

There's a hole in my bucket

An advisory lesson about becoming the best version of yourself and allowing others to do the same....

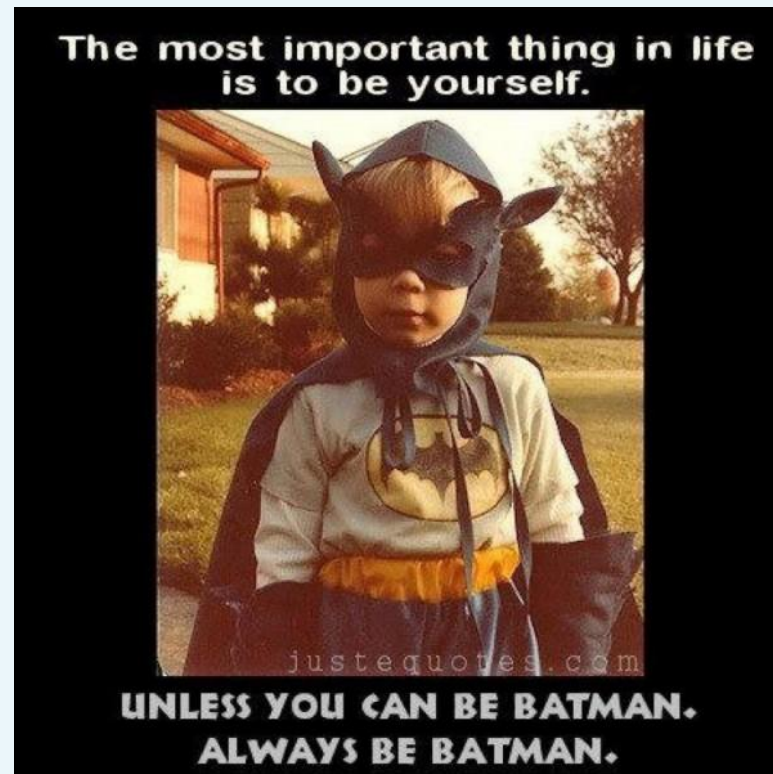


If there's any message to my work, it is ultimately that it's okay to be different, that it's good to be different, that we should question ourselves before we pass judgment on someone who looks different, behaves different, talks different, is a different color."

--Johnny Depp

- How much do teens, in general, care about what their peers think of them?
- What behaviors do you see on campus to support your answers?

As you have become a teen, has it become more challenging to stay true to yourself? Are you more concerned about how people judge and perceive you? Explain your answers.



Why is What Others Think so Important?

Don't attempt to be someone you're not. By the time everyone's done trying to be cool, you're left with two people who aren't really compatible in the first place. It's the nerds who are gonna grow up to be really successful.”

---Jason Mraz



There's a Hole in My Bucket!

Whenever we develop negative beliefs about ourselves, holes develop in our bucket.

Sometimes it is due to something someone said or did to us, but it can also happen when we do or say something we regret.

The end result is that our confidence and self-esteem slowly drain out and empty our bucket of self-worth.

The Top Six “HOLE PRODUCING” Behaviors —also known as BULLYING.

Brainstorm some examples of behaviors that would fit into these categories:

- ▣ Physical bullying
- ▣ Emotional bullying
- ▣ Verbal bullying
- ▣ Cyber bullying
- ▣ Sexual harassment/bullying
- ▣ Homophobic bullying

A School Very Similar to Ours....

The Roots of Bullying

The screenshot shows a Windows Internet Explorer browser window displaying a video player on the CNN.com website. The browser's address bar shows the URL: <http://ac360.blogs.cnn.com/2011/10/10/video-the-roots-of-bullying/>. The video player features a navigation bar with categories: MAIN, KEEPING THEM HONEST, RAW POLITICS, KIDS ON RACE, THE RIDICULIST, and AC361®. The video content shows a school hallway with a 'Click to play' button overlaid. To the right of the video player, there are social media sharing options (Tweet, Share, +1) and a 'Subscribe' button. Below the video, the title 'The roots of bullying' is displayed, along with the date 'October 10th, 2011 12:26 PM ET' and the source 'Source: CNN'. The video description reads: 'Anderson Cooper goes beyond the headlines to tell stories from many points of view, so you can make up your own mind about the news. Tune in weeknights at 8 and 10 ET on CNN. Questions or comments? Send an email. Want to know more? Go behind the scenes with AC361®'. At the bottom, there are links to follow AC360 on Facebook and Twitter, and a note to circle AC360 on G+ and plus one the page. A 'Subscribe to the podcast' link is also present.

Which are You? Victim, Bully or Bystander?

At one time or another, you have probably been all of the above. What role do you think self-esteem plays in the each of the roles below?

