

KINDNESS, EMPATHY, & INCLUSION

Girl Scout Troop 1732

WHAT'S THE DIFFERENCE?

Bullying - Hurting someone on purpose, over and over.

Teasing the same person every day or pushing someone at recess every day.

Rude - Accidentally hurting someone's feelings

Saying "I don't like your drawing"

Mean - Hurting someone on purpose, once.

Saying "You're not my friend."

WHAT IS AN UPSTANDER?

An **upstander** is someone who sees something wrong—like bullying—and chooses to do something about it.

They speak up, get help, or show kindness to the person being hurt.

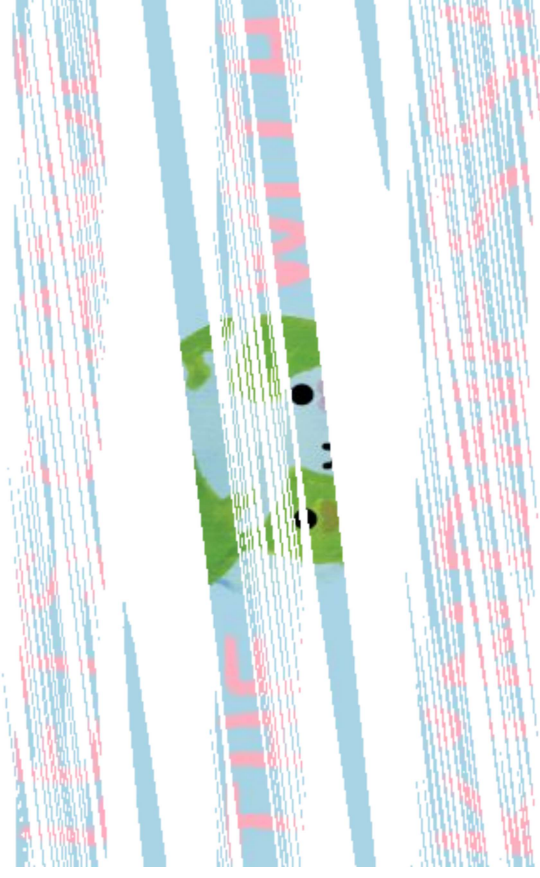
Upstanders don't just stand by, they stand **up** for what's right.



KINDNESS

Kindness means choosing to be nice, helpful, and caring toward others.

Even small actions—like a smile, a compliment, or helping someone—can make a big difference.



EMPATHY

Empathy means understanding how someone else feels—even if you haven't been through it yourself.

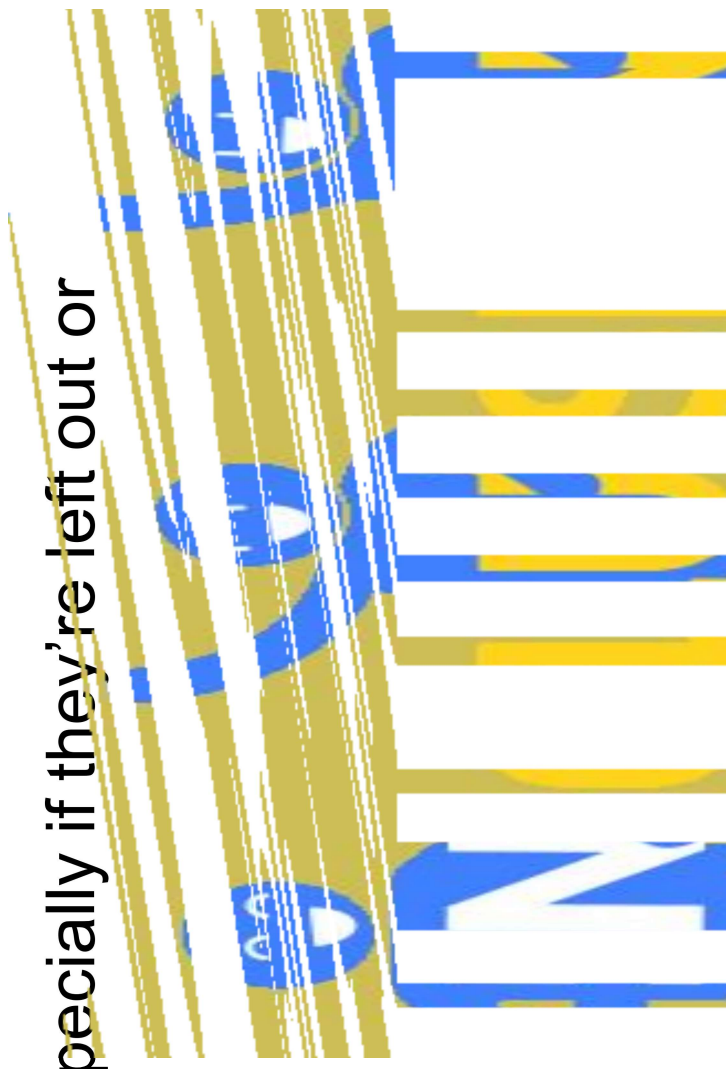
It's like putting yourself in their shoes and showing that you care.



