

Chicken Soup
for the Soul®

Hallway
HEROES



A literacy-based anti-bullying program

Middle School Program: Grades 6-8

Parent & Family Workshop

Overview

- Introduce Chicken Soup for the Soul Hallway Heroes
- Examine the impact this program can have on your child(ren)'s well-being, improved academic performance, and the reduction of bullying and cyberbullying behavior
- Discuss ways you can support the goals of the program
- Identify ways you can engage with your child(ren)'s literacy skill development and social and emotional learning

Hallway Heroes Goal

Provide students opportunities to develop and practice literacy skills while developing tolerance, respect, and compassion as an antidote to bullying and cyberbullying through real-life narratives and storytelling



The Boniuk Foundation

Hallway Heroes Language

- Focus on behaviors and attitudes that cause and prevent bullying situations
- Avoid labeling individuals as bullies or victims so that we can engage everyone in the effort to create a positive school climate

Activity: Bullying Perception Poll

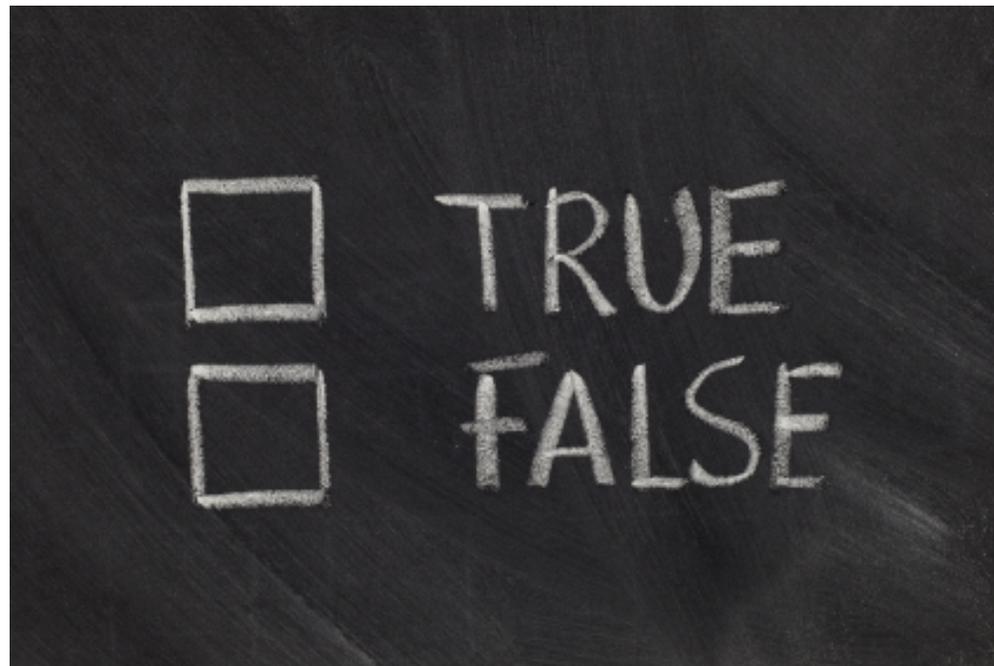
Bullying and Cyberbullying

Do you think these statements are true or false?

True	False	STATEMENTS
		1. The targets of bullying behaviors are most likely to experience negative effects.
		2. Most students are satisfied with the way schools respond to bullying behaviors
		3. Only a few students actually experience cyberbullying
		4. Bullying has serious negative effects on one's social and emotional well-being
		5. Bullying incidents are typically reported
		6. The most effective social and emotional learning bullying prevention programs are embedded throughout the school environment

Bullying Perception Poll

- Keeping in mind your responses to the previous statements, let's see the facts



1. The targets of bullying behaviors are most likely to experience negative side effects

TRUE

However, both the targets of bullying behavior and the person who exhibits bullying behavior are both at risk to experience negative effects

2. Most students are satisfied with the way schools respond to bullying

FALSE

Over two-thirds of students say that schools respond poorly to bullying

3. Only a few students actually experience cyberbullying

FALSE

34% of students aged 11-15 experience cyberbullying in their lifetime. A significant amount of cyberbullying incidents go unreported

