

Country **Sweden**

Theme **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**

Sit in a circle. If you agree with an opinion, you get up and change spot. If you disagree, you stay seated. **There are NO right or wrong answers, you answer according to your own thoughts and opinions.**

The teacher reads the statements and everyone moves if they agree or stay seated if they disagree.

### **The teachers statments**

#### **School**

School is good at enhancing the self-confidence of its pupils.

School always treats boys and girls fairly.

In some school subjects, it's better to separate boys and girls.

Most pupils enjoy school.

Pupils often feel stressed in school.

The teachers aren't tough enough, when it comes to messy pupils.

The pupils are being too irresponsible nowadays.

The pupils should be able to decide more in school.

School is good at putting a stop to bullying.

## **Self-confidence**

Boys have better self-confidence than girls. Clothes can give self-confidence.

It's important to get respected in a group.

You get more respect in a group of boys, if you're physically strong.

Those who drink alcohol get respect.

Those who fight earn more respect.

Youths show too little respect towards grown-ups in our country.

Quiet people have less self-confidence.

Everyone needs friends.

Everyone is born with the same self-confidence.

To be successful in school gives you good confidence.

You can improve your self-confidence.

Those who talk a lot have good self-confidence.

You have to get praised to get good self-confidence.

Turn page for more statements

## **Groups of boys**

Most boys want to belong to a group.

To belong to a group gives you security.

It can be right to let your group down.

You're strong if you're alone.

You can work well with someone you don't like.

You can become friends with your worst enemy.

To many people, it feels good to have someone to dislike.

## **Violence**

There's too much violence among people in our country.

Teenage violence is mostly the adult people's fault.

Girls admire boys who fight.

Those who fight are often beaten up at home.

Certain conflicts are better resolved by a fist fight.

Many pupils are afraid of other pupils in school nowadays.

It's right to press charges on bullying.

Those who fight earn more respect amongst other boys.

Hitting is worse than name-calling.

Girls have worse methods of leaving someone out, than boys do.

## **To be a boy**

Boys in groups often have more fun than girls in groups.

Boys are more straight-forward than girls.

Guys often seek excitement.

Guys have as strong emotions as girls.

Girls like to talk more than boys do.

To change the diapers is as manly as it is womanly.

Most boys enjoy watching violent movies.

Boys are cheating more often than girls.

## **"Four corners"**

**Listen to the statement. Go to the corner that is mostly**

**true to your opinion. Some pupils from each corner get to**

**motivate why they chose this corner/opinion (if they want to**

**motivate, they don't have to).**

*Those who bully do it mostly because he/she:*

1. ...is afraid to become bullied himself/herself.
2. ...enjoys it.
3. ...are just living up to other pupils' expectations of him/her.
4. Open corner – you stand here if you don't agree with any of the other corners.

*What is the best thing you can do if you're insulted by someone?*

1. Pretend that you don't hear it and keep on talking to your friends.
2. Saying unpleasant things as an answer.
3. Angrily tell that person not to say such things.
4. Open corner.

*How should the school staff react when they hear what pupils call each other?*

1. They should bring the bully in and discuss the matter.
2. They should call the parents.
3. They should give a warning – two warnings, and you're suspended from school for a couple of weeks.
4. Open corner.

*What should be done about pupils who are miserable at school?*

1. Let them skip school.
2. Change the school, so that everyone will fit in.
3. Gather the ones who are miserable into a class of their own.

4. Open corner.

*John, 14 years old, has been through the following with his classmates: His schoolbag, gloves, gym clothes and so on, often disappear and he has to look for his things, which are sometimes broken when he finds them. What should he do?*

1. Try to reveal who took them and yell at them.
2. Report it to the principal and perhaps to the police.
3. Try to gather some friends and beat the people taking his things.
4. Open corner.

*Which is the best way to handle bullies in school?*

1. Let the bully show that he/she can change after a discussion with adults.
2. Report to the police
3. Remove them from this school
4. Open corner

*Karl and Per are friends on their spare-time, but they never hang out in school. In school, Per is bullied by a group of boys that Karl hangs out with. What do you think Per should do?*

1. Try to connect with Karl in school too.
2. Avoid spending time with Karl on their spare-time too.
3. Keep spending time with Karl on their spare-time.
4. Open corner.

*Pelle often gets his belongings destroyed by some boys in his class.*

*Now he finds his backpack with the straps cut in half. He knows who did it, he happened to see it. The teacher asks what happened to his backpack. What should Pelle answer?*

1. That it broke.
2. That someone cut the straps in half.
3. Tell who did it.
4. Open corner.

**Positive notes**

At the end of the lesson everyone gets a heart shaped piece of paper (in bright colours) put on his/her back.

-Walk around and write positive things about the person wearing the heart. Write something on everyones "heart"

-When finished, one pupil at the time gets to listen to someone reading all the positive things written about him/her.