BULLYING. CALL IT WHEN YOU SEE IT. **RED CARD** ⚽ Children's Mercy **+** **MLS actionsmatter** BULLYING PREVENTION

In 2016, Children's Mercy and Sporting Kansas City began a ground-breaking, long-term partnership. Together, these two prominent Kansas City organizations are working to create positive change in the health and well-being of our community. Bullying has become an increasingly prevalent problem in Kansas City. Both kids who are bullied and kids who bully others can have long-term mental and physical health concerns. Children's Mercy and Sporting KC are teaming up to help kids, teens and adults speak up against bullying. By using the iconic soccer red card—a widely recognized symbol of unacceptable behavior—Red Card KC calls attention to the problem of bullying and encourages positive behavior at schools, on playgrounds, and in the community.

Major League Soccer (MLS), the top-flight men's professional soccer league in the United States and Canada, is proud to offer Red Card + MLS Actions Matter in partnership with EVERFI. This new bullying prevention program prepares future leaders by providing students with tools designed to train them on how to change behavior and create a positive environment in-school, on social media and throughout their community.

Curriculum Guide

Recommended Grade Level 8-10 **Total Time** 1 hr. **Subject Fit** Health, Advisory/Homeroom, Freshman Studies
Standards Alignment National Health Education Standards (NHES), CASEL SEL Competencies

Course Overview

Positive school climates are critically important for students to achieve their full academic and personal potential. But bullying can negatively impact students' sense of social, emotional, and physical safety - key components of a positive school climate. Red Card + *MLS Actions Matter* takes a practical approach to bullying prevention by empowering students to create change, whether they're engaging in bullying, on the receiving end of it, or witnessing it in their school.

Red Card + MLS Actions Matter helps students identify their unique talents, grow their resilience in the face of adversity, and build strong connections with others. The same skills students learn to discourage bullying today can also help them become the influential leaders of tomorrow.

Each of the five evidence-informed lessons provide actionable techniques for students whether they experience, engage in or witness bullying behavior. Each lesson contains a pre- and post-assessment to gauge knowledge gain, and the course contains a pre- and post-survey to track attitudinal and behavioral change.

In addition, the Red Card + *MLS Actions Matter* program offers an offline Capstone Project, which allows students to apply what they've learned in the digital course and take the lead in creating a positive school community.

Topic Areas

1. Defining bullying behavior.
2. Recognizing leadership potential in oneself.
3. Practicing upstander intervention.
4. Developing a sense of resilience.
5. Contributing to a positive school community.

Course Structure

Pre-Survey

Lesson 1 Relationships

Lesson 2 Leadership

Lesson 3 Resilience

Lesson 4 Courage

Lesson 5 Community

Post-Survey

Key Learning Objectives

After taking this course, students will be able to...

- Define bullying.
- Describe the potential consequences of bullying.
- Differentiate negative and positive social behaviors.
- Describe methods to prevent bullying from being the norm.
- Explain risk factors that can lead to bullying.
- Explain how school members can contribute (together and individually) to a positive school climate.
- Identify emotional management techniques to handle underlying issues that can lead to being targeted by or perpetrating bullying.
- List techniques to handle bullying when it does occur (to them or someone else).
- Identify trusted adults who can help when necessary.

Detailed Course Outline:

Before diving into the modules, students are introduced to the idea that they can personally impact change in their school community.

Activity Topic	Activity Description
Introduction	Students are asked questions to help them consider what their world looks like now and are encouraged to think about their personal power to impact change.
Positive Environment	Students learn how they, their classmates and their school community are all interconnected and how positive communities are built.
Summary	Students are encouraged to think about how they can create positive relationships and be part of a strong, supportive community.

Lesson 1: Relationships

Students learn to identify the different types of bullying and learn the potential consequences of bullying, to individuals and communities.

Learning Objectives:

- Define bullying.
- Describe the potential consequences of bullying.
- Differentiate negative and positive social behaviors.

Activity Topic	Activity Description
Introduction	Students explore the differences between positive and negative school communities.
Bullying Information	Students learn what bullying is and how to differentiate the different types of bullying.
Consequences of Bullying	Through personal character stories, students explore the different possible consequences of experiencing, witnessing or perpetrating bullying.
Personal Reflection	Students have an opportunity to reflect on personal experiences with bullying and how positive relationships in their lives look.
Summary	Students discover how bullying impacts individuals who experience, perpetrate or witness it. They also learn the benefits of a positive community and that they can impact their world.

Lesson 2: Leadership

Students learn the social reasons bullying happens. They'll explore how best to treat themselves and others with respect and lead by example, by breaking negative social norms around bullying and building positive norms.

Learning Objectives:

- Describe methods to prevent bullying from being the norm.
- Explain risk factors that can lead to bullying.
- Explain how school members can contribute (together and individually) to a positive school climate.
- Differentiate negative and positive social behaviors.

Activity Topic	Activity Description
Introduction	Students learn to debunk common myths about what it means to be a leader and explore how everyone can be a leader.
Social Norming	Students learn how social norming works to create a negative or positive school community, and how their actions contribute to the community around them.
Positive Environment	Students explore examples of how to respond when they overhear characters perpetuating negative social norms and how actions can change norming.
Different Perspectives	Students explore what it looks like to take different perspectives on the same situation. They also learn how to look beyond preconceptions to create connections with others.

