



WORKING TOGETHER TO CREATE A CULTURE OF BELONGING

LESSON ELEVEN

Summary

In this lesson, you will learn how our environment and our culture make a huge difference in helping people feel safe and feel like they belong. This is a key to stopping bullying behavior. You will learn how to recognize qualities of healthy cultures and what it means to be accountable.

DISCUSSION QUESTIONS

What is culture and why is it important?

What are some of the qualities of a “healthy culture” that the video talked about?

What does it mean to “be accountable” and why is it important?

What role do adults play in creating a safe environment?



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CLASS ACTIVITY:

Working Together To Create A Culture of Belonging

In this group exercise we'll talk about our own environment and culture, and brainstorm ways we can make it better in order to create more safety and belonging. Then we'll share these ideas with people in charge who might be able help.

1. **Describe our environment and culture.** What do we notice about our own environment? Do people feel safe and belong? Are people sometimes left out or isolated? What happens during and after school that may contribute to our current environment?
2. **Brainstorm ways we can improve our environment.** List as many ideas we can think of that would help people feel more safety and belonging. What changes could we make to our environment? What new activities might we add?
3. **Volunteers take these ideas to people in charge.** Let's get 3-4 volunteers who can take these ideas to teachers, principles, or people in charge to help make our environment better.



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HOME ACTIVITY: Building a Healthy Culture of Belonging Together

Let's review what we learned in class about what makes a culture healthy and the kinds of things you can do to contribute to a positive, healthy environment where people feel safe and feel like they belong.

QUALITIES OF A HEALTHY CULTURE

- People acknowledge that **everyone has value**. People's uniqueness and perspectives are respected even if you don't understand or agree with them.
- There is an emphasis on **teamwork** and a focus on what is good for the **whole community**, not just one or two people. Healthy cultures encourage people to be flexible and cooperate with others.
- People **lend each other a helping hand**. You can contribute by being a good example for others. For example, when you see a place where you can help or serve others, take action. Other people will notice and follow your example.
- People show **appreciation** for others. You put this idea into action by remembering to always say "thank you."
- Healthy cultures make sure **people are included** and no one feels left out. We can support this by looking for people who seem like they feel excluded or left out.
- People in healthy cultures **take responsibility** for their actions. They understand that their actions make a difference.

Pick one or two of these qualities that you'd like to see more of in your culture.

Now, think of some things you could do to help support that quality. Write your ideas below.
