



# MR. PEACE

Reaching Hearts. Changing Lives.

## **BULLYING: LOOK AT THE HEART FIRST:**

### **SUMMARY:**

The need to treat everyone like you treat your best friend & recognize them for their heart is crucial. This concept, along with realizing how one word or action (positive or negative) can change a life forever, is highlighted in this presentation. The main reason for the bullying epidemic stems from hurt people who hurt people, & this assembly strives to provide a safe space by showing students how to overcome pain & become healed people who heal people.

### **KEY THEMES:**

- See others for their hearts first & foremost (i.e., What's on the inside truly counts)
- Treat everyone like you treat your best friend (i.e., The golden rule concept at play)
- Hurt people hurt people, but healed people heal people (i.e., Love overcomes hate)
- Have the courage to stand up for yourself & others (i.e., Be the voice for the voiceless)
- All of us are beautiful miracles (i.e., See that in ourselves then help others believe it too)

### **DISCUSSION QUESTIONS:**

- What qualities make your best friend a best friend?
- What does it mean to truly see someone for their heart first?
- Is being kind being weak? Or is being kind being strong? Explain.
- Have you ever stood up for yourself when you were getting bullied?
- Have you ever stood up for someone else when they were getting bullied?
- How could showing love instead of hate help to diffuse a bullying situation?





# MR. PEACE

Reaching Hearts. Changing Lives.

## DIVERSITY: NEED HUMAN KINDNESS:

### SUMMARY:

The lines etched on the palms of our hands reveal the letter 'M', which stands for 'Miracle'; inverted the other way, 'W', which stands for 'Worthy'. This talk emphasizes how each person is unique & reinforces respecting everyone's differences both inside & out. The world needs more human kindness, & we begin to accomplish this by appreciating those around us when we show them unconditional love, compassion, understanding & empathy.

### KEY THEMES:

- Examine what diversity truly stands for (i.e., Both inner & outer differences we possess)
- Explore the need to value the uniqueness in everyone (i.e., Look for gold in each person)
- Judgments can shield us from meeting potential new friends (i.e., Get past stereotypes)
- Understand the need for human kindness (i.e., See how all of us require love in action)
- Make the right choice to show empathy (i.e., This world needs us to shine our light)
- Compassion can positively change hearts (i.e., The power of unconditional love)

### DISCUSSION QUESTIONS:

- What does the word Diversity mean to you? Talk about the various aspects of the term.
- How do we grow from respecting other's differences? Why is it so important we do so?
- Does a more or less diverse team achieve better results? Consider the teams you're on.
- How have you encountered Diversity in your life? At your school? In your community?
- When you hear the phrase "Need Human Kindness", what comes to mind? Knowing this world is always in need of more kindness, what are some ways we can accomplish this?
- Think of a time when you met someone with a unique ability from you. What did you learn from them? What did they learn from you? How does this relate to Diversity?





# MR. PEACE

Reaching Hearts. Changing Lives.

## POSITIVITY: BE YOUR BEST SELF:

### SUMMARY:

Many schools request this theme closer to state testing time to motivate students to do their best, but anytime is a great time to uplift your community! Not only will your audience come to see their full potential, they'll begin to comprehend that the opposite of success is not failure, but giving up. And just like the shirt worn for this assembly reads, the words "Keep Your Head Up" are upside down to remind us to always think positive no matter what.

### KEY THEMES:

- Give our absolute best with each & every breath (i.e., Inspires others to do the same)
- We must not compare ourselves to others (i.e., Some things take us longer & that's ok)
- We have the effort, not the outcome (i.e., Put in the work & get the desired result)
- Know that we can go so much farther if we believe we can (i.e., The power of the mind)
- Failing doesn't make you a failure (i.e., The opposite of success isn't failure, it's quitting)
- Do your best then rest (i.e., As long as you've given it your all, that's all that matters)

### DISCUSSION QUESTIONS:

- Do you know anyone famous who has failed in the past, but finally succeeded?
- What's the opposite of success to you? Is it failure, or giving up, or both? Explain.
- What does true success mean to you? Talk about what makes someone successful.
- Was there a time in your life you persevered past a defeat? How did you overcome it?
- Have you yourself ever failed at something & wanted to quit? Did you? Why? Why not?
- Write down a list of negative beliefs about yourself on a piece of paper of a color you dislike. Now tear it up, throw it out & replace it with a list of new positive beliefs written on a piece of paper of a color you like (i.e., I'm ugly becomes I'm pretty). Share.





# MR. PEACE

Reaching Hearts. Changing Lives.

## LEADERSHIP: PASSION 2 PURPOSE:

### SUMMARY:

The sign of a true leader is shown through one's character & how they truly want to be remembered. By placing an emphasis on people first & things second, the community will be taught what it means to lead by example through living lives devoted to building life-long relationships & doing what makes them come alive. If you have a pulse, you have a purpose, & this program encourages students to use their passions to positively impact the world.

### KEY THEMES:

- Focus on the necessity of making our relationships a priority (i.e., People 1st, things 2nd)
- Learn that true character's found when no one's watching (i.e., Your moral makeup)
- Examine how real leaders live to help the common good (i.e., Leaders live for others)
- Start the wheels turning for what makes you come alive (i.e., Your greatest passion)
- Begin with the end in mind to realize our purpose (i.e., What we're called to do)

### DISCUSSION QUESTIONS:

- What are you passionate about? What things do you like to do? Share with each other.
- Thinking about your passion/s, how can you use it/them to better this planet? Explain.
- Number your current priorities from 1 to 5 (i.e., \$, things, family, friends, clubs, etc.). Now re-number them where you'd like them to be (1=top) & write how to achieve this.
- How do people view you now? How do you want to be remembered? What changes do you need to make in how you're living today in order to achieve a favorable memory?
- Think about 3 people who have had a positive impact on you. What qualities have they exhibited as leaders? What's the top characteristic you've admired & want to copy?





# MR. PEACE

Reaching Hearts. Changing Lives.

## RESPECT: WE ARE ALL MIRACLES:

### SUMMARY:

We all want to be treated with respect. Respect is the glue that holds your relationships together, and treating someone with respect means: showing regard for their abilities and worth, valuing their feelings and their views (even if you don't necessarily agree with them) and accepting them on an equal basis and giving them the same consideration you would expect for yourself. This assembly offers an opportunity to talk about respect – how you extend or receive it, where you feel it's lacking, and how that impacts all our lives.

### KEY THEMES:

- Self-respect means accepting yourself as you are. It's not about being perfect, it's about knowing that you're deserving of respect simply for being you (i.e., Miracle tie-In).
- Avoid gossip and conversations that may be considered discriminatory (i.e., Bullying).
- Speak up if others around you are being disrespectful (i.e., Bystander vs. Upstander).
- Learn ways to be respectful and know what to do when somebody isn't respectful toward you (i.e., Understand everyone has their own experiences and beliefs).
- Respect in your relationships builds feelings of trust, safety, and wellbeing (i.e., Respect doesn't have to come naturally – it is something you learn).

### DISCUSSION QUESTIONS:

- How do you define respect and how do you experience it? How do you show it to self and others? What are the benefits of treating each other with respect?
- What does it feel like to be respected? What does it feel like to be disrespected?
- Do you agree that you don't have to like someone to respect them? Why or why not?
- Describe one person you respect in your life. What does this person do to earn your respect? Does a person have to earn respect, or do all people deserve it?
- If someone treats you with disrespect, you don't have to treat that person with respect. Do you agree? How should you respond to someone who is disrespectful of you?

