



4A – Change JUST ONE...Behaviour.

Time required:

- 30 minutes.

Resources:

- [Wear it Purple Day video \(2:56 minutes\)](#).
- [Breaking Down the Door Day video \(2:51 minutes\)](#).
- A large piece of butcher's paper or a whiteboard to be photographed later and sticky notes for the class.

Aims:

- To identify aspects of school life that could be changed for the better.
- To allow students to self-identify attitudes and their behaviours that could be leading to exclusion or discrimination within the school.
- To choose just one behavioural change to try over a sustained period to promote more inclusive practices.
- To empower students to be part of the process of positive change.

Teacher notes:

We are asking students to make a change in behaviour – this takes time, time to practice and possibly a few reminders! Ask students to carry out their pledge and report back over the next lessons:

- What are they noticing? How does it make them feel?
- How easy is it to do? What are the challenges?
- What changes have they noticed?
- What could help them? e.g., skills, reminders, rewards?
- Celebrate the fact they are doing their intended actions as well as any changes they are seeing.

Procedure:



Pose a few leading questions to the class: What does it mean to make a difference? Do you think people can change their ways? Does anyone know of any examples where students have collectively made a change in their school or the community?

*** Show the two videos

- [Wear it Purple Day video \(2:56 minutes\)](#)
- [Breaking Down the Door Day video \(2:51 minutes\)](#)

Ask for any comments or reflections after these videos. Ask students if they believe that they could see and be part of a positive change in this school.

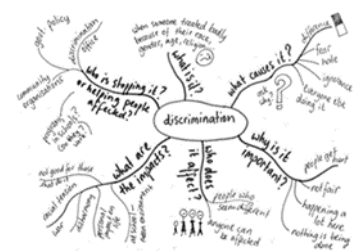
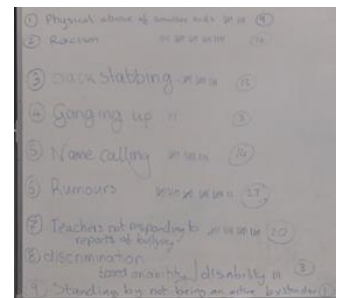


Explain that we are going to create an *Action Pledge* on an issue that the class collectively cares about. We are all going to be involved in the process of positive change.

Firstly, students will be invited to brainstorm the issues that concern them and then choose an issue to focus on. Mind map that issues and frame it in a positive language. Make a poster with the class goal to address this issue, and every student writes on a sticky note a personal action they will take to get to this goal. Each note is signed and goes on the poster.

The process:

1. Brainstorming issues that the students would like to see addressed in the class/school. There are likely to be quite a few. Narrow down the issues to just one, what is the issue that we would most like to change as a whole group? It may be something more generic like discrimination or people being mean to each other and could embrace a number of smaller issues.
2. Choose the issue.
3. What do we know about it? Do a quick pair/share brainstorm and/or whole class mind map. (Who, what, where, when, why, how?)
4. How can we frame it as a positive thing that we aim for? e.g., move from being against something to being for something, this could be the title of the poster.
5. What small actions could get us there? e.g., I pledge not to pass on rumours, to give one compliment per day, to talk to 5 new people, to find out from 3 people what they prefer to be called, to ask 10 people what makes them sad about bullying.
6. How are we going to remind ourselves and each other of our pledges, and stick to them?



Note: some students may not feel able to make a pledge. That is okay but worth following up. It would be beneficial to keep this poster in an area that can be referred to be reminded of the process of change and their part in it.