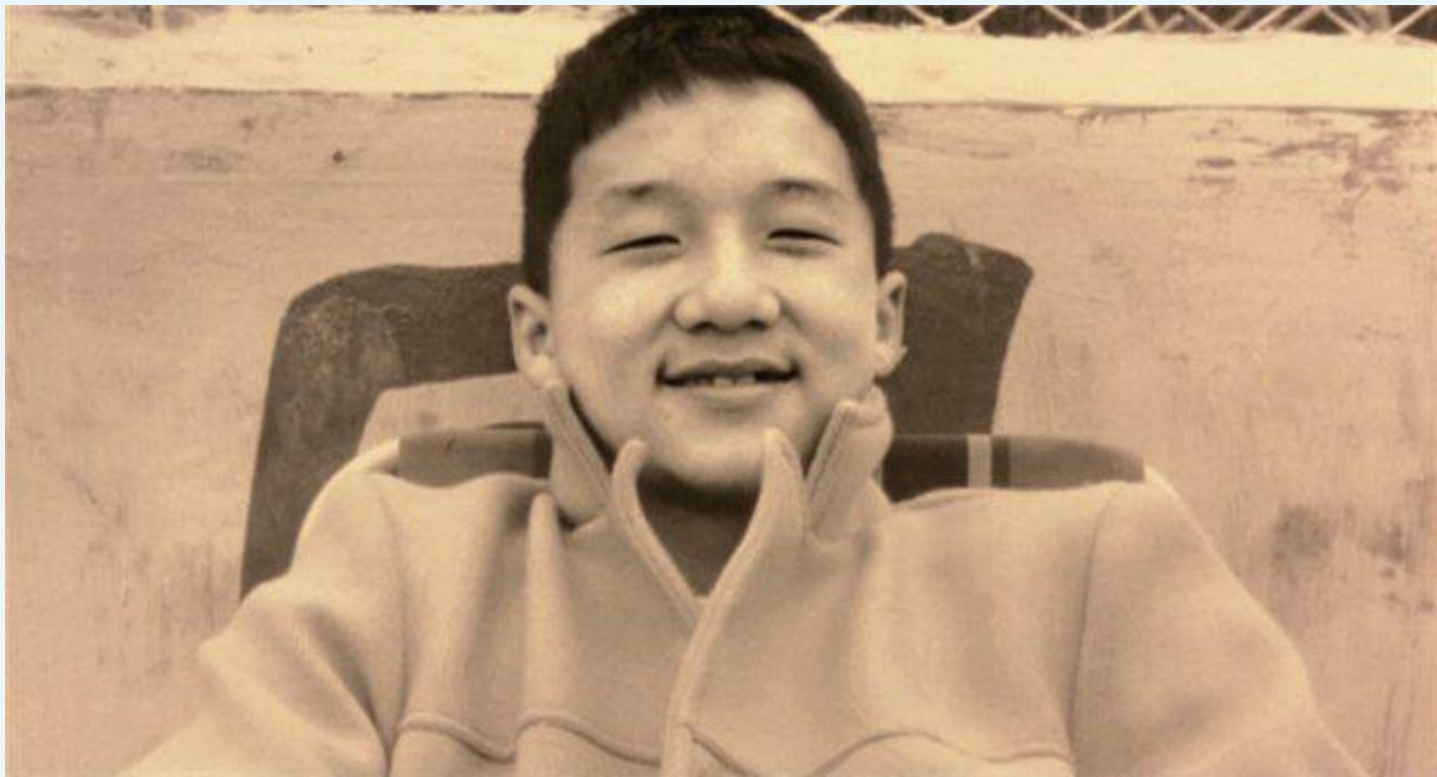
▣ The victim/target?

▣ The bully?

▣ The bystander?

What personal characteristics might lead to becoming one of the above?

"I allowed myself to be bullied because I was scared and didn't know how to defend myself. I was bullied until I prevented a new student from being bullied. By standing up for him, I learned to stand up for myself. " *Can you guess who this is?*



The Intervener—or Hole Stopper

- When you intervene and stop someone from being bullied, you are changing the world by plugging one hole at a time.
- Be the change you wish to see in the world, It starts not only with the way you treat others, but also in the way you allow others to be treated. Bystanders are as bad as bullies. Be the Intervener.



The Lesson that I grew up with was to always stay true to yourself and never let what somebody else says distract you from your goals. And so when I hear about negative and false attacks, I really don't invest any energy in them, because I know who I am.

-- Michelle Obama

- Think of a friend you have that has a similar philosophy to the first lady. List the qualities this friend has.
- Are these the same qualities it takes to be an Intervener?

Making it Personal

- Think of something someone has said or done that has poked holes in your bucket.
- Think of a time you have disappointed yourself and poked holes in your own bucket.
- How can you be more of an Intervener and bucket filler?

Click on the Link to Hear My Bucket's Got a Hole in It

[Jimmy Page, My Bucket's Got a Hole In It](#) -

