

CANBY BAKER PRAIRIE MIDDLE SCHOOL
By PATTI ZAVALA

For this program, the biggest challenge was selling a program with healthy behaviors attach to its name. Kids want to be healthy but the moment that you tell them that the focus was going to be actual healthy behaviors most students lost interest. We held some Healthy Behavior Instructional Sessions in our Girls Circle groups and Soccer program but these were not long term. We started recruiting for a ongoing Healthy Behavior program targeting 'Sedentary' students with the health and P.E. teachers, we delivered personal invitations and each time it was the same, we got some interest and then they would learn about the topics we would cover and students would stop showing up. After some thinking and talking with students we decided to run this group through a 'Service to Career' angle. Working with OregonASK, our thinking was simple to run a service to careers program and ask, what community health issue is affecting our community and what can we do about it? The students were on it, and after compiling list of community health issues the group decided to focus on bullying. The group meet twice a week in the last couple of weeks of the 12-week program to prep their presentation to Trost Elementary School kids.

A total of twelve students completed their Service to Careers project with a focus on healthy behaviors with a presentation of how to prevent bullying through kindness at the nearby elementary school, and a curriculum of kindness activities named "21 Days of Good". To prepare for the presentation they worked together to designate roles to everyone in the group, create scripts, and work together to plan how they wanted their presentation to go. They decided on some individuals working on an activity for their presentation that they formed to be like a "compliment battle" where they had selected elementary students come to the stage to have a battle of who could come up with the most compliments for the opposing teammates. To help prepare they created cards of their own example compliments in case students got stuck. They had other students working on the "21 Days of Good" where they came up with 21 activities that focused on positivity, ranging from creating posters, having discussions, and creating kind notes to pass to others. This curriculum got sent out to all the elementary teachers to use in their classroom if they chose to. The majority of the students expressed wanting to have their own speaking part during their presentation so they came up with scripts of explaining what bullying is, the outcomes it can have for both the bully and the individual being bullied, and how we can prevent it through being kind. The school they presented at was a bi-lingual school, so they decided as a group that they wanted to have a portion of the presentation in Spanish to promote equity. They had a few obstacles to address, teaching them the importance of adjusting and problem solving. They ran into problems such as time management, and differences in views, but as a team they were able to learn how to adjust and change some plans to accommodate to the needs of the project, so that in the end they could have a great project.