INCLUSION

Inclusion means making sure everyone feels welcome, safe, and like they belong.

It's about inviting others in—especially if they're left out or different from you.



ROLE PLAY - KINDNESS

Scene: The school playground

Student A:

(laughs loudly)

"Wow, look at that backpack! Did you get that from a baby store? Who would wear *that* to school?"

Student B:

(quietly, looking down)

"I like it..."

Student A:

(mocking voice)

"Well, it's ugly. Just like your shoes. Seriously, no one wants to hang out with you."

(Pause — no one says anything. Student A looks upset. Bully crosses arms proudly.)

Student C (walks over):

"Hey, that's not cool. That backpack is actually pretty awesome, and even if it wasn't, you don't get to talk to people like that."

Student A:

(surprised)

"I was just joking."

Student C:

"Jokes shouldn't hurt people. We should be kind. Come on, [Student A], want to play four square with me?"

Student B:

(smiles a little)

"Yeah... thanks."

ROLE PLAY - INCLUSION

Scene: School playground during recess

Student A:
(excitedly)

"Okay! I'll hide first—everyone else count to 20, then come find me!"

(The group runs off to play. Student B stands off to the side, watching but not joining.)

Student C (notices Student B):

"Hey, you're [Student B], right? You're new here?"

Student B:
(nods)

"Yeah... just started this week."

Student C:
(smiling)

"Do you want to play sardines with us? It's really fun—you hide with the person when you find them. Come on, I'll show you!"

Student B:
(soft smile)
"Okay... thanks!"

Student C:
(grinning)
"Let's go! I think I know where [Student A] is hiding..."

ROLE PLAY - EMPATHY

Scene: The art table after class

Student A:

(looking down at broken clay project)

"Oh no... my fox sculpture! It took me so long. Now it's ruined."

Student B:

(nervously)

"I didn't mean to knock it off the table... I'm really sorry."

Student A:

(quietly, holding back tears)

"I worked on it all week."

Student C (walks over):

(sincerely)

"Oh no... that really stinks. I'd be so upset if mine broke too. You worked really hard on that."

Student A:

(nods)

"Yeah... I was proud of it."

Student C:

(offers a small smile)

"Hey, I made two mini bowls. I can give you one of mine if you want. Maybe we can even paint them together?"

Student A:

(brightening a little)

"Really? Thanks... that means a lot."

WHAT'S NEXT?

- **Kindness, empathy, and inclusion** help everyone feel safe and welcome.
- You have the power to be an **upstander**—speak up and show you care.
- Small actions can make a big difference.
- Let's build a school and community where **everyone belongs!**
- **Ready to take the pledge?**