

Country **Sweden**

Theme **More of “What is your opinion?”**

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Aim and objectives of the lesson

These exercises help the students to build their **self-confidence** and **stand up for their own opinion on different things. Their opinion matters!**

Activities

Use a rope or imagine an invisible line. One end is number 1 (don't agree), the other end is number 10 (agree completely). The teacher reads statements and the students stand on the line where they think they agree with the statement or not.

For example the first statement below

“In my class we feel comfortable with each other”.

Maybe you feel that sometimes, but not a 10 so you might stand next to 6 or 7 on the line. The teacher might also ask some of the students why they're standing where they are and they can motivate how they thought.

Here are some different statements, use the ones you feel fits your group.

Statements about friendship

1. In my class we feel comfortable with each other.
2. More could be done, to make the pupils in this class comfortable with each other.
3. It's important to have friends.
4. It's important to have someone to talk to.
5. Animals can be as good a friend as a human.

It's important that you care about each other in the class.

1. Even if you don't like everybody in class equally, you ought to respect them.
2. I would like a better relationship with the boys in our class.
3. I would like a better relationship with the girls in our class.
4. It's important to look a certain way, to get friends.
5. It's important to be a certain way, to get friends.
6. It's important to have the right clothes/hair style.
7. Some pupils are cooler and more hip than others.
8. It's good to be cool.
9. It's important to be kind to your class mates and to respect everyone.
10. Everyone has the right to be who they are.
11. Everyone has the same value.

Honesty

1. If I found a wallet in school, I would hand it in to the janitor.
2. If I lost my wallet in school, I would like to get it back.
3. If I found a wallet in town, I would keep the contents.
4. If I break something, I own up to it.
5. I try not to lie.
6. Sometimes it's necessary to lie, even though I know you're not supposed to.
7. It's bad to kiss and tell.
8. You aren't a good friend if you tell secrets confided to you.
9. Sometimes you need to tell about a secret, even though you've promised not to do it.

Empathy, helpfulness and consideration

1. If a friend needs help with homework or something, I help, if I can.
2. Even if everyone isn't as good at something, everyone should be allowed to join in.
3. The important thing is to do your best.
4. It's okay to disagree with a teacher.
5. I don't always agree with what people say, but I try to listen anyway.

Everyone has a right to their opinion.

1. I don't have to care about what other people think, I will do it my way, even if it's wrong.
2. If someone in my class got bullied, I would be there and try to be helpful.
3. I would like someone to be there for me, if I were bullied.
4. If someone in my class were bullied, I would join them. The most important thing is to avoid being bullied yourself.
5. If someone in my class got bullied, or were treated like an outsider, I probably wouldn't dare to help him/her.
6. No one in my class should be teased!
7. It should be fun to go to school, therefore I'll do my best to be a good friend.

Yes/No-Corners.

Here are some statements you can use with two corners, one is for YES and the other corner is for NO. Ask some students to motivate their thoughts

1. Boys who have many relationships always have a good reputation.
2. Girls who have many boyfriends always have a bad reputation.
3. It's worse to have a bad reputation among girls, than among boys.

4. A girl in sexy clothes has herself to blame, if boys harass her.
5. It's worse to be harassed by an adult than by someone your own age.
6. The adults in school always say no to disrespectful behavior towards girls.
7. It's worse if a boy calls you a whore, than if a girl does.
8. Sometimes it's good to fight.

Fear

1. Many pupils are afraid in school.
2. You are always more afraid when you are alone.
3. Fear can be a good thing.
4. Girls, more often than boys, fear speaking out loud during class.
5. Boys are more afraid of asking someone out, than girls are.
6. If you have more confidence, you are less afraid.

Friendship

1. You can find real friends on the internet.
2. Girls and boys have different kinds of friendships.
3. Everyone needs friends.
4. When you are friends, you should always get along.
5. It's possible to have a best friend of the opposite sex.
6. You should always defend your friend.
7. It can be right to rat on a friend.

Discuss if you want:

What is bullying? What are bullies like?

These statements are borrowed from various sites/books (in Swedish) with these kinds of exercises. Translated to English by members of our Erasmus-team.