

HANDS & WORDS ARE NOT FOR HURTING PROJECT®: A PROVEN PROGRAM TO BULLY PROOF YOUR SCHOOL [5241]

Ann S. Kelly, Founder/Executive Director, Hands & Words Are Not For Hurting Project, Salem, Oregon
Charity Kreider, Research Coordinator, Department of Child Psychiatry, Ambulatory Research Center
University of Minnesota, Minneapolis

Workshop Summary

The Hands & Words Are Not For Hurting Project ® (Hands Project) a nonprofit organization has and is making dramatic positive changes in school climates. Schools across the nation use this abuse and violence prevention education program including a 2003 National School of Character Award winner.

The Hands Project is simple to implement at all grade levels. It is most effective in modifying behavior when the Hands Pledge is recited daily while permanently displaying the visual reminders in a prominent place in the school. The Hands Project is inexpensive, not a curriculum add on, and is easy to provide links to home and community. The Purple Hands Pledge is a proven, effective tool in reducing abuse and violence at all ages and works in partnership with all bully prevention education programs.

The Hands Project's mission is to educate each person in every community their moral and legal right to live free of abuse and violence.

The foundation of the Hands Project is a simple Pledge and Purple Hand/Red Heart Logo.

Hands Project Pledge: "I Will Not Use My Hands Or My Words For Hurting Myself Or Others"...fourteen words recited daily to help everyone Stop and Think before we say or do anything hurtful to ourselves or others...from name calling, negative self talk, shoving, hitting...actions that can lead to suicide and/or murder. The Hands Pledge is based on respect and equality in all relationships.

Hands Project Logo: Purple Hand with a Red Heart Imbedded in the Palm represents all people and is blind to the color of skin, age, gender, sexual orientation, race, religion or nationality.

The Pledge is symbolized by tracing your hand on purple paper, signing your name and age and displaying it in a prominent place as a visual reminder of your promise. These Purple Hands create a school wide awareness and accountability for disrespectful words and actions thus ensuring a safe school environment.

Our multi media presentation includes "The Power of One" film, highly praised at the 2003 Harvard University School of Public Health National Symposium. Handouts include: implementation guidelines and documented results. Program will involve interactive audience participation.

Participants will learn how to create partnerships and collaboration with representatives from schools, mental and public health professionals, service providers, businesses, media, law enforcement, and policy makers.

Simple

Effective

Changing Lives

Saving Lives

Workshop Goals

1. For participants to understand that the Hands Project is a proven, effective prevention/intervention program that reduces abuse and violence in schools, families and communities.
2. For participants to learn that the Hands Project is straightforward and inexpensive to implement at every age and grade level.

3. For participants to understand that the Hands Project supports and partners with all bullying, abuse and violence prevention/intervention education programs.
4. For participants to gain knowledge about public health research supporting universal public awareness campaigns that reduce abuse and violence at a population level.

Workshop Objectives

1. Emphasize developing youth leadership to bridge school, family and community and provide examples of successful steps for putting the Hands Project into action.
2. Provide background of the Hands Project and explain key components necessary for implementation, which include Purple Hands visuals and repeating the Hands Pledge.
3. Demonstrate partnership and collaboration with multiple organizations working to reduce abuse and violence.
4. Provide models to create a public awareness campaign that utilizes a universal approach to abuse and violence prevention education.

Workshop Activities

- “Power of One” film: The film highlights student activism to inspire and encourage people of all ages to take the Hands Pledge to help create a safe and respectful environment in their homes, schools, and communities.
- Power Point Presentation provides: background of the Hands Project, supporting documentation of effective models, relevant research, and resources.
- Group discussion to assess funding, feasibility, resources to implement in schools and communities.
- Invitation to take the Hands Project into participants homes, schools, and communities.

Assessment

Participants will have an opportunity to demonstrate an understanding of the Hands Project and realize the relevance and practical application to their school and community environments. Innovative ideas will be provided and discussed with the participants to effectively implement the Hands Project. They will be shown that the Hands Project emphasizes positive behavior modification to reduce bullying. Participants will be asked to complete the following evaluation form at the conclusion of this session.

Resources

www.handsproject.org

Handouts

- Hands Project Overview & Awards
- K-12 Assembly or Classroom Implementation
- Award Winning Statistics
- Hands Project Implementation Materials for Schools
- Official Support Materials Order Form
- Brochure
- Magnet

HANDS & WORDS ARE NOT FOR HURTING PROJECT ®
Evaluation Form

Presenters: Ann S. Kelly, Founder/Executive Director
Charity Kreider, M.P.H., Research Coordinator
Site: Persistently Safe Schools 2005 conference, September 2005

Workshop Title: A Proven Program to Bully Proof Your School

Thank you for participating. Please complete the following workshop evaluation form.

Strongly Agree = SA Agree = A Disagree = D Strongly Disagree = SD

- 1) The contents of this workshop were relevant and applicable. _____
- 2) Presenters provided innovative ideas addressing positive behavior modification to reduce bullying. _____
- 3) The presenters provided examples and models to emphasize and highlight specific points. _____
- 4) The presenters made an effort to involve active audience participation. _____
- 5) I learned how to implement the Hands Project in schools and communities. _____
- 6) My questions were addressed. _____
- 7) The handouts provided were helpful. _____
- 8) My overall rating of this workshop is:

Excellent Very Good Fair Poor

Comments:

[This page is blank.]