4. Bullying has serious negative effects on one's social and emotional well-being

FALSE

Bullying has been linked with depression, anxiety, sleep disorders, and other physical ailments such as headaches and stomach aches

5. Bullying incidents are typically reported

TRUE

Many bullying incidents go unreported by students. In one study, 47 percent of high school students who had been the target of bullying behaviors indicated that they did not inform anyone about their bullying experiences

6. The most effective social and emotional learning bullying prevention programs are embedded throughout the school environment

TRUE

Social emotional learning is most beneficial when it is integrated schoolwide—not just in classrooms or as interventions with select students

Bullying Is A Pervasive Problem

BULLYING



21% of students reported they experienced bullying at school.



34% experience bullying once a month.

6% are targets of bullying daily.



Implications: depression, anxiety, sleep difficulties, behavior disruptions in school, health changes

CYBERBULLYING



25% of students have been targets of cyberbullying behavior.



9% were targets of cyberbullying behavior in the previous 30 days.



Implications: low self-esteem, suicidal thoughts, anger, frustration, other emotional or psychological problems

Power Of Storytelling



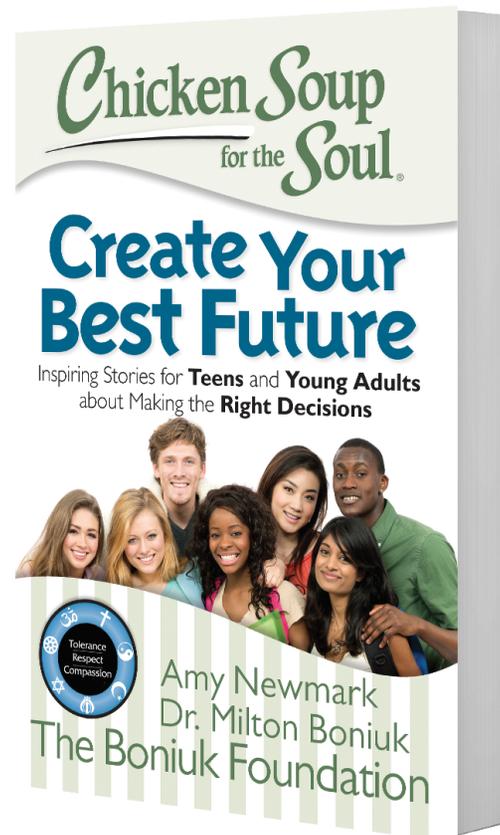
Stories can change the way we think about ourselves and our world.

“Telling and listening to stories is the way we make sense of our lives.” ~Dr. Thomas K. Houston, a physician and leading researcher on health and storytelling.

Stories can be used to stimulate empathy, tolerance, and acceptance, all of which are critical components to social and emotional learning and bullying prevention programs.

Researchers agree that the emotions and beliefs found in stories influence reader’s emotions and beliefs.

Power Of Storytelling



Project-Based Learning

The projects in each grade have a strong service learning component that connects classroom content, literature, and skills to community needs

- **6th grade: Historic Heroes** – Students identify the goals, challenges, obstacles, and accomplishments of significant people in history

Project-Based Learning Continued

- **7th grade: Project Kindness** – Students observe and research the needs of others around them, noting the opportunities where kindness can make an impact on others, and determine a way to spread kindness
- **8th grade: Project Spread the Word** – Students investigate the question: “How can we address teenagers’ concerns about bullying and cyberbullying?”

What is a Hallway Hero?

