

Spring Grove School's Bully Free Program

Run by parent volunteers and sponsored by the PTO

A quick overview:

Our program comes directly from a program used widely in Santa Clara County called the Asset Building Champion (ABC) Program. It was started in 2004 by Felecia Mulvany, a parent, who wanted to create a safe, caring climate at her son's elementary school. Her idea was to use books to teach students tools to deal with bullying behaviors, while learning positive interpersonal skills. It was a successful pilot, and now 8 years later, has inspired more than 2,200 volunteers reading in 87 schools, reaching 25,000 students on a monthly basis.

The **SG Bully Free volunteer** builds relationships with young people by reading specially selected children's books and leading classroom activities and discussions that focus on important issues like respect, tolerance, peaceful conflict resolution, honesty, caring and friendship. Children also learn what to do if they encounter bully behaviors and how to become an UP-stander. By sharing and role-modeling these concepts in every classroom, volunteers help build a common language and set of expectations for behavior for the entire school, which creates a more caring, positive school climate where all students and adults feel like they belong.

Each month, SG Bully Free volunteers meet as a group to review the book and lesson plan for the upcoming month. Then, the volunteers read the book and lead the planned activity in their assigned classroom(s).

Main Responsibilities

Attend monthly preparation meetings at school (**1 hour each month**)

- Prepare for the upcoming lesson on your own (**30 minutes - 1 hour each month**)
- Read the selected book in your classroom(s), lead the students in a discussion and complete an activity based on the provided lesson plan (**30 minutes to 1 hour depending on teacher**)

Length of Commitment

Volunteers should plan to serve from **September to May** of the current school year 2 - 3 hours each month.

Qualifications

Volunteers should: (Contact the school office if you are interested in volunteering)
Love working with children in a classroom setting.

- Enjoy reading books out loud.
- Be comfortable leading age-appropriate discussions and activities in the classroom.
- Communicate well with adults and children.

Books to be used with the Bully Free program

1. *Stand Tall Molly Lou Melon* by Patty Lovell
2. *One* by Kathryn Otoshi
3. *Don't Laugh at Me* by Steve Seskin
4. *The Blue Day Book for Kids* by Bradley Trevor Greive
5. *Long Shot-Never Too Small to Dream* by Chris Paul
6. *Empty Pot* by Demi
7. *The OK Book* by Amy Krouse Rosenthal
8. *Enemy Pie* by Derek Munson

Additional Books To Support The Cornerstone Program

A Chair For My Mother by Vera B Williams (love, support, caring, planning and decision making, cultural competence)

A Friend Is Someone Who Likes You by Joan Walsh Anglund (friendship, positive peer influence)

Amigo by Schweitzer (caring, friendship, cultural competence)

Amos and Boris by William Stieg (friendship, cooperation, kindness, empathy, sensitivity)

Andy And The Lion by James Daugherty (friendship, caring, service to others)

Annie And The Old One by Miska Miles (life cycle, sense of purpose, positive adult relationships, cultural competence)

Avocado Baby by John Burningham (personal power, boundaries, expectations)

A Bargain For Frances by Russell Hoban (friendship, boundaries, personal power)

Catch Me And Kiss Me And Say It Again by Clyde Watson: a collection of rhymes (caring, self-esteem, positive adult relationships)

Chrysanthemum by Kevin Henkes (personal power, love and support)

Crow Boy by Taro Yashima (personal power, cultural competence)

Feelings by Alike (emotions, self-esteem)

Frog And Toad Are Friends by Arnold Lobel (friendship)

Galimoto by Karen Lynn Williams (imagination, determination, personal power)

George And Martha by James Marshall (friendship, empathy, sensitivity)

Hazel's Amazing Mother by Rosemary Wells (personal power, love and support, boundaries)

Honey I Love by Eloise Greenfield: a poetry collection (emotions, social competencies, caring)

Hickory by Palmer Brown (friendship, caring, empathy, sensitivity)

Leo The Late Bloomer by Robert Krauss (love, understanding)

Little Bear's Friend by Else Holmlund Minarik (friendship)

Little Bear by Else Holmlund Minarik (love, support, self-esteem, personal power)

Let's Be Enemies by Janice May Udry (friendships can endure despite differences)

Koala Lou by Mem Fox (love, support, personal power)

Mama Do You Love Me? by Barbara M. Joosse (family support and love)

More, More, More Said The Baby by Vera B. Williams (family love, caring, self-esteem, positive adult relationships)
Mr. Gumpy's Motor Car by John Burningham (adult of integrity, responsibility)
Mr. Gumpy's Outing by John Burningham (adult of integrity, responsibility)
Mufaro's Beautiful Daughters by John Steptoe (personal power, cultural awareness)
One Fine Day by Nonny Hogrogian (boundaries, consequences, responsibility)
Pete's A Pizza by William Steig (positive family interaction, self-esteem, caring)
Pierre by Maurice Sendak (personal power, boundaries, caring)
Swimmy by Leo Lionni (personal power, caring, cooperation)
The Carrot Seed by Ruth Krauss (perseverance, personal power)
The Red Balloon by Albert Lamorisse (friendship, personal power)
The Tale Of Peter Rabbit by Beatrice Potter (boundaries)
The Runaway Bunny by Margaret Wise Brown (love, support, personal power)
The Paper Boy by Dav Pilkey (personal power, cultural awareness)
The Story Of Jumping Mouse by John Steptoe (personal power)
The Three Questions by Jon J. Muth (personal power, support from a caring adult)
Umbrella by Taro Yashima (personal power, cultural awareness)
What A Wonderful World illustrated by Ashley Bryan, lyrics by G. D. Weiss and Bob Thiele (cultural awareness, equality, community values)
Why Mosquitoes Buzz In People's Ears by Verna Aardema (boundaries, consequences, responsibility)
Where The Wild Things Are by Maurice Sendak (independence, personal power, "where he is loved best of all")

Enjoy!

Kathy Bauer