



INTEGRATION & REVIEW

LESSON
TWELVE

Summary

In this final lesson, we will review all the great things we've learned throughout this program. We'll explore some important ways we can remember what we learned and bring these new skills into our everyday lives as heroes! Today is the day that you graduate as a hero, a peacekeeper, and a leader who is making a huge difference by standing up to bullying behavior and helping to create a safer environment where everyone belongs!

DISCUSSION QUESTIONS

What are the different types of bullying behavior?

What are some of the Universal Human Rights you have?

How do you transform the vicious cycle of bullying into the virtuous cycle of belonging?

What should you do and not do if you experience cyberbullying or online harassment?

What do leaders do? What are some things you can do to be a leader?

What are some things you can do to influence your environment create a healthy culture?



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CLASS ACTIVITY 1:

Deciding to Be a Hero

In this activity you'll break into small groups, share what you have learned, and how it has helped you grow in your confidence to do your part to stop bullying behavior.

1. Break into small groups.
2. One at a time, have each person in the group share one big thing that you have learned over the past 12 lessons that's important to you.
3. Next, one at a time, have each person complete this sentence:
4. "The way I intend to become a hero is _____."
5. Come back together as a class and share and discuss your answers.



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CLASS ACTIVITY 2:

The Heroes Pledge

Read The Heroes Pledge out loud as a class. Go over it a few times together to begin to memorize it. You will memorize this pledge by the end of this program.

THE HEROES PLEDGE

I have all I need to be
a hero who can change a life,
to see a need and do what's right.

My age and size don't matter.
It's my choices that decide
if I'm a hero in this life.

When I see a chance to act
and help another in some way,
I step up as a hero on that day.



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Before You Go

Congratulations! You have just completed an epic journey to become a hero for life.

TAKE OUR SURVEY

Before you go, please follow your teacher's instructions or scan the QR code to take a short survey.

It's not a test! It's just five short questions, and we won't even ask for your name.

Scan this QR code

[Or click here](#)



You're Our Hero

Thank you for taking the time to take this survey.
Congratulations on completing your hero's journey!



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HOME ACTIVITY

Congratulations on completing the Heroes in Waiting program!

You are now a fully-trained, fully prepared hero, ready to step into action whenever you are needed.

You have come a long way, and learned a lot! Now it's time to reflect on your experience.

In the space below, write down some of your favorite things you've learned, things that really stood out for you, or things that you're happy to know. You can also include any new skills that you feel proud of.

Now think about the things you hope and plan to do differently in school, in your friend group, in your club or organization, and even at home now that you are a fully trained hero. What goals or plans do you have for yourself? How do you hope to show up as a hero in the coming weeks and months?