- Read “A Lifetime of Stuttering” from *Chicken Soup for the Soul: Create Your Best Future*
- As we read, think about how the main character shows that he is a Hallway Hero

A Lifetime of Stuttering

By Jody Fuller

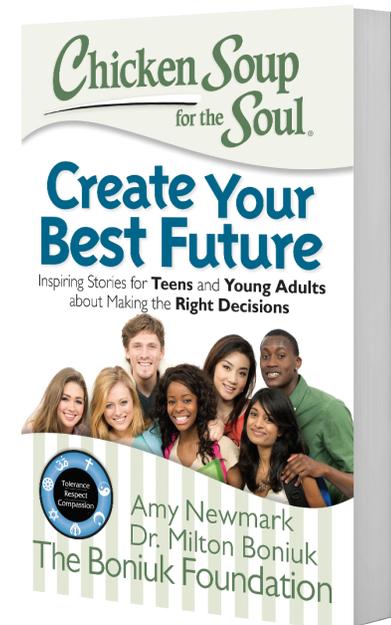
As Published in *Chicken Soup for the Soul: Create Your Best Future*

For the first decade or so of my life, my older brother and I were the only two kids I knew who suffered from the speech disorder known as stuttering. Miraculously, around the age of twelve, my brother's stuttering stopped. I was very happy for him and equally excited for my future. I was thinking "two more years." Thirty years later, my stutter is still going strong and I wouldn't want it any other way.

If I had a nickel for every time I was made fun of, I could have potentially retired at twelve. It's not easy being a kid, and it's especially difficult when you're different.

The biggest fear for most Americans is public speaking, so imagine being a stuttering child having to read aloud a paragraph from *Charlotte's Web* as the entire class looks, listens, and laughs. It's not easy. Imagine sitting at your desk with your palms sweating, pulse racing, and heart pounding as if you're about to testify against the Mafia, when, in fact, you're simply sitting there waiting to read a paragraph from *Where the Red Fern Grows*.

That all changed for me in the eighth grade when I decided to ease my anxiety by volunteering to read each and every time. My hand was always the first to go up and stayed up for most of the class. I chose to be in complete control of what and when to read. If kids laughed, they laughed. I'd usually have a witty one-liner to shoot back at them, which would ultimately shut them up. From that point on, I never again looked at my stuttering as a significant challenge.



Fast forward to 2012 and I'm a comic, a speaker, and a soldier with three tours of duty in Iraq. I currently hold the rank of Captain in the Alabama National Guard.

When I started out in comedy, my goal was simply to make the audience laugh. After each show or online video, I'd get feedback on how my comedy helped educate them with respect to their family and friends who also suffered from this speech disorder. I was blown away. Until seeing my routine, they'd never considered the challenges a person who stutters faces on a daily basis. Imagine the fear of talking on a telephone. Imagine the fear of ordering food at a restaurant. Imagine the fear of not being able to say your child's name.

I also get random messages from young men and women who aspire to serve in the military but feel they are not qualified due to their speech disorder. Being able to inspire them to follow their dreams might be the highlight of what I do. Stuttering is no joke but having the ability to inspire and create awareness of stuttering through humor has truly been a gift from God.

Stuttering is still one of the great unknowns. I've been stuttering for forty years and still can't explain it. I can probably do a better job of explaining the Pythagorean theorem. I do know, however, that four out of five people who stutter are male and that only around one percent of the world's population will ever know what it's like to get "stuck" on the simplest of sounds. I, just like any person who stutters, have my good days and bad days and everything in between. Additionally, we don't always get hung up on the same sounds, words, or sentences. And finally, the number one pet peeve for most of us is having people finish our words or sentences. We have something to say, so let us say it.

I've had the great fortune of attending the last two National Stuttering Association (NSA) annual conventions. The convention is not a pity party. It's a fun and inspiring celebration filled with education, awareness, acceptance, and empowerment.

Because of my upbringing and military service, I've always been an adapt-and-overcome kind of guy, but attending the NSA convention has even opened my eyes to the difficulty many of my fellow stutterers face each and every day. I've even met people who stutter when they sing.

The NSA convention is a four-day conference. In 2011, we had the writer for the Academy Award winning film *The King's Speech* as the keynote speaker. I may be the only person who stutters who has not seen the film. Another great film featuring a person who stutters is *Star Wars*. James Earl Jones, the voice of Darth Vader, endured severe stuttering during his childhood but has gone on to have one of the greatest voices of our time. He truly beat the odds. Of course he did have one slight advantage; he was a Jedi.

