the community.

Student Workshop: Learning Relationship Skills (Grade 5 – 9)
This four-part workshop teaches the life skills students need to get along better in school, at home, with friends, and on the job, now and in the future. Shows the characteristics of healthy and unhealthy relationships, how to act assertively, communicate clearly and respectfully, avoid communication roadblocks, and head off and resolve conflict.

Calling respect for others the key to relationships, shows viewers how to take action to make a relationship better: how to stand up for their values under peer pressure; say what they feel, listen actively and read body language; understand the difference between assertiveness and aggressiveness; communicate in a more grown-up way with adults; and use negotiation and compromise to avoid and resolve conflict.

Handouts provide role-plays and opportunities for the skills practice that will help students better manage their relationships. Program comes with suggestions for conducting the workshop, master copies of the handouts, and an extensive bibliography. (37 minute video, 16 student handouts, teacher’s guide.)

Stress and You (Grade 5 – 9)
Using true-to-life stories, helps students identify and cope with the stress in their lives.

Dennis is stressed out over being the smallest boy in the class. Even Loren’s show of interest in him adds to his concern about his height.

Rachel’s mom is a single parent, and money is tight. At school, Rachel feels like an outsider at times. When she makes the cheerleading team, her stress mounts; her uniform will cost a lot of money.

Activities are taking a lot of Luke’s time from studies, and his parents will ground him if he doesn’t get all B’s or better. When he doesn’t prepare well, his oral report in language arts turns into a disaster. (24 minute video, teacher’s guide)

When You’re Mad! Mad! Mad! (Grade 5-9)
The loss of control that anger provokes is alarming and can undermine self-esteem. This program helps differentiate between angry feelings and angry behavior. Shows positive steps they can take to handle anger. Students learn to calm down, put distance between anger and what they do about it, express anger without yelling, and turn angry energy into constructive behavior.

Resolving Conflicts (Grade 9 - 12)
Teaches the skills of good communication; identifying issues, feelings, and needs; brainstorming for solutions; and compromise and negotiation. Handouts provide practice enabling students to grow familiar with these techniques. (24 minute video, 19 handouts, teacher’s guide)

Coping with Fighters, Bullies, and Troublemakers
Great for all students but especially useful for those who are frequent targets of troublemakers. Offers specific techniques for coping with disruptive classmates including how to stand up to bullies without making things worse and when to ask for help. (20 minutes)

Relationships: Knowing the Good from the Bad (Grades 8-College)
Patterns of unhealthy, overly dependent, and even abusive relationships are usually begun in adolescence. Many teenagers need to learn how to spot unhealthy trends in their relationships such as over-dependence; physical, verbal, or sexual abuse; and drug abuser-enabler patterns. This program teaches the key aspects of healthy relationships, including setting boundaries, communicating clearly and assertively, and maintaining self-respect. Also includes guidance on when to leave an unhealthy relationship – and how to do it.
The setting for this video is a real workshop with teens role-playing different types of relationship problems and their solutions with adolescent counselors. Through their acted-out dramas, the teens explore typical problems common to their peers as well as specific issues in their own lives. The Teacher’s Resource Book provides follow-up activities and exercises helpful to normal as well as troubled relationships. (36 minutes)

No Means No: Understanding Acquaintance Rape
(Grades 9-12)
Through the words and images of teenagers, young people, rape victims, law enforcement officials, and an accused rapist, students will focus in on the phenomenon of rape in America. Viewers witness footage of an acquaintance rape mock trial in Baton Rouge, LA. Other young acquaintance rape victims describe their experiences, how they dealt with the rape itself, and their interaction with health and law enforcement officials afterwards. Male college students discuss the often tricky issues involved in dating and trying to understand when “no” means no.

Refusal Skills for Teens
(Teens)
In this vital video program, teens learn how to say “no”- even in the face of overpowering pressure to say “yes”. Specific situations are illustrated in which strong refusal skills are necessary (drugs, alcohol, gangs, etc.) and shows kids exactly how to handle each one. (18 minutes)

Resiliency: How Kids Bounce Back from Adversity!
(Staff Development)
Helps viewers recognize and foster resiliencies in young people and help them discover their own inner strengths.

Kids have the ability to bounce back from adversity. We see it around us all the time, people who survive and thrive despite unthinkable hardships. But how do they do it? How can the adults in their lives assist them in doing it? And how can kids learn to recognize their own inner strengths and rise above difficult circumstances.

