

Happiness is...

- Meaning Beyond Oneself
- Hope of Success
- Social Connection
- Satisfying Work

SURVIVAL VOL.1

THE GUIDE

**MANAGING DOUCHEBAGS,
RECRUITING WINGMEN, AND
ATTRACTING WHO YOU WANT**



**WRITTEN
WITH ASSISTANCE FROM HIGH SCHOOL
GUYS AROUND THE COUNTRY**

Every conflict my students get into is not bullying. I'd like a solid definition of bullying so we're not "crying bully" when we should be helping kids work through average kid drama.

Drama Vs. Bullying:

- **Bullying:** when one person repeatedly abuses or threatens to abuse their power against another person
- **Drama:** Exciting, unexpected, emotional series of events. A conflict where both people are involved and can be serious or hurtful.

Have you ever wondered?

How do you take care of it when a girl is annoying you but you don't want to be mean?

What if your best friend is being really mean to you and he won't admit it?

What if you have a friend who is making you choose between her and another friend?

What is the point of telling someone you're mad at them? It'll just make the situation worse.

I've been trying to ignore this kid forever but he won't stop bothering me. I want to tell an adult but I don't want them to freak out.

Things That Will Probably Happen

- Have your heart broken
- Be betrayed
- Be silenced
- Not invited to something you really want to go to
- Be rejected
- Be so angry that you want to explode

- Obsessive talk
- Little ability to compromise
- Take everything literally
- Repeated body movements

- Stilted speech patterns
- Can't code switch
- Your mom is your social advisor

Bonding Teasing

- **Feel liked**
- **Don't feel put down**
- **Will stop if asked**

Annoying Teasing

- **Doesn't know how you feel**
- Or -
- **"I was just joking."**
"Relax!"

Malicious Teasing

- **Teased for insecurities**
- **"Uptight" or threatened with ending the friendship**
- **Relentless and public**





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div of dignity

SEAL

- **STOP:** Breathe, listen, and think when and where, now or later?
- **EXPLAIN:** What happened that you don't like and what you want
- **AFFIRM:** Affirm and acknowledge
- **LOCK:** In the friendship, take a vacation or lock it out.

Fake Apologizer: *I'm sorry Ms. Wiseman. I'll never do it again.*

You: (Explain) I could be wrong but the way you just apologized doesn't seem like you mean it. But if I'm wrong, tell me.

Fake Apologizer: *I totally mean it.*

You: (Affirm) Look, I know you don't know me well but if I see something that's a problem, I'll address it. I know you can say the right thing but if your words aren't true I think we can both agree that's pretty meaningless. I want your words to mean something. Otherwise, don't say it.

I have students that stay up all night, both gaming and on facebook, twitter, playing video games etc. and they are a mess. How do we as educators help them deal with this social pressure to participate at all times of the day and night? Their parents are freaking out, they are doing poorly in school, and they are not sleeping.

- *High school counselor*



Reaching Out

You: Thanks for meeting with me. I just wanted to check in with you about my class.

Student: *It's fine.*

You: OK. But I don't want it to be fine. It's really important to me that you don't think the class is a waste of your time.

Student: *It's OK. Am I in trouble?*

You: No, you're not in trouble. Let's forget about the class for a moment and take a step back. What do you do to relax or have fun? What movies or books do you like? Do you play video games?

Reaching Out

Student: *Why do you want to know?*

You: Because in order to be the best teacher I need to be for you, it's helpful to know what you like doing and why.

Student: *OK... I play League of Legends*

You: I've heard of that game. Can you tell me about it?

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Who's Doing Great Work?

- <http://www.youthvoiceproject.com>
- Pew Internet and American Life Project
- School Climate 2.0 Justin Patchin and Sameer Hinduja, Corwin Press 2012
- Network Centrality, Gender Segregation, and Aggression, Robert Faris and Diane Felmlee, American Sociology Review February 2011

- Lawrence Steinberg, Age of Opportunity: Eamon Dolan/Houghton Mifflin Harcourt, 2014
- danah boyd, It's Complicated, 2014
- Reality is Broken: Why Games Makes Us Better and How They Can Change the World: Jane McGonigal, Penguin 2011
- Justice: What's the Right Thing to Do? Michael Sandel, Farrar, Straus, and Giroux, 2009
- "Perfect" by AHMIR. Go to vimeo.com and download for free