There are days when I, too, wish I was a Jedi, but that has nothing to do with my speech.

Whether it's a big nose, ugly toes, or a run in your pantyhose, we all have perceived flaws that each of us should embrace, because if we don't embrace them ourselves, how can we possibly expect it from others?

What Is A Hallway Hero?

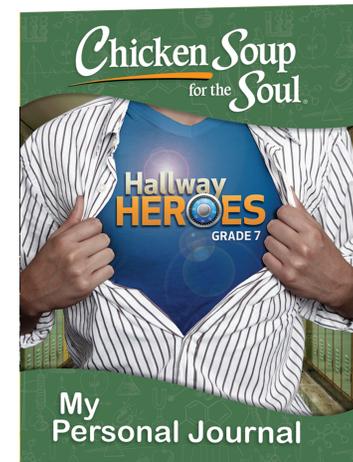
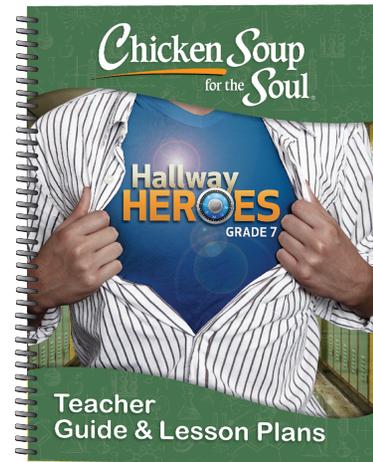
How does the main character, Jody, show that he is a Hallway Hero?

Journal Prompts

- How did the main character, Jody, overcome obstacles to make a difference in other people's lives?
- In what ways are you similar to or different than Jody?
- Jody was often the target of bullying behaviors. People made fun of him because of the way he talked. How did Jody reframe the teasing he endured?

What's In The Program?

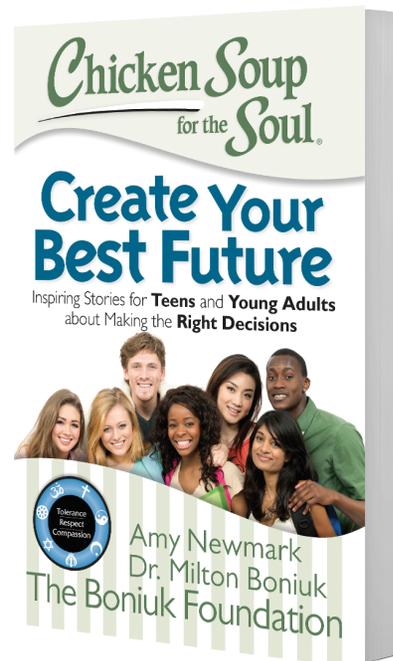
- Book: *Chicken Soup for the Soul: Create Your Best Future*
- Lesson Activities
- Teacher Guide
- Student Journal



Ask your child(ren) to share what he or she is learning from the stories, discussions, activities, and group project.

Activities To Do With Your Child(ren)

1. Read and discuss stories from *Chicken Soup for the Soul: Create Your Best Future*



Activities To Do With Your Child(ren)

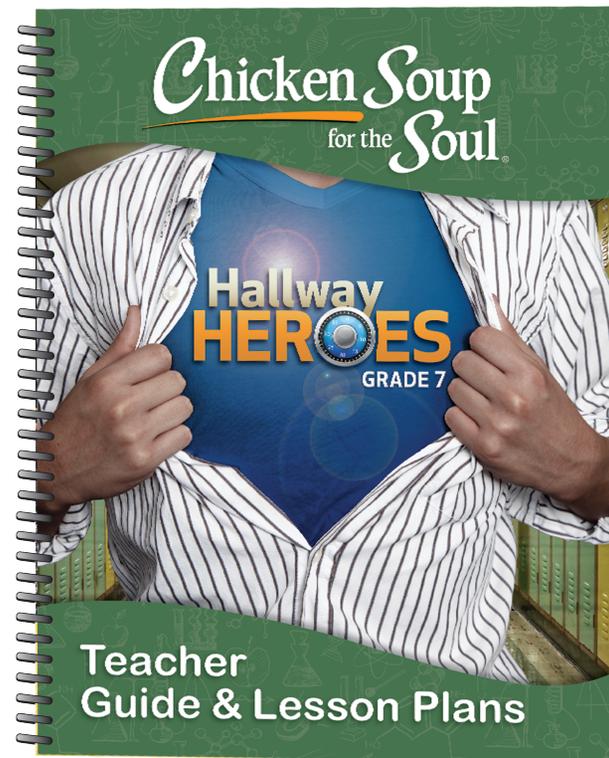
3. Talk about the Hallway Heroes Classroom Respect Pledge and Personal Pledge