Seven resiliencies have been identified that help kids break the cycle of family problems, manage painful memories and live productive lives. In this video those resiliencies are described in detail and show you how to identify and foster them in today’s youth. And how to discover them in yourself. (26 minutes)

Talking Troubles: A Teen Problem Solving Program
(Teens)
Pre-crisis problem solving: When a stressed out teen finally explodes – whether through violence to others or self-destructive behaviors – it’s usually from a predictable accumulation of identifiable problems that began much earlier.

Why not teach kids how to get help before crises occur? Talking Troubles is a self-help video for teens that is revolutionary in its modesty and simplicity. Talking Troubles encourages kids to seek guidance through counseling before a crisis occurs, and provides counselors with an easy to follow 10-step model for teen support groups. Shows kids how to develop problem-solving competencies, and can be used with any teen population, at risk or not. Easy to implement and can be applied immediately.

Watch as group members build mutual trust and respect and begin to open up over an eight-week session. Hits from U2, Bruce Springsteen, Whitney Houston.

Working With Hostile and Resistant Teens
(Teens)
Students are more explosive today than ever before and working with them is a constant challenge. Therapist Steven Campbell has dealt with hostile and resistant kids for the past 25 years and developed an effective anger management strategy.

This video consists of role-plays with actual at risk teens who in most cases are acting out their own personal histories. Campbell leads the role-plays, then provides an analysis of each one, showing viewers how to work effectively with this challenging population. Invaluable, hands-on survival skills for dealing with hostile and resistant teens in any setting.

Steve Campbell has worked with incarcerated teens in the Detroit area since the 60s, and consulted on violence in the workplace for the U.S. Postal Service and corporate America, as well as violence in the schools. Role-plays include the following scenarios: a student who-

- threatened to kill a teacher
- punched out a principal
- may be suicidal
- fights but blames others
- relapsed and is acting out
- got thrown out of school and is trying to re-enter
- was fighting with another girl
- is pregnant by hasn’t told anyone

Multiple Intelligences: Discovering the Giftedness In All
(Staff development)
Multiple Intelligences incorporates a broad spectrum of human abilities into a coherent system that helps us explain how children learn and suggests that there are at least eight different ways of being smart. Dr. Armstrong strongly emphasizes the value of MI in addressing cultural diversity and the inclusion of students with disabilities within the regular classroom setting. He provides practical suggestions on how teachers can incorporate MI into their classroom environments, including a creative way to teach MI to children.

In this video, Dr. Armstrong is joined by other leaders in education —teachers, administrators and authors who share
their own views and experiences related to multiple intelligences. Greentree East Elementary in Victorville, California, a multiple intelligences school, is also featured.

This video is packed with valuable information and is designed for staff development. It is meant for all educators who wish to enhance the learning process and discover the giftedness in ALL children. 44 minutes

**Emotional Intelligence: A New Vision for Educators (Staff Development)**

Based on his best selling book, *Emotional Intelligence: Why It Can Matter More Than IQ*, Daniel Goleman’s fascinating and persuasive new video argues that our view of human intelligence is far too narrow. Drawing on groundbreaking research, Goleman shows that Emotional Intelligence is more important than IQ and can be taught through emotional literacy programs. It is a different way of being smart that is more critical to success in life. In this exciting video, join Dan Goleman and educators from the New Haven, Connecticut Public Schools and The Nueva School in California as they effectively incorporate Emotional Intelligence into their classrooms. (40 minutes)

### Reservation Form

Videos are popular; reserve your titles early

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Name: ___________________________  School/Agency: ___________________________

Mailing and Physical Address: ____________________________________________

Phone: ______________  Email or Fax Number: ____________________________  Grade: _____

This free loan program is available with the understanding that:

- Teachers and/or students will complete the appropriate evaluation forms and return them to the OSU Extension Center within one week following use of the item(s).
- Teachers will return the item(s) to the OSU Extension Center when their loan period is over. (Late returns prevent delivery to another school.)
- The borrower assumes responsibility for repair/replacement necessary due to loss or damage.

Your signature indicates that you agree to these three points and is required for the free-loan program.

______________________________
Signature

*I hope you will contact the Kay County OSU Extension Center for additional educational materials available through the Family & Consumer Sciences program on clothing, family life health and nutrition, family economics, housing and home businesses.*

______________________________
Mary Rhyne

Return to:

Extension Educator Family and Consumer Sciences/4-H

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