Activity Topic	Activity Description
Personal Reflection	Students have an opportunity to reflect on past mistakes in the way they treated others, as well as look forward and figure out how they can personally contribute to a positive community.
Summary	Students learn ways to reach out and build connections and why it's important to help set the tone they want to see in their school.

Lesson 3: Resilience

Students will be able to identify potential risk factors that may make them more likely to perpetrate or be a target of bullying. Then, they'll learn specific emotional management techniques to help them stop bullying or handle/prevent being victimized.

Learning Objectives

- Explain risk factors that can lead to bullying.
- Identify emotional management techniques to handle underlying issues that can lead to bullying.
- Differentiate negative and positive social behaviors.

Activity Topic	Activity Description
Introduction	Students learn what resilience means and how to build it.
Risk Factors	Students learn the risk factors that can make it more likely someone will experience or perpetrate bullying. Then they learn how to manage risk factors to lessen their impact.
Emotional Management	Students encounter characters facing challenges related to bullying and risk factors, then practice management techniques to conquer those challenges.
Reaching Out	Students learn why apologizing for past actions matter and then see examples of what can happen when characters take action to conquer challenges in their lives.
Resilience and a Sense of Purpose	Students are presented with a series of questions to ask themselves about what they want in the future. Then they learn ways to help achieve their goals, build a sense of purpose in their lives, and grow resilience.
Personal Reflection	Students have an opportunity to reflect on challenges they've faced and management techniques that could help. They also reflect on what makes them unique and how they can use that talent.
Summary	Students are reminded that their current experience is only temporary, then prompted to think about where they want to go in the future.

Lesson 4: Courage

Students will learn tactics and reasons to go from bystander to upstander while maintaining their own safety and gaining self-efficacy.

Learning Objectives:

- List techniques to handle bullying when it does occur (to them or someone else).
- Identify trusted adults who can help when necessary.
- Differentiate negative and positive social behaviors.

Activity Topic	Activity Description
Introduction	Students learn how their actions can make a difference in someone else's life and in their community.
Going from Bystander to Upstander	Students learn various ways they can be an upstander and what to keep in mind when helping someone.
Upstander Actions	Students practice scenarios to safely take action when they see someone in need. Options include tactics for various social references and provide feedback when a choice is made.
Trusted Adults	Students learn why it's important to get help from an adult in certain situations, who they can go to and what to say. They also see various examples of ways to talk about the situation, in order to get the help they want.
Personal Reflection	Students have an opportunity to reflect on ways to take action if they see someone in need, as well as how to advocate for themselves.
Summary	Students explore the many ways to be courageous and understand how taking action can impact others as well as themselves.

Lesson 5: Community

Students will reflect on why community matters, learn how to be part of an inclusive team and identify their own unique role in their school community.

Learning Objectives:

- Explain how school members can contribute (together and individually) to a positive school climate.

Activity Topic	Activity Description
Introduction	Students learn what makes up a community and their role within it. They also learn how they can stand up as a leader and help shape the community they want to see.
Positive School Climate	Students learn why making connections matters and how to make new connections in their community.
Learning about the Team	Students are introduced to a group of characters, learning about their skills and dreams.
Completing the Task	Students assign roles to the characters for two different tasks, getting feedback on the best way to utilize everyone's unique skills and how the strongest leaders also know how to follow.
Managing Conflict	Students help the characters manage conflict that arises in their projects, so that disagreements don't devolve into bullying. They learn there is more than one way to resolve a conflict.
Personal Reflection	Students have the opportunity to reflect on how their own talents and strengths make them valuable to a team, and how they can use those skills to help build a stronger school community.
Summary	Students are empowered to lead the change they want to see in their community, and they're reminded of why reaching out and making connections with others can build a stronger team.

Capstone Project (offline component)

Students will take the lead in creating a positive school community by implementing an anti-bullying survey to identify areas of concern, then use the results to create an action plan for preventing and addressing bullying, and promoting inclusion and a positive school community.

Learning Objectives:

○ Explain how school members can contribute (together and individually) to a positive school climate.

Activity Steps	Activity Description
Gather a Group of Students to Participate	Students volunteer to take the lead in creating a more inclusive, positive school community and take steps to recruit other classmates - including those outside their own social groups - to participate.
Administer the Anti-Bullying Survey	Using a provided anti-bullying survey, students administer and interpret the anonymous, confidential data. Students may also rely on their Educator Facilitator or the school administration for assistance.
Interpret the Results of the Survey	Students analyze the survey data to determine where the school community has room for improvement related to bullying and inclusion.
Brainstorm Ways to Impact Change	Utilizing ideas and examples from the Student Facilitation Guide, students brainstorm ways to address the issues they found in the survey data.
Implement Anti-Bullying Strategies	With the assistance of their Educator Facilitator and the school administration, students take the lead in implementing strategies they brainstormed to impact positive change in their community.
Evaluate Effectiveness and Adjust Strategies Accordingly	Once strategies have been put in place, students work with their Educator Facilitator to evaluate effectiveness and adjust the strategies if they're not seeing the expected impact.

Major League Soccer and MLS WORKS, the League's social responsibility platform, is dedicated to supporting the communities where we live and play our games, and to providing an environment where staff, players, partners and fans are treated with dignity and respect.

MLS WORKS' Soccer For All campaign signifies that everyone is welcome to MLS regardless of race, color, religion, national origin, gender, gender identity, disability, sexual orientation or socioeconomic status and emphasizes the League's commitment to drive positive social change and end discrimination.