The image shows a worksheet titled "Hallway My HEROES Personal Pledge". At the top, it says "Write your Personal Pledge that lists your commitments to your relationships with your family and friends, school, and community, in person and online." Below this is a large, scroll-like writing area with horizontal lines. At the bottom of the scroll, there are two lines labeled "Student Signature" and "Date". The entire form is set against a dark background with faint icons of school supplies like a pencil, ruler, and paper airplane.

Activities To Do With Your Child(ren)

4. Talk to your child(ren)'s teacher about what he or she is learning in the program



Activities To Do With Your Child(ren)

5. Watch the CBS Dream Team... It's Epic! Show:
Chicken Soup for the Soul's Hidden Heroes

Visit <http://cbsdreamteam.com/schedule/> to find out when it airs near you



Activities To Do With Your Child(ren)

6. Visit the Family portal at: <http://chickensoup.com/hallwayheroes>

The screenshot shows the website's navigation bar with the logo "Chicken Soup for the Soul" (beta) and the tagline "Changing Your World One Story at a Time®". Navigation links include "Sign In", "Sign Up", and "Search". A menu bar lists "Welcome", "Read", "Podcast", "Pet Food", "TV+film", and "Education". Below the navigation are several buttons: "Welcome, Families", "Sign Up For Our Newsletter", "Podcasts", "Training / Workshop", and "Subsidized Subscription for Families". The main content area features a "Welcome, Families!" heading, a paragraph about the program, a paragraph about the program's goals, and a paragraph inviting users to explore and contact them. A "Home" link is at the bottom left. On the right, there is a "Search Our Site" box with a "Keywords" input field and a "Search" button. Below the search box is a video player showing a young boy with the word "Mean" written on a chalkboard behind him, with a play button icon and a "Watch Videos" caption.

Chicken Soup ^{beta} for the Soul. Changing Your World One Story at a Time® Sign In | Sign Up | Search

Welcome • Read • Podcast • Pet Food • TV+film • Education

Welcome, Families Sign Up For Our Newsletter Podcasts

Training / Workshop Subsidized Subscription for Families

Welcome, Families!

Welcome to the Family Portal for Chicken Soup for the Soul Hallway Heroes, a literacy-based anti-bullying program. We are passionate about this program and the power of storytelling to improve young minds.

Helping create heroes in classrooms, on playgrounds, in homes and in our communities is what Chicken Soup for the Soul Hallway Heroes is all about. In this portal, you will find more information about our program, family education materials, and much more.

We invite you to take a look around. If you have any questions, please [contact us](#).

Home

Search Our Site

Keywords Search

Watch Videos

Activities To Do With Your Child(ren)

7. Sign-up for a subsidized online subscription for access to thousands of other stories to read together



Additional Resources

To learn more about bullying or if you suspect your child is experiencing bullying behaviors, check out the additional resources on the handout

Hallway Heroes Family Pledge

- What are some important behaviors, strategies, or skills that you will model at home for your child(ren)
- In what other ways can you serve as a role model of tolerance, acceptance, compassion, and respect?

Thank You!

- Please reach out with any questions or concerns you may have
- Any questions on Chicken Soup for the Soul Hallway Heroes, please go to chickensoup.com/hallwayheroes/order-info